

Abstract

Within psychotherapy, metaphor is one of the most discussed subjects. An abundance of literature is provided in the varying therapeutic modalities. The aim of this study therefore was to explore and capture the essence of the experience of how metaphor is used within a Humanistic and Integrative psychotherapy setting with clients with emphasis on a relational field.

Five Humanistic and Integrative psychotherapists participated, and qualitative, semi-structured interviews were conducted to explore their subjective experiences. The heuristic research method enabled insightful engagement with the participants and facilitated immersion in the data. The themes emerged within a framework which reflected the energetic process of metaphor; Imagery, Storytelling, Body, Co-Creative and Relational invitation. Findings are discussed within the context of both historical and current literature and recommendations are proposed for future research. Implications for Integrative practice is also discussed in the light of these findings. Findings are discussed within this framework were the constituent parts which were essential for change.