

METAPHOR OF THE THERAPIST

PART 1- Build your metaphor

1. What is your metaphor of the therapist ?
2. How does your metaphor talks about yourself ?
3. What does your metaphor allow your patient to do ?
4. What is the limit of your metaphor for the patient ?
5. In light of your answers, let your metaphor evolve or change it completely.

PART 2 - Meet your patient's metaphor.

1 therapist works with 2 patients

1. Ask your 2 patients their own metaphor of the therapy
2. From there, make your metaphor evolve in order to meet both your patients' metaphors.
3. Verify of your new metaphor talks to both patients
4. Incarnate your new metaphor, become your metaphor and from that state of being, listen to one of your patient real life negative, unpleasant situation.