

Loving the Self

*As much as I love you,
I love me more.*



*Loving me more, does not mean
I love you less.*

*It only means
I love me more.*

More...

~ Dr. Micheal Kane

Dr. Kane has assisted me to believe in myself and understand there is life beyond borders. He has helped me to understand that I can respond to the challenges that come into my life and to maintain hope as I work to overcome the obstacles that stand in the way of my success. Dr. Kane is a caring person who views his work not as a job but rather as his passion. He is a good listener, honest in his interactions and very resourceful as he has assisted me during my many moments of distress.

~ Bettie, 29, hospital worker

While in therapy I learned that my feelings are important and that I have a purpose in life. In utilizing the concept of loving the self, Dr. Kane helped me to see and understand the true meaning of self-care. My self-esteem improved. I became able to appreciate life for what it is what it is: real and imperfect.

~ Sandra 43, aerospace engineer

Dr. Kane was instrumental in furthering my process of self-discovery and forgiveness of self. He facilitated the process and created a therapeutic environment that allowed me to get to my core issues. I would highly recommend Dr. Kane to anyone willing to work toward understanding who they are and where they would like to emotionally emerge.

~ Paul 42, computer engineer



LOVING THE SELF

Self-Relational Psychotherapy

Micheal Kane Psy.D, MSW, LICSW
Board Certified Diplomate (ABE)

www.lovingtheself.com -----

Loving The Self

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*Understanding the self is a process of
uncovering, discovering and rediscovering
different layers to reach the core
of your inner being.*

~ Dr. Micheal Kane

THE *Healthy Narcissist*

Celebrating the Self



LOVING THE SELF

Self-Relational Psychotherapy

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What is Self-Relational Psychotherapy?

Self Relational Psychotherapy is based on the theory of Self Psychology. Specifically, it is the ability to look within your soul, your heart, and your own existence. The goal is to understand who you truly are. It is the ability to look beyond the mask and the armor that you may have created over the years to respond to the traumas of daily living that have impacted your life.

Self Relational Psychotherapy can be utilized to heal the wound that may continue to lie deep within. This form of therapy can assist one to understand how life can truly be lived. Self Relational Psychotherapy can help you learn to how to fully listen to the “self.” The goal being, to gain the ability to see the beauty that exists beyond the mask, the fears and insecurities.

What is Healthy Narcissism?

Healthy narcissism is the appearance of a strong, vital cohesive self, striving with ambition and ideals towards the full realization of a person’s skills and talents. Narcissism can become unhealthy when the self is detached through psychological injury.

The most serious psychological problems result from injurious developmental experiences. They are expressed as uncontrolled anger, called narcissistic rage, upon a weakened and vulnerable self. Unhealthy narcissism i.e. narcissistic rage arises from extreme fear. It serves to bolster a threatened vulnerable self by giving a temporary sense of strength, cohesion, and self-esteem.

Every decision we make is a statement of how much we value ourselves.

~ N. Alden Brown

Theoretical Approach

I view “the psychological self” and “self-esteem” as the primary focus of my clinical work. It is through the usage of “therapeutic conversations” that open the possibilities of empowering “the psychological self” and reinforcing “self-esteem.”

I view therapy as being the “Journey of Self Discovery.” It is in this journey that I have the privilege to serve as your companion and guide. As your companion, my role is to be at your side and walk with you. Unlike other journeys where the objective is “getting there,” our focus stays on *the journey, not the destination*.

During our walk together, I will point out things you may not have noticed or considered. I may encourage different “paths” to travel. I will be there with you as you explore difficult questions or work through unresolved traumas or experiences.

Stages (The Journey of self Discovery)

MAPPING

M = Meaning
A = Advocacy
P = Protection
P = Preservation
ING = The active state of “in the doing”

Five Avenues (Access/Attainment) of the Journey of Self Discovery

Awareness / Revelation

Acknowledgment / Understanding

Atonement / The Gift (Forgiveness/Apology)

Acceptance / Letting Go

Ascension / Moving On (Growth & Development)

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

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*Heart,
Instinct,
Principles*