

The Search for the Self in Psychotherapy: Findings from Relational Theory and Neuroanatomy

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Abstract : The idea of the “self” has been essential ever since the early modern period in western culture, especially since the development of psychotherapy, but advances in neuroscience and cognitive theory challenge traditional notions of the self. More specifically, neuroanatomists have found no location of “the self” in the brain; instead, consciousness has been posited to be a rapid combination of perception, memory, anticipation of future events, and judgment. In this paper, a theoretical model is presented to address these neuroanatomical findings and to revise the historical understanding of “selfhood” in the practice of psychotherapy.

Keywords : the self, psychotherapy, the self and the brain

Conference Title : ICCCP 2023 : International Conference on Clinical and Counseling Psychology

Conference Location : Paris, France

Conference Dates : October 30-31, 2023