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Titolo	The transformative power of metaphor in therapy [[electronic resource]] /] / Sana Loue
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Preliminaries; Contents; Acknowledgments; CHAPTER 1 Alphabet Soup: Developing a Positive Self-Image; CHAPTER 2 The Bicycle: How to Learn from the Past and Move Toward the Future; CHAPTER 3 The Doughnut: Finding Focus; CHAPTER 4 The Snowflake: Achieving Self-Actualization; CHAPTER 5 The Elephant and the Blind Men: Learning New Perspectives; CHAPTER 6 The Ladder: Measuring Growth; CHAPTER 7 Follow the Yellow Brick Road; CHAPTER 8 Stone Soup: Altruism for Health; CHAPTER 9 The River: Adapting to Change; CHAPTER 10 The Tree; CHAPTER 11 Strengthening the Foundation CHAPTER 12 Stepping Out from the DoorPostscript; Index
Sommario/riassunto	Narrative or metaphor therapy utilizes the patient's own memories and anecdotes as a method for tapping into and confronting the many layers of the complex inner self. The book is particularly innovative in the using narrative or metaphor therapy with adults suffering from severe mental illness. Unlike other books on the use of narrative therapy, this book focuses on the use of pre-scripted narratives that can be used with individuals to examine their personal situations, as well as techniques to guide individuals in the development of their own narratives. A comprehensive and detailed guidebook

