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# Self and Others during Constructivist Career Counseling Interview

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# Plan

- Theoretical basis : Life Designing
  - A narrative identity
  - A plural identity
- Methodological choice
  - Guichard's model of interview
  - Linguistic analysis
- Some results: a case study

# Constructivism

Subject's knowledge is a "(re)construction" of reality

- Symbolic, and mainly linguistic construction
- Developed through means of individual relations and interlocations with others.

The present study aims to

Describe the role of interactions and interlocations in person's reflexive activity

# Theoretical basis

## A narrative identity

- Personal identity is a subjective construct the individual develops to give a meaning to his experiences
- Telling his/her own story allows the individual develop self reflexivity
- A symbolic form in which people are told, argued and explain

# Theoretical basis

## A plural identity

- Society offers a range of social identity frameworks in which individual builds his/her self...
- Constituting a system of internalized cognitive identity forms.
- Some of them, subjective identity forms (SIF) constitute the identity (Guichard, 2004, 2008)

A "SIF" is a set of:

- Action and interaction patterns;
- Ways of relating to world "objects" in context;
- Ways of relating to oneself (generalizations of self-observations, feelings of competence, some feeling of self-determination or self-esteem...);
- Ways of relating to others and interacting with them;
- In some cases, future expectations related to previous ones

# Interviewing method

## Guichard model of interview

1. Constructing working alliance
  1. agreement between counselor and client on the goals and the means to achieve them
  2. And the ongoing relation
2. Realizing the major areas constituting his present life.
3. Updating the client's SIF system, corresponding to his/her main areas of activity and life experiences.
4. Determining the anticipated FIS the consultant considers important, and defining practical modalities of this commitment;
5. Conclusion of the counseling interaction.

# Methodology of analysis

Several sets of interviews were

- conducted,
- transcribed
- and analyzed in light of linguistic theories of Benveniste (1966, 1974), Barthes (1966), Greimas (1986), Jacques (1982),
- paying particular attention to reported speech (Bakhtin, 1929/1977, 1930/1981)

# Results

Several levels of dialogues in defining and self organization processes

- Dialogue with the counselor
- Dialogues with others (real or imagined)
- What others say about him/her (that he/she agrees or rejects)
- Or internal negotiation between different SIF

## Example of Cedric

Cedric (a touristic guide) explains, to confirm his professional choice

*“But it turns out, I haven’t told you, that my father and I we shared many trips. So after transmitting me all he could give me, he ended up with me in my professional environment, as an accompanist. He, he accompanied. And he heard me lecturing. So he said: “But you were perfectly in your place. You must carry on this way, it fits you very well. People are delighted. You got enthusiasm, you're clear.” Here!”*

He explains his choice was the good one.... And still is:

*“Finally I, dreams and all these childish adventures are also why I believe in my current work. It made me deeply. And even today, when I'm traveling, I leave full of stories that I have heard or I read when I was a little boy”*

# Results

- This reflection identity involves a whole world of people acting in the self.
- Jacques' proposal: "the person is the result of a primary dialogical relationship, leading the individual to constitute him/herself as "I", along with "you" and "he". These three terms are inseparable."
- All these dialogues emerge at key moments "*yes, that's right inside me, that moves me, it gives meaning, direction and perspective to my life.*"
- These dialogues also enable us to observe how the person gradually produces a speech that becomes his/her own.

# Conclusion

## Hypothesize

- These counseling dialogues, by their structure and way of interlocutory relationship, invite the consultant to take the other into account, both in his/her history, in his/her draft and in his/her life ...
- Others, present in the speech on self during the interviews, could likely be included in the project, and, therefore, in the life the individual is designing.
- May be why such interviews might participate in the development of a fairer world !

**Thank you !**