

# References

- Mathieson, Jennifer J, Bennett-Levy and Stubbe (2018) Keeping metaphor in mind: training therapists in metaphor-enhanced cognitive behaviour therapy. The Cognitive Behaviour Therapist (2018), vol. 11, e8, page 1 of 14
- Lakoff, G- Don't Think of an Elephant- Know your Values and Frame the debate

# Definitions in CBT

‘A metaphor is a figure of speech that implies a comparison between two unlike entities’

Stott et al (2010)- Metaphors in CBT

‘A device for seeing something in terms of something else.’

Burke, (1945), Mathieson et al (2015)

**Nailing Down Metaphors in CBT:** Definition, Identification and Frequency. Mathieson et al (2015). *Behavioural & Cognitive Psychotherapy*

Both therapist and clients use many metaphors in Psychotherapy



Please complete each item below as a complete sentence.

1. My life is like .....
2. For me, the future is like ....
3. Relationship with other people is like ....
4. When I think about the past, I see it like ...
5. I see myself as someone who ....
6. To me, depression is like ....
7. Failure is like ....
8. Other people think I am like ...
9. Making an effort in this life is like ...

Kaviani, H. & Hamed, R. (2011). A quantitative/qualitative study on metaphors used by Persian depressed patients. Archives of Psychiatry and Psychotherapy, 4, 5–13.

# Externalising

Externalising the problem i.e. the OCD

Externalising the Mind (Hayes) – we are not our  
who our minds say we are –

Our 'self' is a constantly changing story.

# Root Metaphors and World Views

Pepper identified four relatively adequate world hypotheses with different truth criteria:

**Mechanism** - common sense view of machine is composed of 'parts' not relationships and gives predictable outcomes.

**Formism** - about similarity or classification like diseases

**Organicism** - organic development, as in living, growing, organic systems, stages of development

**Contextualism** – understanding actions in context, as a whole, it s its intended purpose and function and consequence.

Hayes, S. C., Hayes, L. J., & Reese, H. W. (1988). Finding the philosophical core: A review of Stephen C. Pepper's **World Hypotheses**. *Journal of the Experimental Analysis of Behavior*, 50, 97-111