

Metaphor in Counselling and Psychotherapy

A Workshop with Jonathan Lloyd – 2nd December 2016

Programme

- 09:00 – 09:30 Registration, networking
- 09:30 – 09:50 Introductions
- 09:50 – 10:10 Models of therapy and their use of metaphor (including negative aspects
What the literature tells us
- 11:00– 11:15 Break
- 11:15 – 12:00 Findings – A brief discussion including standing-in-for exercise
- 12:00 – 12:30 Therapist generated metaphors including practice
- 12:30 – 13:00 Lunch
- 13:00 – 13:30 Client generated metaphors including exercise
- 13:30– 14:00 Clean language – DVD and demonstration
- 14:00– 15:30 Co-constructed/moving metaphors including practice
- 15:30 – 16:00 Conclusion

Workshop materials can be downloaded from the Mindsite website. The URL is:

<http://mindsite.co.uk/metaphor-counselling-psychotherapy-02112016-workshop-materials/>

A reminder will be sent at 12:00 on the day of the event.