



It is a radical act for an individual to listen to and love their psychological selves. It is also the key to mental and emotional growth.

Loving Me More is the therapeutic practice of Dr. Micheal Kane, a clinical traumatologist based in Seattle, Washington.

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The SELF™ Protocol



Self Empowerment Leaping Forward™

“It is within the work of psychotherapy that the therapist commits to the role of companion, consultant and guide as the individual walks the landscape during the journey of self-discovery.”

- Dr. Micheal Kane

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Loving Me More

The Art of Healthy Narcissism And The Fully Realized Self

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What is SELF™ Protocol?

The SELF™ Protocol is a theoretical structure utilized in therapy sessions. The objective of the protocol is for the individual to view therapy and the therapist as a safe space, where they can examine their psychological self and their internal world.

This enables individuals to peacefully process traumatic incidents, psychological distress, and unresolved feelings in a place free of judgment and full of mental and emotional support, and to enhance their personal self-empowerment.

As the individual continues therapy, they grow the skills and build upon the psychological foundation that enables them to balance their internal world with the external world that awaits them outside of the therapeutic environment as they walk their landscape.



Leaping Forward

The SELF™ Protocol refers to the structure of the therapeutic environment. For the individual to leap forward into self-empowerment, it is essential that the therapeutic environment becomes:

A Safe & Secure Space... a place that provides safety and security, which allows the individual to take risks and to trust in a protected space.

To Either Sit With Silence... when the individual grants permission for self to be present with their thoughts and feelings.

Or Speak Openly... the ability to share and be vulnerable without the fear of being attacked, shamed, or judged.

About Secretive (Hidden and Rooted)... freely choosing whether their secrets should be maintained or shared in confidence.

Submerged (unresolved)... gauging whether individuals are actively concealing or simply too overwhelmed by their secrets.

Substances (materials)... the secrets, the concealed or unresolved items that are important or significant to the individual.

Surfacing (arising upon)... coming to the consciousness of the individual, who then chooses to either hold on to the substances, let go, or to resolve them.

Self's psychological landscape... the individual's mental and emotional world.



Walking The Landscape With SELF™

Psychological impacts pertain to dealing with or affecting the mind and emotions, especially as a function of awareness, feeling or motivation. When we say “walking the landscape,” we are referring to the psychological landscape, which is the expansive mental and emotional view that we as humans keep within ourselves, and where we can see the effects of psychological impacts.

The therapeutic environment is therefore critical to providing the space, serenity, and the safety for individuals to explore this internal life with the assistance of the therapist, who acts as a companion, guide, and support when difficulties arise on the psychological landscape.

Ultimately, the objective of therapy is to acquire the tools to build the safe therapeutic space within the psychological landscape, so the individual can feel supported, safe, and empowered in non-therapeutic environments.