

2-MINUTE TIP: THERAPEUTIC METAPHORS AND STORIES

2 FAVORITE METAPHORIC THERAPY STORIES I

Sharing some favorite metaphors

- From time to time, I want to share metaphors I often use in therapy. Over 5 decades at a therapist, the last 3 at Shorehaven, I've come up or borrowed with many metaphors and stories 've have used many times.
- Do you have favorite metaphoric stories? Put them in the comments. This thread can be a bit of a storehouse. Would it not be wonderful to collect favorite stories from many therapists and put them on a site we could all access. I'll gladly collect them and do that.

#1 **Kryptonite** describes the ongoing effect of a painful memory or dysfunctional dynamic. I use it in order to have the client work with me to comprehend it and want to change.

You probably know about the story of Superman. What was the one thing that robbed Superman of his strength, so much so it made him helpless? He could not move without someone getting him away from that one thing. It's kryptonite. That's a remnant from his childhood world. Although no one else is affected, the kryptonite hurts him in every way. This _____ is your kryptonite. Is it not so? What I observe it does to you is _____. What else does it do _____? Then like Superman, your capacity to flee or flight, many of your capacities, are weakened, kind of robbed from you. Does it feel like that? Let's see how _____. How much do you want to work to separate it from your Self? _____. We'll see how to separate your kryptonite inside from you.

#2 **The Lightning Tree** is a trauma and re-growth story.

My parents had a tree in front of their house. It had a scar from where the first major limb branched off all the way to the ground. It was from a lightning strike. When lightning struck, the wound was wide. After years, the tree had grown in girth and the scar was a mere slit. The first branch, also damaged, seemed to come off the main trunk at an unlikely angle, somewhat parallel to the ground. Then, after the tree had grown in girth and height, that amazing branch curved upwards towards the light. [Demonstrate with you arm.] – At this point, the analogy can be applied to the client's impasse or how client's trauma can heal "towards the light" and can seal off the wound to be a small part of life while growing strong and long.

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