

Symposium:

**Life Designing:**

## Objectives:

1. Demonstrate the existence of a gap between career counseling theories and reality
2. Introduce some theoretical considerations (around of the paradigm of Life-Designing, and its relationship with counseling interventions)

# 1. Demonstrate the existence of a gap between career counseling theories and reality

## □ Positivist epistemology

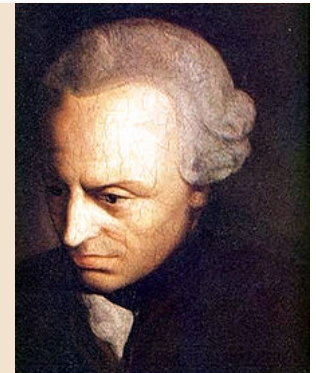
- The utilization of pre-constructed models
- Traditional career counseling theories seen as an objective process

## □ Contemporary world

- Counseling interventions as a process of meaning-making



- **Criticism:** critical analysis of the possibility, origin, value, laws and limits of rational knowledge
- **Critique** (*kritikê téchne*): ability to separate, judge, decide.
- “The moral of the story”:  
Career counseling has been influenced by the tradition of empiricism



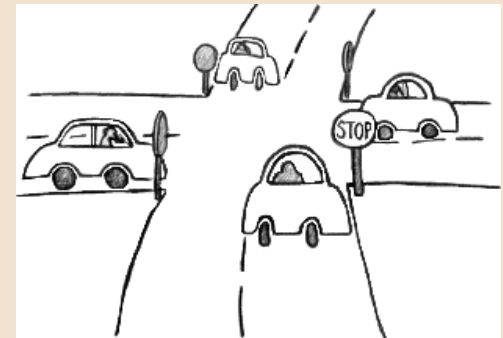
## Framework of interventions

- Developmental theories

- A set of process to anticipate decisions

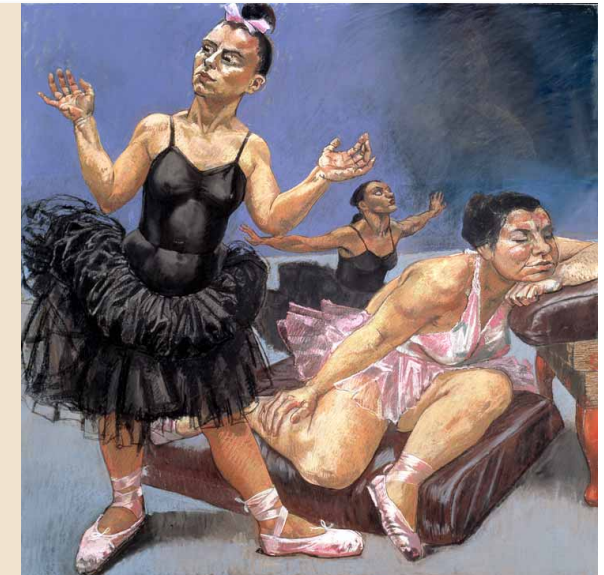
- The approach of constructivism

- The co-construction as a source of satisfaction



## Surpass the gap

- ❖ Identify the individual narrative and reviewing it
- ❖ Defining it through the information that is individually processed
- ❖ Naming the context
- ❖ A context and the knowledge of it
- ❖ Understand the motivational factors



## 2. Theoretical considerations debated around Life-Designing.

### Case studies:

- ❖ More explicative rather than explorative or descriptive
- ❖ Explore the intra-individual-variability
- ❖ Importance of contextual variables
  - ❖ Research agenda:
    - ❖ Bottom-up
    - ❖ Methodologies (e.g., discourse, narrative or ethnographic)



## A co-construction perspective integrated into the paradigm of LD

- ✚ Reflection on the self and environment
- ✚ Receptivity to feedback
- ✚ Imagination of possible selves



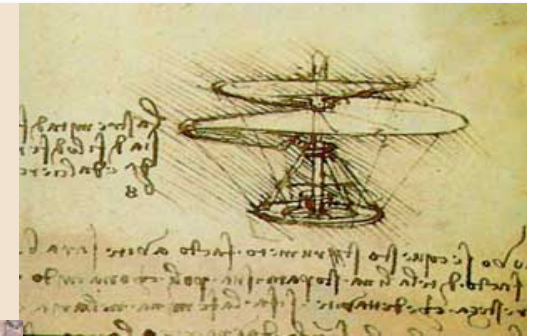
### **Counseling process**

- Individual narratives and stories
- The expression of emotion
- Discover and reveal one's lives
- Identification of the salient elements of the selves



## Transform the idea into reality

- ❖ Motivation- action
- ❖ Life stories, not the concepts
- ❖ Condition of an active element within the historic chain... feed
- ❖ Projecting to the future



### What makes counseling real?

- Involvement
- Personal choice

### 3. Process of counseling (LD perspectives)

Individuals are people that construct their selves of how they perceive others reacting to them, and these “others” are not separate and out there

- ✦ Inter-dependent relationship
- ✦ The importance of identity
- ✦ The integration of
  - ✦ The personality
  - ✦ Adaptability
  - ✦ Life themes



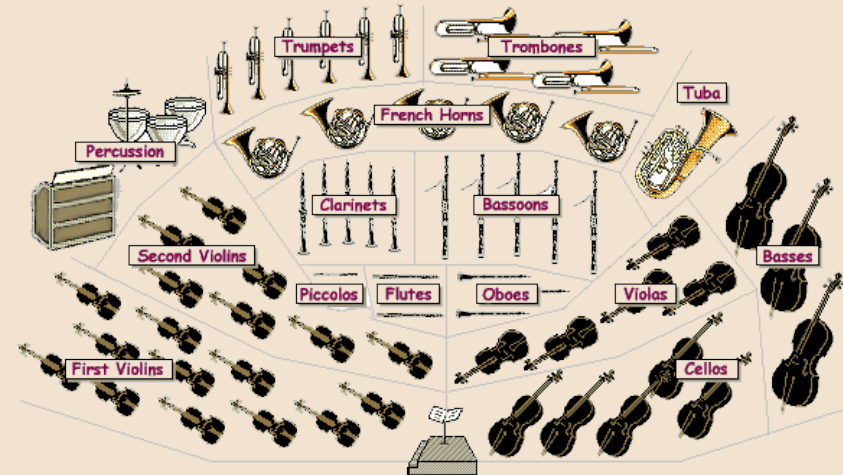
## Concluding...

### Some of the challenges:

- Self-construction perspective
- Self co-construction process

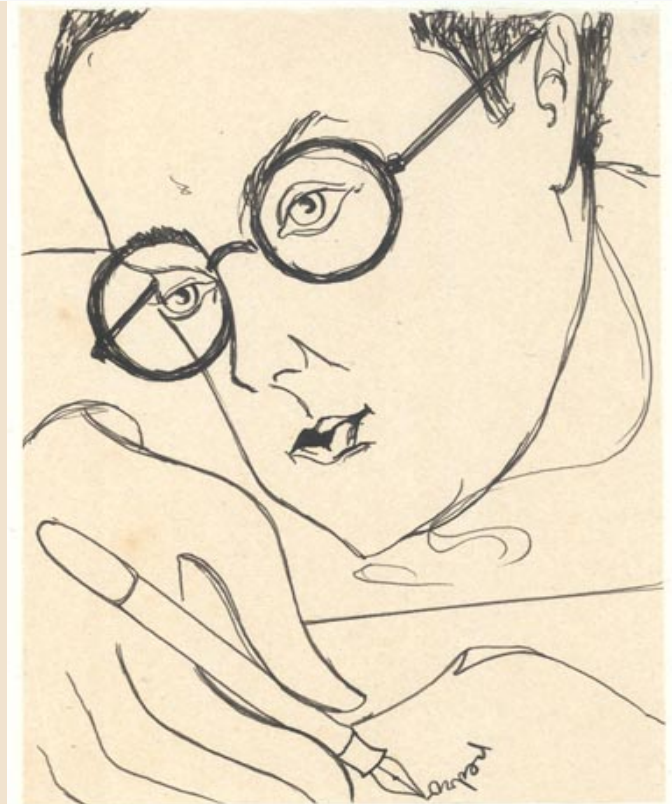


- ❑ Important to act, but also to reflect
- ❑ Important to learn
- ❑ Be quiet and listen
  
- ❑ Client as an active element –  
the construction of the collective



## Career counselors

- ✚ Co-construct a counseling style
- ✚ Fit the profession into their lives... and
- ✚ Their lives into the profession



**THANK YOU FOR YOUR ATTENTION...**

*Maria Eduarda Duarte*