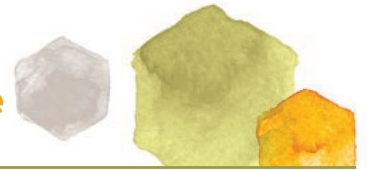


The Evolved Self: Mapping an Understanding of Who We Are

Lloyd Hawkeye Robertson



There is a self-help industry built on the notion of becoming the person “we were meant to be,” but what is the self at the core of such striving? This book answers that question by drawing on philosophy, psychology, various cultural traditions, and original research. The resultant method of mapping the self may revolutionize psychotherapy.

“By linking memes sharing connotative, affective, or behavioural dimensions with those prioritized by the client as more difficult to change closer to the centre, a self-structure emerged... Over the course of about seven months, the new core we had developed became increasingly central to Suzie’s self-definition while those memes supporting her “depressed person” meme became fewer in number.”

In this work the self, which is core to such concepts as self-esteem and self-actualization, is mapped using elemental units of culture called memes. To understand this self, we draw on Western philosophy, major schools of psychology, and the cross-cultural experience of the self in both collectivist and individualist cultures. With this grounding a diverse sample of eleven selves representing three genders are mapped and analyzed, grouped in the following clusters: 1) North American selves built through participation in sports; 2) selves centred on notions of North American aboriginality; 3) selves of individuals following a secular humanist paradigm; and 4) selves from China and Russia. Two methods of self-mapping are described. The results support a hypothesis that a healthy or functional self is composed of fundamental elements including constancy, volition, uniqueness, productivity, intimacy, and social interest. The application of this research and the method of self-mapping to counselling and psychotherapy are explored. A disciplinary paradigm is proposed uniting major schools of psychotherapy. This work will be of interest to philosophers, psychologists, social workers, sociologists, and all who have wondered how they come to define themselves in the ways that they do.

Dr. Lloyd Hawkeye Robertson is Lead Psychologist, Collaborative Centre for Justice and Safety at the University of Regina, and holds a PhD in Counselling Psychology. He has had a private clinical practice for the past forty years. He has published on the structure of the self, the use of prior learning assessment in self-construction, self-mapping in therapy, memetic mutations in religious transmission, residential school syndrome as a form of post-traumatic stress disorder, free will and psychotherapy, mind viruses, and male stigma.

Il existe une industrie de développement personnel fondée sur l'idée de devenir la personne que « nous étions destinés à être », mais quel est le « soi » au cœur d'une telle lutte ?

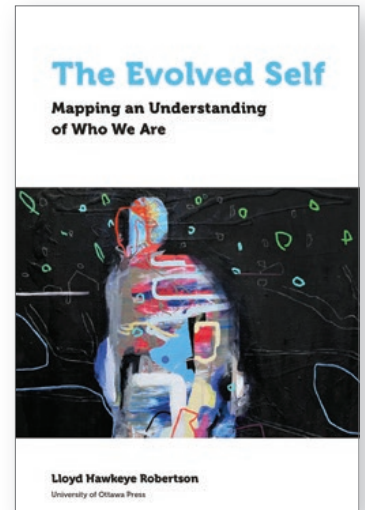
Dans cet ouvrage, le soi, central dans certains concepts tels que l'estime de soi et la réalisation de soi, est cartographié en utilisant des unités élémentaires de culture appelées memes. Pour comprendre ce soi, nous revenons à la philosophie occidentale, aux écoles majeures de philosophie, à l'expérience interculturelle de soi dans les cultures collectiviste et individualiste, et à une recherche originale.

Onze soi représentant trois genres sont cartographiés, analysés et divisés en quatre groupes : 1) Les soi nord-américains construits dans la participation aux sports; 2) les soi centrés sur les notions nord-américaines d'autochtonie; 3) les soi d'individus engagés dans un paradigme humaniste séculier; et 4) les soi de Chine et de Russie. Deux méthodes d'autocartographie sont présentées.

Les résultats confirment l'hypothèse qu'un soi en santé ou fonctionnel se compose d'éléments fondamentaux, dont la constance, la volonté, l'unicité, la productivité, l'intimité et l'intérêt social.

Cet ouvrage intéressera les philosophes, psychologues, travailleurs sociaux, sociologues, et tous ceux qui se sont déjà demandé comment ils en sont arrivés à se définir eux-mêmes de la manière singulière dont ils le font.

Dr Lloyd Hawkeye Robertson est psychologue de renom au Collaborative Center for Justice and Safety à l'Université de Regina et détient un PhD en psychologie counselling. Il poursuit l'exercice d'une pratique clinique depuis quarante ans. Il a publié sur la structure du soi, l'usage de l'évaluation des apprentissages majeurs dans l'autoconstruction, la thérapie d'autocartographie, les mutations mémétiques dans la transmission religieuse, le syndrome des pensionnats résultant des troubles de stress post-traumatique, libre arbitre et psychothérapie, virus de l'esprit et stigmatisation masculine.



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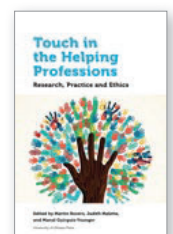


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