METAPHOR in PRACTICE

A Professional's Guide to Using the Science of Language in Psychotherapy

NIKLAS TÖRNEKE, MD

CONTEXT PRESS

An Imprint of New Harbinger Publications, Inc.

Contents

	Important Therapeutic Tool We Have	vii
	Introduction: A Tale of Three Books	1
	Part 1: Metaphor—a Scientific Analysis	
1	What Are Metaphors?	7
2	Metaphors—in Context	21
3	Behavior Analysis and Metaphors	33
4	Metaphors—Relating Relations	43
5	Metaphors in Clinical Research	61
6	What Have We Learned?	69
	Part 2: Metaphors as Therapeutic Tools	
7	Three Core Strategies	73
8	Creating Metaphors for Functional Analysis	91
9	Creating Metaphors to Establish Observational Distance	111
10	Creating Metaphors to Clarify Direction	121
11	Catching Metaphors	129
12	Cocreating Metaphors	147
13	Metaphors and Experiential Exercises	165
	Afterword	189
	Acknowledgments	191
	References	193
	Index	211