

Finding myself was more than recognizing the reflection returning the stare; I needed to realize (then acknowledge) that I was emotionally and psychologically lost. Dr. Kane provides the compass to a path not traveled. The path ultimately leads one beyond the reflection into untapped potential and to the person you are or have yet to become. Travel the path, do the work prescribed, be honest (no matter how painful), and Dr. Kane will guide you to the personal satisfaction that's rightfully yours.

Take the journey!

~ Terence 29,
housing administrator

Dr. Kane helps me stay focused and look closely and honestly at my choices and behaviors. He helps me discover the tools within myself that I need to accomplish my goals. I feel safe in his care. His willingness to ask me difficult questions helps me be honest and thoughtful about my life. I am amazed at the progress I have made in his care and am grateful for his skill as a therapist and partner on the journey.

~ Jean 35,
school administrator

It was important to develop new behaviors that were conducive to achieving both personal and professional goals in the future. Dr. Kane certainly did not disappoint. From the very beginning, his open and honest demeanor set the stage for the level of self-examination that was to occur. He has both the professional training and demeanor that allows the counseling experience to become both educational and insightful. Dr. Kane's knowledge is extensive and his practice methodology comprehensive. I would not hesitate to recommend him to a friend, family member or professional colleague.

~ Jeffrey 35,
Consultant, organizational development

When to seek help?

It's time to seek help when:

Extreme Unhappiness- If you have been feeling unhappy for a long time or you begin ignoring self-care activities such as hygiene, sleeping, and eating or lack energy.

Overwhelming Anxiety- If you are always anxious or nervous or your fears prevent you from activities of daily enjoyment.

Feelings of Inadequacy or low self esteem- When you have continuing thoughts that you are a failure and others are smarter or capable. If you continually setting yourself up for failure by making poor choices in choosing mates or involvement in significant relationships.

Family problems- If you feeling trapped in a joyless or violent relationship or feeling overwhelmed by single parenting. If you are constantly find yourself in destructive or explosive interactions with family members.

Sexual problems- If you find yourself having lost interest in sex or have feelings of shame or embarrassment regarding your sexual feelings.

Unresolved childhood experiences- If you find yourself constantly reliving memories of an unhappy childhood or have unresolved feelings towards a parental figure or care provider who was emotionally, sexually or physically abusive.

Traumatic events- if you find yourself unable to come to terms regarding the loss of a loved one or if you have unresolved feelings due to be a victim of a violent incident i.e. rape, or psychological assault such as discrimination or oppressive treatment in the workplace.

Behavioral problems- if you are feeling that your life is out control or if you have reacted by drinking alcohol, drug use or having unprotected sexual relationships as a means of coping with your stresses.

If any of the above concerns may be a factor in your life, then ask yourself the following questions:

What do I want ?

Is this the life I want to live ?

What am I willing to do to live the life I want ?



LOVING THE SELF

Self-Relational Psychotherapy

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Board Certified Diplomate (ABE)

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*We do not want power and control.
We seek self empowerment and
enlightenment on the journey
known as life.*

~ Dr. Micheal Kane



*Cultivating
the Self*



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Ten Guiding Principles of Loving The Self

Loving the Self is:

- 1) *the willingness to acknowledge and praise the self*
- 2) *the ability to love and stop punishing the self*
- 3) *surrounding the self with an abundance of good friends*
- 4) *giving the self what you want and feeling you deserve it*
- 5) *letting others inside to touch the self rather than submit to loneliness*
- 6) *maintaining authority over the self and not giving it away to another*
- 7) *acknowledging that a mistake or wrong was committed and being able to forgive the self*
- 8) *trusting the self*
- 9) *seeing the self as equal, not inferior or superior to others*
- 10) *the turning of the self's negative thoughts into positive affirmations*



Guideposts for Success on the Therapeutic Journey

- *We do not accept "I don't know" as a response. We will focus on being insightful. We shall not accept "I don't know" as the response. It is the responsibility of the traveler to explore within the self, to be insightful, to experience the journey and respond to, rather than avoid the questions which are key to the truth which lies within.*
- *There is no "try." We will focus on the "doing." There is no "try." To focus on "try" will lead to success in "trying" and failure in "doing." We do not try. We do or we do not.*
- *We must focus on our wants and not our needs. We will focus on what "we want" and not our needs. Needs are about survival and existence. They lack growth or development. To "want" is about empowerment: reinforcing choices in our directions and decisions.*
- *Leave your thoughts at the door. We will focus on our feelings and not our thoughts. Our thoughts are transparent, floating along like clouds, whereas our feelings are deep like the ocean and are forever. Leave your thoughts at the door; you may pick them up as you exit the session.*
- *We seek the path less traveled. We will focus on the journey and not the destination. We seek to experience the path less traveled. The paths of "could have," "should have," and "would have" are dead ends... going nowhere. We honor the journey by reflecting on the experience of what we can do, shall do and will do.*

*"The path unexplored is the journey denied."
~ Dr. Micheal Kane*

Micheal Kane Psy.D, MSW LICSW CTS

Dr. Kane earned his doctorate in clinical psychology from Argosy University/ Seattle Washington School of Professional Psychology in 2005. In addition, he received Masters degrees in social work from the University of Washington in 1983, clinical psychology from Argosy University/Seattle in 2002 and postgraduate studies in Traumatology from the Justice Institute of British Columbia, (Vancouver, BC) Canada. Dr. Kane is a certified trauma specialist through the Association of Traumatic Stress Specialists (ATSS) and holds two clinical Dipolmates, the Dipolmate in Clinical Social Work from the National Association of Social Workers (NASW) and Board Certified Dipolmate from the American Board of Examiners in Clinical Social Work (ABE).

Dr. Kane has served on the clinical faculties of the University of Washington, School of Medicine's Department of Psychiatry & Behavioral Sciences and the University of Washington's School of Social Work. In addition, Dr. Kane has served as the Associate Director of Training & Development, Trauma Resources Coordinator and Mental Health Therapist of Hall Health Primary Care Center of the University of Washington and as an instructor and member of the advisory board of the UW School of Social Work's Certificate Program "Psychological Trauma Effective Treatment and Practice". Dr. Kane has served as a consultant on complex trauma and posttraumatic stress disorder to the Congressional Black Caucus Veterans Braintrust (US House of Representatives)..

Dr. Kane has maintained a private practice since 1985 working with individuals, couples and families. His theoretical framework is self-relational psychotherapy (i.e. psychological self) which is integrative and reflecting themes based on psychodynamic, reality, and cognitive-behavioral approaches. Dr. Kane's specialties include domestic violence, anger management, depression, anxiety, trauma, grief and loss, and ethnic minority mental health issues. He has experience in gay/bisexual concerns as well as biracial relationship issues. Dr. Kane's research interests are focused on the integration of trauma and domestic violence and its implications within the psychological self.

Publications:

~ Our Blood Flows Red: Trauma & African-American Men in Military Service, Clinical Implications For Working with African-American Veterans with Complex Trauma. Saarbrucken, Germany: LAP Lambert Academic Publishing. Kane, M. (2010).

~ A Review Study of the Clinical Implications for Working with African-American Veterans. (Doctoral dissertation, Argosy University-Seattle, 2005). Dissertation Abstracts International, 25, 144, Kane, M. (2005)



For additional information regarding Dr. Kane's background, please visit

www.lovingtheself.com

*Heart,
Instinct,
Principles*