Self-mapping in therapy

MAPPING AN UNDERSTANDING:
How to visually represent the self in psychotherapy and research

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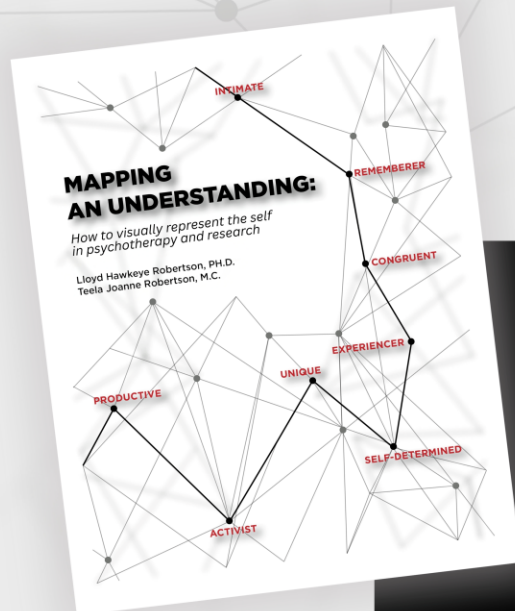## Lloyd Hawkeye Robertson,Ph.D
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Discover a transformative tool for therapy - memetic mapping.

This manual introduces a novel therapeutic approach where client and therapist collaboratively construct a "self-map" made from the core building blocks of culture: memes.

Through this process, therapists visually organize the parts of the client's self, clarifying what drives them, where they get stuck, and how to foster meaningful change.

WHAT'S INSIDE:

Step-by-step instructions to facilitate self-mapping	Real-world case examples and client applications	Printable handouts to use in sessions	Strategies to evolve the map as the client grows

SCAN ME

Use the QR code to get the book, connect with the authors, and learn about training opportunities

WHO IT'S FOR:

Mental health professionals wanting a new way to work with identity, mood disruption, trauma, and cultural intersection in therapy. Read it on your own or join one of our training sessions.

Not sure yet? Email us at **meme@robertsonpsych.com** OR sign up for our mailing list **bit.ly/RobertsonPsychMailingList**

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