

Abstract

This research project aimed to explore how imagery metaphor and symbolism are used within the therapeutic relationship with a particular focus on how this way of working may enable clients to find words for experience.

A qualitative method of research using the method of interpretative phenomenological analysis was devised gathering data from semi-structured interviews with four experienced psychotherapists.

Findings show that working with imagery metaphor and symbolism has a positive and beneficial therapeutic outcome for the client; a language can be developed from the relationship so that words formed give meaning to experience that was previously unknown.