

Metaphors of Movement

An Innovative Method of Changework, developed by Andrew T. Austin

Presentation by Connirae Andreas

In this workshop we will *begin* learning a significant new method for working with metaphor. Through presentation, demonstration, and small group exercises, we will be learning how to:

- discover our unconscious metaphors for our problems or stuck states,
- use the metaphoric scene to clarify “where we are now,”
- practice how to gain rapport using idioms matching the client’s metaphor.
- clarify how our current attempts at solutions aren’t working and couldn’t work,
- explore what might actually work.

Erickson often introduced metaphors into his work, with therapeutic effect. With Metaphors of Movement work, instead of adding a metaphor, we uncover the unconscious metaphor that we (or our client) already have, and work within that.

Case Study: Woman Standing in the Ocean

This example shows how to use idioms to match and motivate for change.

www.AndreasNLPTrainings.com/metaphor-case-study-woman-in-ocean/

Exercise 1:

Elicit the Metaphor: *So this place in your life where you feel stuck, blocked, held back, etc. The whole thing, “What is it **like**?”*

Additional elicitation questions will be demonstrated and taught in the presentation.

What we are *not* asking for:

- **Examples** of the problem
- How the problem makes us **feel**
- **Consequences** of the problem
- A **Diagnostic label**

What we *are* asking for:

- A Metaphor: Ex: (for someone who feels depressed) *“It’s like I’m at the bottom of a pit.” “It’s like I’m trying to walk through molasses.”*

Exercise 2:

Match your partner’s metaphor using idioms. You can say anything that is literally true in the metaphor. Stay with what is literally true; This is not about making interpretations, or guessing what the metaphor might mean.

Example: For someone in a pit: *"You can't move forward. If you try to move forward, something stops you."* Etc. For someone walking through molasses: *"It's slow going, isn't it."* *"You're in a sticky situation."* *"Whatever move you make, there's resistance."*

Elements to explore while doing this:

- Support
- 6 directions
- Elevation and relationships
- Container/pressure/weight
- Consequences of staying the same (include positive & negative)
- Reverse relationship: victim to agent. *"this is how you've positioned yourself"*
- Identity in metaphor

Caveat: Don't try to fix it! Don't suggest the person change the metaphor or change their actions in the metaphor. This phase is about understanding their position, which is necessary for the motivation to come from within the client.

Exercise 3:

Options for Change: We will learn the 6 major ways to use movement within the metaphor as a change strategy, and other options.

- Consequences of change (include negative and positive)

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If you would like to learn to use this method for yourself and for your clients, you may be interested in attending a full training. The developer, Andrew T. Austin, will be offering a 4-Day and a 6-Day Training in the United States, May 5-10, 2017.

Metaphors of Movement 4-Day & 6-Day training

with developer Andrew T. Austin

Boulder, CO. May 5-10, 2017

www.AndreasNLPtrainings.com



Connirae Andreas has been a leader in personal development for almost 4 decades, best known for her work developing Core Transformation. This method utilizes our limitations as the doorway to a felt experience many describe as their spiritual core, offering a deep healing that often resolves our life issues. Her new Wholeness Work again turns "the mysterious" into something each of us can access through specific steps. She is co-author of the books, *Core Transformation*, and *Heart of the Mind*, plus other books and training manuals. Her work is strongly influenced by her experience with Dr. Erickson in 1979, and has been published in over 14 languages.

AndreasNLPTrainings.com CoreTransformation.org WholenessProcess.org

Educational Objectives:

1. Identify the key question to ask to elicit someone's metaphor.
2. Describe one example of someone's metaphor and its solution/resolution.
3. Describe an example of using idioms to match someone's metaphor.