**وه‌زاره‌تی خوێندنی باڵا و تۆێژینه‌وه‌ی زانستی**

 **Ministry of Higher Education &**

 **Scientific Research**

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| **پرۆپۆزەلى توێژینه‌وه‌ بۆ به‌ده‌ستهێنانی بروانامه‌ی دکتۆرا PhD Research Proposal**  |
| 1. **Title of PhD research proposal**

**Meaning and Memory; Existential Psychotherapy in Selected Modern and Postmodern Novels**   |
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| **Summary (Abstract) of PhD research proposal** The present dissertation attempts to discuss the search for the meaning of life and the deep inner agonies of humans in the modern world. The psycho-existentialdimensions of mental pain and societal injustice are elaborated in regard to the dilemma of determining “self” under the lenses of these selected modern and postmodern novels. The true “self” of a human is under the threat of several sorts of existential subjugations which lead to mental torture and lead to repress the human free-self-actualization. The subjugations are: first, **gender tribal abuse** for example in *Possessing the Secret of Joy*, andthe shock of a **violent past of warfare** being in warfare as is the case in *The Return of the Soldier*. Imposed rituals, injustice, uncertainty, loss, and violence are existential issues that have haunted the modern man. This study links these existential questions to psychology.  All these novels scrutinize the fixed notions of perceiving the events in the stream of time; in the novels; the way we remember the events is different to the way we have witnessed them. Through the very modern technique of internal monologue, the three novelists present a fluid time experience in order to tell us the reality of the inner world of the humans. The uncertainty of time notion, which is an existential philosophical dilemma, in our memories is sketched in a complex mode of stream of consciousness in these novels. Walker and West and other novelists intend to cure their real life anguish through writing fictions. Each of these writers has witnessed severe agonies and has questioned the meaning of life; as such, these novels reflect their writers’ sophisticated lives in different phases. The very distressed memories of the suppressed characters are cured through narration and bravely facing the past. Being true to one’s “self” in the search for the true meaning of life is the common ground of the selected novels that is only achieved after defeating the obstacles.  The selected novels teach us that the human wounded psyche can only effectively be cured when it “unlearns” the pre-established subjugating conventions that are imposed on our minds by the society. Thus, thinking out of the pre-established frames of thinking is a key-factor of a successful therapy. The study aims to unchain those existential shackles that have oppressed the personal realizations of “truth” and ‘meaning” and have consequently led to psychological and mental instabilities.  Since the agonized lives of people lead to question the essential meaning of life and its justice, all the selected novels deal with the complexity of man in the search of meaning in life; and this is the basic issue of existential psychotherapy. The theory of existential psychotherapy intends to normalize the inner turmoil by asserting that man is in need of a self-discovery process of knowledge and meaning.  |
| **4. Introduction پێشه‌کی**   Alice Walker, Rebecca West, and other novels have tackled the very deep point of human psychology in the modern life in undergoing mental suffering and inward pain, especially in search for the lost values of life. Discriminations, abuses, violence and segregations have shackled the “ego” of the modern human and have led to existential suffering and psychological pain. The suffering of the human mind, due to racial, tribal, political, cultural and gender abuses, is creatively sketched in these three novels. Another aspect of the study is that, time presentation, in its existential formulation, in these three novels is very psychological. The Austrian psychotherapist Otto Rank's scheme of "here-and-now" is essential in this study. Therefore, time loses its clock-based measurement and becomes a mental and existential concern that tells us what goes on inside the mind of a human.  Another aspect of this dissertation is memory. Memory of the characters is tied to remembering the very deep agonies of the past, which are severely hurtful and shocking. Recalling the past through restating them subjectively is a type of psychotherapy which is an autobiographical dimension of the writers’ lives. Another common aspect of these novels that this dissertation is going to tackle is the battle in the inner side of humans between what they determine themselves to be and what the societal conventions demand them to be. All the novels here shed light on the psychological pain of the shackles that the society impose on the humans to shape them; and all the novels also contain a sort of rebellious self-determination that the protagonists insist to attain. The protagonists of the novels seek a powerful existential “learning and unlearning” strategy in order to deconstruct the opposed values, and replacing them with self-determined subjective ones.   |
| **5. Research objectives**  The reason behind tackling such subject is to reveal the importance of memory cure in the lives of the modern humans after post traumatic triggers that happen due to the chains of society. The study’s objective is to signify that the humans are in need of determining their own selves with a courageous recall of the past memories by healing the wounds through speaking about them. This dissertation aims to prove that these three writers have attempted to heal their own biographical agonic memories in real life by defeating the negative spots and replacing them with curing self-realization. They have started an existential quest to re-gain their lost meanings and values of life. The novels, thus, provide us very deep and rich portrayals of the human mental status in the way memories of the past are retrospectively archived and brought about. These novels here provide wings of imagination for their readers to allow penetrating time in order to go back to the past events mysteriously to cure it. Freedom of thought is an existential cogito that is aimed to be utilized in this study to cure the inner side of human personality. Healing inner wounds that are caused by disturbing existential incidents of the past is done through recalling them in the present time creatively. This is because existential psychotherapy is a creative way of mental cure. Curing the scars of the psychology of the characters in these novels is the scope of this study that goes under the umbrella of the search for meaning in life. Overcoming the subjugations of race, gender, class and society in these novels lead to freeing the characters from lunatic pains inside; and this is a long process of self-discovery and self-fulfilment that the characters of these novels undergo. ‌ |
| 6. Methodology and data collectionThis research is concerned with the sophistication of both: A: finding meaning in life, B: healing memory. Thus, the method of presentation in this dissertation is mainly a mixture of existentialism and psychoanalysis in dealing with the relation between the wounds of memory, the autobiography of the writers, and regaining the inner peace after agony by reshaping “self” after a long battle with the subjugations of the surroundings. However, since the autobiographical contexts of these authors are significant to understand the novels, approaches and aspects of politics, economy, gender, and culture are highly taken into account. Theories of Freud, Otto Rank, Ludwig Binswanger, and Rollo May are of good utility for the analyses of this study.  |
| 7. Scope and limit to the research  The scope of the research is embodied into a number of modern and postmodern novels that have many common grounds in understanding the intricacy of human suffering and its gateways of remedy. This project is of great importance for Kurdistan Region for it reminds each of the Kurds of the different ways that the memory of each individual is obsessed with incidents of past tragedies. The tragedies of Tasha in Possessing the Secret of Joy could be of any individual Kurdish girl; the sufferings of Alan in The Return of the Soldier could be the deep suffering of any individual in Kurdistan who has witnessed the violence of warfare in the past. So, healing those tragic memories are of great significant for the Kurdish society; that is why discussing these novels has tremendous benefits for curing the past traumatic sufferings in our community. |
| **8. Duration and timeline** |
| **12.** **په‌سه‌ندكردنی پرۆپۆزەل له‌ لایه‌ن لیژنه‌ی زانستی به‌ش**ژماره‌ی كۆنووسی كۆبوونه‌وه‌:رێكه‌وتی كۆبوونه‌وه‌:بریار: په‌سه‌ند كرا په‌سه‌ند نه‌كرا  ناوی سیانی و واژووی لیژنه‌ی زانستی به‌ش واژوو:  ناوى سه‌رۆكی لیژنەى‌ زانستی به‌ش مۆری به‌ش  واژوو:  ناوى سه‌رۆكی به‌ش:  |
| **13.****په‌سه‌ندكردنی پرۆپۆزەل له‌ لایه‌ن ئه‌نجومه‌نی كۆلێژ/فاکەڵتى**ژماره‌ی كۆنوسی كۆبوونه‌وه‌:رێكه‌وتی كۆبوونه‌وه‌:بریار: په‌سه‌ند كرا په‌سه‌ند نه‌كرا  واژوو: ناو راگری كۆلێژ: مۆری كۆلێژ |

**تێبینی:** تكایه‌ فۆرمه‌كه‌ ته‌نها به‌ یه‌ك زمان (زمانی توێژینه‌وه‌) پڕ بكرێته‌وه‌.