Contents

Acknowledgments, xvii

Introduction, xix
  What This Book Offers, xx
  The Contributors, xxi
  The Contributions, xxii
  The Structure of This Book, xxiii

Following Your Gurus: An Opening Story, 1

Chapter 1  Metaphor and Therapy: Clarifying Some Confusing Concepts, 3
  George W. Burns
    What Is Metaphor?, 4
    Why Use Metaphors in Therapy?, 4
    Is Metaphor Therapy or Communication of Therapy?, 7
    What Type of Metaphor Is That?, 9
    Are There Times Not to Use Metaphor?, 12
    References, 13

PART ONE  IMPROVING MOOD, 15

Chapter 2  The Healing Is Complete: Outcome-Oriented Experiential Metaphors in a Case of Major Depression, 17
  George W. Burns
    Contributor's Story, 17
    Preview the Chapter, 18
    Where to Begin?, 19
PART TWO  BUILDING POSITIVE RELATIONSHIPS, 65

Chapter 6  The Case of Carol: Empowering Decision-Making through Metaphor and Hypnosis, 67
Michael D. Yapko
Contributor’s Story, 67
Preview the Chapter, 68
The Context of the Session, 69
Interviewing Carol: Determining Goals and Assessing Resources, 69
Why Use Metaphor in Carol’s Case?, 70
General Points about Hypnosis, Indirect Suggestion, and Metaphor, 70
Identifying Goals of Treatment, 72
Carol’s Resources, 73
Hypnosis and Delivering the Metaphor to Carol, 74
Session Follow-Up, 76
Final Comments, 77
References, 78

Chapter 7  The Woman Who Wanted to Lie on the Floor: A Social Constructionist Use of Metaphor in a Tale of Two Clients, 79
Valerie E. Lewis
Contributor’s Story, 79
Preview the Chapter, 80
A Social Constructionist Use of Metaphor, 81
Reina’s Tale, 82
Sharing Client Stories, 86
Margrit’s Message for Reina, 87
Reina and Margrit’s Message for Us, 88

Chapter 8  Trekking to Happiness—No Sherpa Required: A Utilization Approach to Transcending an Abusive Relationship, 89
Gregory Smit
Contributor’s Story, 89
Preview the Chapter, 90
Searching for Resources, 91
Planning the Direction of Treatment, 93
Defining the Therapeutic and Metaphoric Objectives, 94
Planning the Steps for a Metaphor Intervention, 95
Beginning the Trek, 96
Offering More Than a Metaphor, 97
Learning from an Experience, 98
References, 99
Chapter 9  And the Two Snakes Fought: Storybook Therapy to Help Deal with the Divorce Monster, 100
Joy Nel
Contributor’s Story, 100
Preview the Chapter, 101
Narrative as “Storybook Therapy”, 102
The Processes of Storybook Therapy, 103
Listening to the Problem-Saturated Story, 103
Reauthoring and Strengthening the Preferred Story, 106
Finding Hope in a Cheeseburger, 112
References, 113

PART THREE  CHANGING PATTERNS OF BEHAVIOR, 115

Chapter 10  Under Fire: Reflection and Metaphor in Narrative Therapy, 117
Christine Perry
Contributor’s Story, 117
Preview the Chapter, 118
The “Narrative” Metaphor of the Counseling Process, 119
Reflecting Teams, Metaphor, and Narrative Therapy, 120
The Case of Paul, 121
An Alternative Story, 124
Implications for Professional Practice, 126
References, 127

Chapter 11  The Door Is Open, the Bird Can Fly: Merging Therapist and Client Metaphors in Child Therapy, 128
Joyce C. Mills
Contributor’s Story, 128
Preview the Chapter, 129
Passage One: A Safe Environment, 131
Joey’s Story: Creating a Safe Environment, 131
Passage Two: You Gotta Crawl Before You Fly, 133
Joey’s Story: The Importance of Keys, 134
Passage Three: A Time of Greatest Change, 134
Joey’s Story: The Process of Change, 135
Passage Four: Finding Your Wings, 136
Joey’s Story: Flying Free, 137
References, 137

Chapter 12  Everyone’s Life Is a Story: Guided Metaphor in Changing Global Lifestyle, 138
Rubin Battino
Chapter 13  Scared Speechless: Goal-Oriented and Multiple Embedded Metaphors in a Case of Psychogenic Dysphonia, 150

Carol A. Hicks-Lankton

Contributor’s Story, 150
Preview the Chapter, 151
The Assessment, 152
The Client’s Resources, Strengths, and Skills, 153
A Multiple Embedded Metaphor, 156
References, 162

PART FOUR  ENHANCING HEALTH AND WELL-BEING, 163

Chapter 14  Scareless Ghost, Painless Pasta: Kids’ Own Stories as Therapeutic Metaphor, 165

George W. Burns

Contributor’s Story, 165
Preview the Chapter, 166
Kids’ Own Healing Stories, 169
Mr. Peter Pasta Helps Ease the Pain, 172
References, 176

Chapter 15  Befriending Your Problems: Metaphor with a Self-Mutilating Young Woman in Transition, 178

Wendel A. Ray and Jana P. Sutton

Contributors’ Story, 178
Preview the Chapter, 179
The Secret Behind the Secret, 181
The Nonexpert, One-Down Stance, 182
Effecting Metaphoric Change, 183
Facilitating a Change of Best Friend, 184
A Closing Comment, 188
References, 188

Chapter 16  Night, Night, Sleep Tight, Don’t Let the Sharks Bite: “What’s Missing?” in Metaphors, 190

Robert McNettly
Contributor's Story, 190
Preview the Chapter, 191
A Personal Initiation into Storytelling, 192
Creating Expectancy in the Client, 193
Where Can We Look for a Metaphor?, 194
Accessing an Individual Client's Unique Resources, 195
“What’s Missing?” in Therapy, 196
Bringing the Learning to Life, 197
Reflections after the Session, 197
Conclusion and Invitation, 198
References, 198

Chapter 17  The Metaphor That Sang Its Own Sad Song: Therapeutic Storytelling in Pediatric Hospice Care, 199
Roxanna Erickson Klein

Contributor's Story, 199
Preview the Chapter, 200
The Homecoming, 201
Telling Their Own Stories, 202
The Illness, 202
Setting Goals, 203
Relating through Stories, 204
Strengths within Weakness, 205
Preparing for Death, 205
A Companion with a Metaphor, 206
An Unexpected Song, 206
An Unintentional Metaphor, 208

PART FIVE  DEVELOPING LIFE SKILLS, 211

Chapter 18  Reclaiming Poise after Persecution: Client-Based Cultural Stories in Trauma Therapy, 213
Angela Ebert and Hasham Al Musawi

Contributors' Story, 213
Preview the Chapter, 214
A Little of Hasham’s Background, 215
The Interventions, 217
Rebuilding Trust, 220
A Little of Hasham's Outcome, 222
This Too Will Pass, 223
References, 223
Chapter 19  Of Goths, Fairies, Dragons, and CBT: Joining the Client’s World with an Evidence-Based Metaphor, 225
George W. Burns
  Contributor’s Story, 225
  Preview the Chapter, 226
  The Assessment, 227
  The Background, 230
  The Intervention, 231
  The Metaphor Structure, 232
  The Follow-Up, 235
  References, 235

Chapter 20  That’s Not a Problem: Metaphor with a Disruptive Client in Ericksonian Group Therapy, 237
Teresa Garcia-Sanchez
  Contributor’s Story, 237
  Preview the Chapter, 238
  Why Work in Groups?, 239
  The Structure of Group Sessions, 240
  A Challenging Client, 241
  Not Seeing What Is, 242
  A Puzzling Metaphor, 244
  A Reflection, 248
  References, 248

Using Your Loaf: A Concluding Story, 249
  Reference, 252

Resource Section, 253
  Further Reading Resources, 253
  Contributors’ Favorite Metaphor Books, 257

Index, 265