

Abstract

This dissertation explores the therapeutic use of metaphor, an understated and underused therapeutic intervention. I will provide the reader with a sense of the potency and efficacy of metaphor in creating meaning for both client and therapist.

My rationale for practice describes my unique approach as a Humanistic and Integrative practitioner and provides evidence of my theoretical and philosophical underpinnings. My literature review provides a general appraisal of the different theories of metaphor relevant to a humanistic Integrative modality, the type of metaphor and how metaphor is applied as an intervention in seeking meaning and promoting change. The case study brings to life my use of metaphor within the therapeutic relationship. It provides a detailed, in-depth evaluation of my work with a long-term neurodiverse client diagnosed with dyspraxia. I demonstrate the application of my learning of relevant theories detailed in my rationale. I provide details of our therapeutic relationship, how change occurred, and a fluid demonstration of how my ethical thinking informed my practice.