

# Therapeutic Metaphors

Helping Others Through the Looking Glass



David Gordon

# Therapeutic Metaphors Helping Others Through The Looking Glass

**Linda E. Olds**



## **Therapeutic Metaphors Helping Others Through The Looking Glass:**

Therapeutic Metaphors David Gordon, 2017-05-25 There is music in metaphors in the chords of individual perception played upon the patterns of human experience Therapeutic metaphors stories intended to address a specific personal need provide a depth of association and potential for insight that is often not available through more direct approaches Metaphors do this by creating a shared language between therapist and client or between co workers or between friends a shared world within which communication about a problem and how to resolve it becomes easier and more impactful Furthermore once created that metaphorical world can become one in which the person discovers his or her own resolution to the problem Like other expressions of art a metaphor derives its ability to affect and influence us because of its underlying structure The masterful storyteller thinks in ways that naturally create the parallels connections and discoveries that become utterly compelling to the listener Therapeutic Metaphors Helping Others Through the Looking Glass provides you with that structure an explicit and practical format for creating impactful stories for change

**Metaphors of Interrelatedness** Linda E. Olds, 1992-01-01 Olds examines the role of metaphor and models in psychology science and religion and argues the case for systems theory as a contemporary unifying metaphor across domains with particular emphasis on clarifying its potential for psychology

*Developing Ericksonian Therapy* Jeffrey K. Zeig, Stephen R. Lankton, 2013-06-20 The volume presents the proceedings of the Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy held in Phoenix Arizona December 3 7 1986 The third Congress brought many new people to the Erickson movement Approximately 1 800 attended a striking indication of the continuing influence and growth in the therapeutic legacy of Milton H Erickson

*Tending Inner Gardens* Lesley I Shore, 2014-01-21 Tending Inner Gardens The Healing Art of Feminist Psychotherapy transforms the theory and practice of psychotherapy one that values both the feminine and masculine perspectives Set within a naturalistic framework this model utilizes nature s growing and healing processes It proposes nature s seasonal cycles as a model for the psychotherapy process and author Lesley Irene Shore introduces nature s seasonal cycle as a model for successful psychotherapy and demonstrates how to tune techniques to the rhythms of each season Dr Shore speaks with the voice of an experienced psychotherapist sharing her struggles with therapeutic dilemmas and addressing issues common to every practitioner She refuses to present simple solutions to the difficult process of helping people grow yet offers new ways of thinking about this work Readers will find this a healing book for themselves as well as for their clients The book covers relationship issues as well as the use of language hypnosis dreams and creativity Specific areas readers learn about include language teaches therapists to differentiate between questions that address conscious regions of the mind and ones which communicate with less conscious processes metaphor describes ways of working with metaphors to access less conscious processes trauma explores the effects of psychological trauma and offers tools for healing its wounds psychotherapy process uses nature s seasonal cycle to chart the process of psychotherapy Tending Inner Gardens

transcends the artificial dichotomies currently characterizing much psychological thought Psychotherapists will be interested in the natural model of psychotherapy which integrates a wide range of ideas and theories especially the sections on the psychotherapy relationship dreams creativity working with metaphors language and the process of psychotherapy Interesting case studies illuminate this material Students can benefit from seeing how the tools of psychotherapy are integrated with the art Laypeople will enjoy reading about Dr Shore's personal evolution as a therapist her life on Harmony Farm and her cases which are discussed in detail While this book is primarily geared toward a professional audience it attracts a wide range of readers It should be read by experienced psychotherapists faculty members and practitioners as well as those in training This would generally include psychiatrists psychologists social workers counselors psychiatric nurses and related professions And while the book presents a primarily verbal psychodynamic approach toward healing its theoretical conceptualization will appeal to professionals in healing traditions such as art therapy massage therapy and expressive therapy *Social Workers' Desk Reference*, 2015-04-20 People all over the world are confronted by issues such as poverty a lack of access to quality education unaffordable and or inadequate housing and a lack of needed health and mental services on a daily basis Due to these issues there is a need for social workers who have access to relevant and timely scholarly materials in order to meet the needs of those facing these issues The social psychological and biological factors resulting from these issues determine the level of a person's mental health at any given point in time and it is necessary for social workers to continue to evolve and develop to the new faces and challenges of the times in order to adequately understand the effects of these issues In the first and second editions of the *Social Workers Desk Reference* the changes that were occurring in social work practice education and research were highlighted and focused upon This third edition continues in the same tradition and continues to respond to the changes occurring in society and how they are impacting the education research and practice of social work as a whole With 159 chapters collaboratively written by luminaries in the profession this third edition serves as a comprehensive guide to social work practice by providing the most recent conceptual knowledge and empirical evidence to aid in the understanding of the rapidly changing field of social work Each chapter is short and contains practical information in addition to websites and updated references Social work practitioners educators students and other allied professionals can utilize the *Social Workers Desk Reference* to gain interdisciplinary and interprofessional education practice and research

**The Oxford Handbook of Hypnosis** Michael R. Nash, Amanda J. Barnier, 2012-01-19 The *Oxford Handbook of Hypnosis* is the long overdue successor to Fromm and Nash's *Contemporary Hypnosis Research* Guilford Press which has been regarded as the field's authoritative scholarly reference for over 35 years This new book is a comprehensive summary of where the field has been where it stands today and its future directions The volume's lucid and engaging chapters on the scientific background to the field fully live up to this uncompromising scholarly legacy In addition the scope of the book includes 17 clinical chapters which comprehensively describe how hypnosis is best used with patients across a spectrum of

disorders and applied settings Authored by the world's leading practitioners these contributions are sophisticated inspiring and richly illustrated with case examples and session transcripts For postgraduate students researchers and clinicians or anyone wanting to understand hypnosis as a form of treatment this is the starting point Unequalled in its breadth and quality The Oxford Handbook of Hypnosis is the definitive reference text in the field      **Views On Ericksonian Brief Therapy** Stephen R. Lankton, Stephen G. Gilligan, Jeffrey K. Zeig, 2013-08-21 Eight papers from the Fourth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy held December 1988 San Francisco California No index Annotation copyright Book News Inc Portland Or      **Communication Skills for the Health Care Professional: Concepts, Practice, and Evidence** Gwen Van Servellen, 2009-10-07 The first text of its kind to address the connection between communication practices and quality patient care outcomes provides future and practicing patient caregivers basic communication knowledge and skills      Positive Psychology Coaching in the Workplace Wendy-Ann Smith, Ilona Boniwell, Suzy Green, 2021-09-29 This research to practice text explores how coaching can support thriving in the workplace It focuses on positive psychology coaching in the workplace in relation to the convergence with organisational psychology and coaching psychology professional and ethical practices resilience and wellbeing team and systemic approaches leadership tools of intervention convergence of clinical interventions and virtuousness and the future of thriving workplaces The chapter contributions represent a truly international scholarship and bring together complementary perspectives from the fields of positive psychology coaching psychology organisational psychology organisational scholarship neuroscience education and philosophy Written in a scholarly but accessible style this text is of interest to a wide readership including academics professionals and postgraduate students of positive psychology organisational psychology counselling and coaching psychology human resource management mental health health and social welfare Smith Boniwell and Green have brought together an outstanding collection of thought leaders from the field of positive psychology coaching to craft an in depth exploration of the contribution positive psychology can make to delivering transformation change through coaching conversations A fascinating read full of evidence and insight Jonathan Passmore Professor of Coaching Behavioural Change Director Henley Centre for Coaching Henley Business School      *The User's Manual for the Brain Volume II* L Michael Hall, Bob G Bodenhamer, 2002-03-26 This much anticipated volume continues the tradition of Volume I the Practitioner course manual The authors now invite you to reach beyond Practitioner to Master level to develop the very spirit of NLP the quintessential self study course on advanced NLP Judith E Pearson PhD      *Oxford Guide to Metaphors in CBT* Richard Stott, 2010-05-13 Oxford Guide to Metaphors in CBT Building Cognitive Bridges is a remarkable memorable and continually fascinating book one that will be on my repeated reference list for years to come Robert Leahy Clinical Professor of Psychology in Psychiatry at Well Comell University Medical College      Men and Their Dogs Christopher Blazina, Lori R. Kogan, 2016-04-13 The healing power of the bond between men and dogs is explored in this unique book Three important

themes emerge attachment loss and continued bonds with canine companions for males across the life span and from various contextual backgrounds The contributors replace common assumptions with needed context pertaining to men s emotions and relationships starting with the impact of gender norms on attachment and including robust data on how canine companionship may counter Western culture socialization The chapters engage readers with details pertaining to ways in which dogs help men develop stable caring relationships process feelings and cope with stress within a variety of environments including home school and treatment programs for veterans prisoners and youth The book also address men s loss of companion animals and the need for building new ways of sustaining the memory and meaning of the bond in males lives referred to as a continuing bond From these various vantage points therapeutic insights and relevant findings bring a new depth of understanding to this compelling topic Included in the coverage Masculine gender role conflict theory research and practice implications for understanding the human animal bond in males lives At risk youth and at risk dogs helping one another An examination of human animal interaction as an outlet for healthy masculinity in prison Exploring how the human animal bond affects men s relational capacity to make and sustain meaningful attachment bonds with both human and animal companions li Older adults and companion animals physical and psychological benefits of the bond Continuing the bonds with animal companions implications for men grieving the loss of a dog Probing the deeper concepts behind man s best friend Men and Their Dogs provides a rich clinical understanding of this timeless bond and should be of special interest to health psychologists clinical psychologists academicians social workers nurses counselors life coaches and dog lovers

Psychology Library Editions: Emotion Various,2022-07-30 Emotion or affect is a cross disciplinary subject in psychology Psychology Library Editions Emotion makes available again twelve previously out of print titles that were originally published between 1976 and 1999 either as a set or as individual volumes in your choice of print or ebook Written by a range of authors from diverse backgrounds and spanning different areas of psychology such as clinical cognitive developmental and social the volumes feature a variety of approaches and topics This is a great opportunity to trace the development of research in emotion from a number of different perspectives *Structure in Thought and Feeling (PLE: Emotion)* Susan Aylwin,2014-11-20 How does a person s way of thinking influence their personality their values and their choice of career In this important study originally published in 1985 Susan Aylwin uses such questions as a starting point for elucidating the relationship between thought and feeling Three modes of thought are compared in detail inner speech visual imagery and enactive imagery the last being an important addition to our understanding of mental representations The structural characteristics of all three types are analysed using an association technique Their affective aspects are then explored through a variety of means including the analysis of daydreams an examination of the evaluative complements of categorizing the study of cognitive style an exploration of such social feelings as embarrassment and the experiential study of strong emotion The author ends by integrating her findings showing how thought and feeling are related aspects of the temporal

organization of consciousness Structure in Thought and Feeling is written in a lively and accessible style and brings a refreshing perspective to many issues of central concern to psychologists interested in cognition emotion personality and psychotherapy     **Mastering Awareness of Perceptual Positions & States** Tobias Schreiber, Wilton Hellams, 2009-07-12

This is a workbook for anyone interested in identity creation and utilization to increase personal awareness Also the text is a guide for therapist counselors and social workers wanting self study for continuing education     **Neurolinguistic**

**Programming in Clinical Settings** Lisa de Rijk, Richard Gray, Frank Bourke, 2022-01-11 Neurolinguistic Programming in Clinical Settings provides a theoretical framework for the clinical applications of Neurolinguistic Programming NLP protocols in mental health It offers evidence based models for a range of conditions including PTSD anxiety and depression grief phobias and binge eating Providing a follow up to the 2014 book The Clinical Effectiveness of Neurolinguistic Programming this book updates the existing research evidence for NLP interventions with mental health clinical conditions It includes further evidence for its use with somatoform disorders anxiety and depression and as a general psychotherapy modality The book outlines up to date evidence from clinical trials that demonstrate the success rate of NLP with PTSD populations and discusses how ongoing randomised clinical trials at Kings College London are demonstrating the clinical effectiveness of NLP protocols and are becoming more widely accepted by mainstream mental health care Written by a team of internationally academically informed clinicians and researchers the book will be key reading for academics researchers and post graduate students in the field of mental health research psychotherapy and counselling It will also be of interest to clinicians and mental health professionals interested in NLP as a therapeutic modality     **Leading-edge Health Education Issues**

Lennard V. Sebeki, 2008 This book concentrates on the field of health education which is of prime importance in a rapidly changing world where computers and the internet make the possibilities almost limitless The areas of dynamic impact include education and training of health professionals patients medical and other institutions of other higher learning families of ill people and the public at large It is an invaluable addition to the literature     **Staying in the Light: How to**

**Integrate the 9 Wisdoms from Your Soul** Morrin Bass PhD, 2013-02-22 Staying in the Light is a process by Dr Morrin Bass for defining your life direction We all are spiritual beings and we all have a natural way to access our own internal wisdom It is the way of being ourselves accompanied by the sense of balance knowing what to do next and the discovery of the meaning of our life Dr Bass is a premier expert in individual symbolism uncovering mythology of an individuals internal organization connecting physiology and neuroscience of awareness of the highest purpose direction legacy and a sense of satisfaction leading to creating a future that works Dr Bass skillfully leads to individuals wisdom in connection with each situation uncovering active wisdom intention based decisions for everyday living Staying in the Light is a handbook describing client experiences with theoretical premise which simultaneously challenges beliefs perceptions and awareness and suggests support in choosing a fulfilled purposeful life     **Bioenergy Economy** Farzad Goli, MD, 2010-08-16 The theoretical

challenge to strive for a unifying framework for such various and diverging concepts and ideas makes the Bioenergy Economy a unique and extremely stimulating reading Prof Michael Wirsching Head of Psychosomatic Department of Albert Ludwig University Freiburg     *Cinema and Life Development* Thomas Peake, 2004-06-30 Peake uses prevailing and emerging models of life span development along with examples from Cinema to animate psychological understanding and application The use of film offers powerful opportunities for anecdotes clinical applications and examples of life stories drawn from popular and lesser known cinema The addition of movies as metaphors make the material accessible to lay student and professional readers Drawn from numerous workshops and symposia using this material Peake finds this emphasis breathes life into teaching negotiating and growing from new perspectives



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