

Postmodern career counseling interventions: A meaning-centered approach

Laurent Sovet

Paris Descartes University, Boulogne-Billancourt, France

Caroline Arnoux-Nicolas, Nadia Baatouche, Mathilde Baudé, & Jean-Luc Bernaud

National Conservatory of Applied Technologies, Paris, France

Abstract

Given the dramatic changes in the postmodern society in particular the labor market, more and more individuals are struggling to find meaning in their lives and works (Lhotellier, Arnoux-Nicolas, & Sovet, 2018). For some of them, choosing a career path reflects an existential quest while transforming adverse circumstances may lead to a loss of purpose. Not surprisingly, the phenomenological themes of existentialism are becoming topical for contemporary career counseling practices (Bernaud, 2016; Cohen, 2003). In this context, developing meaning-centered career interventions are crucial to tackle these challenges. During the last few years, our research group has been committed to build, implement, and assess career counseling practices through an existential lens (Arnoux-Nicolas et al., 2018; Bernaud, Lhotellier, Sovet, Arnoux-Nicolas, & Pelayo, 2015; Lhotellier et al., 2018). The purpose of the workshop is to offer an interactive experiential learning to researchers and practitioners about a group-based career intervention following a meaning-centered approach. It has been designed for adults experiencing career transition and existential concerns. The framework captures best evidence-based practices in order to enhance its effectiveness. With seven sessions, beneficiaries actively participate in various discussions and individual/group exercises during and out of session. Our primary goals are to share with participants our experiences and our materials in developing innovative meaning-centered career interventions. More specifically, the fourth session focused on questioning and discovering one's meaning of work will be presented in detail. It will include a group discussion about

meaning of work and a gamified exercise for assessing work values using card sorting.

Participants will be invited to join all these activities.

Keywords: meaning, career counseling, career interventions, narrative interventions

References

Arnoux-Nicolas, C., Sovet, L., Lhotellier, L., Baatouche, N., Bernaud, J.-L., Lepez, S., & de la Faye, B. (2018). Meaning centered career intervention for college students. In V. Cohen-Scali, J. Rossier, & L. Nota (Eds.), *New perspectives on career counselling and guidance in Europe* (pp. 133–146). Cham, Switzerland: Springer.

Bernaud, J.-L., Lhotellier, L., Sovet, L., Arnoux-Nicolas, C., & Pelayo, F. (2015).

Psychologie de l'accompagnement: Concepts et outils pour développer le sens de la vie et du travail. [Psychology of coaching: Concepts and tools to develop meaning of life and of work]. Paris, France: Dunod.

Bernaud, J.-L. (2016). Le « sens de la vie » comme paradigme pour le conseil en orientation. [Meaning of life as a paradigm for career counseling]. *Psychologie française*, 61(1), 61–72. doi:10.1016/j.psfr.2013.06.004

Cohen, B. N. (2003). Applying existential theory and intervention to career decision-making. *Journal of Career Development*, 29(3), 195–209. doi:10.1023/A:1021470230341

Lhotellier, L., Arnoux-Nicolas, C., & Sovet, L. (2018). A meaning-centered career intervention: A case study. In A. Di Fabio A. & J.-L. Bernaud (Eds.), *Narrative interventions in post-modern guidance and career counseling* (pp. 47–75). Cham, Switzerland: Springer.