

Co-creation of metaphors to observe and describe sufferings with curiosity

-A case of a woman with fear of incontinence-

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How can we increase the spontaneity of clients creating metaphors?



This presentation includes..

- Acceptance and Commitment Therapy (ACT) for a woman who has **fear of incontinence**.
- **Co-creation of metaphors** through the interaction between the client and the therapist.
- Verification of the effectiveness of the treatment by **ongoing behavioral measurements**.

Details of the Client

● **Client**: woman.

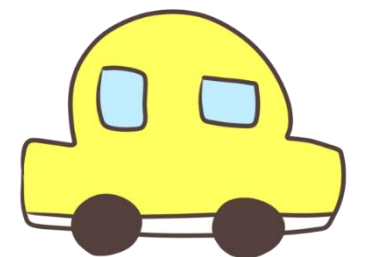
● **Family**:

● **Chief complaint**: Fear of incontinence and driving.

History



History



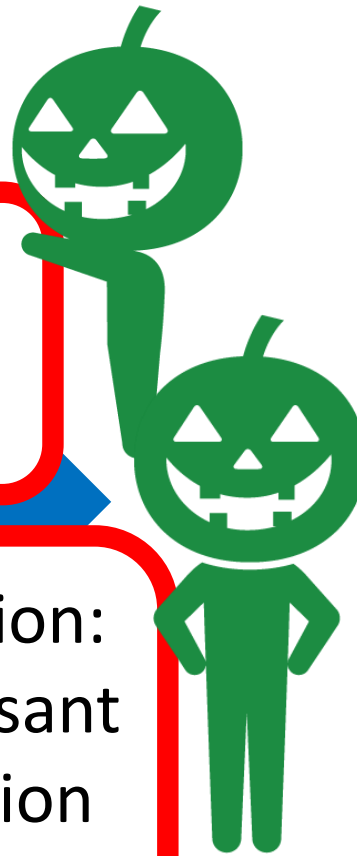
She said..

“ I want to take my son to a park, shopping, museum, and so on. But I can't. I'm afraid I will pee on myself. I want to give my son many experiences while he is growing up, but now, I can't. I'm so sorry.”



Thoughts:
"I'll pee on myself!"

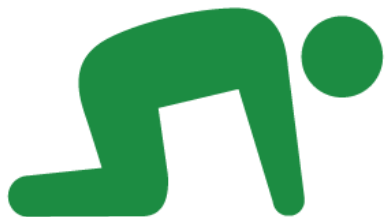
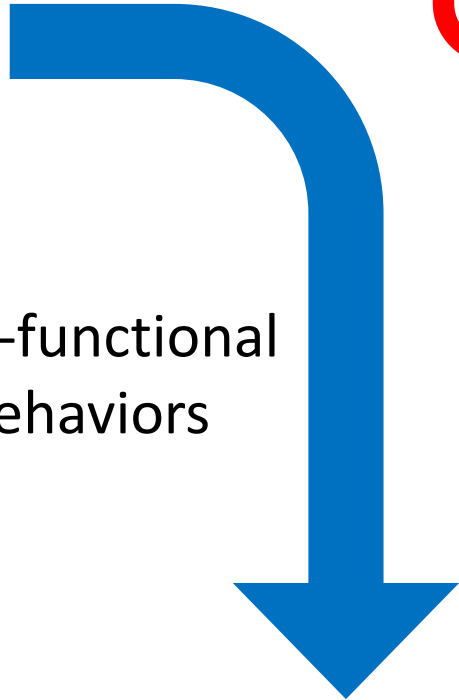
Sensation:
Unpleasant
sensation
of urinary
bladder.



Value:
Raising
her son.



Non-functional behaviors



Thoughts:
"I'll pee on myself!"

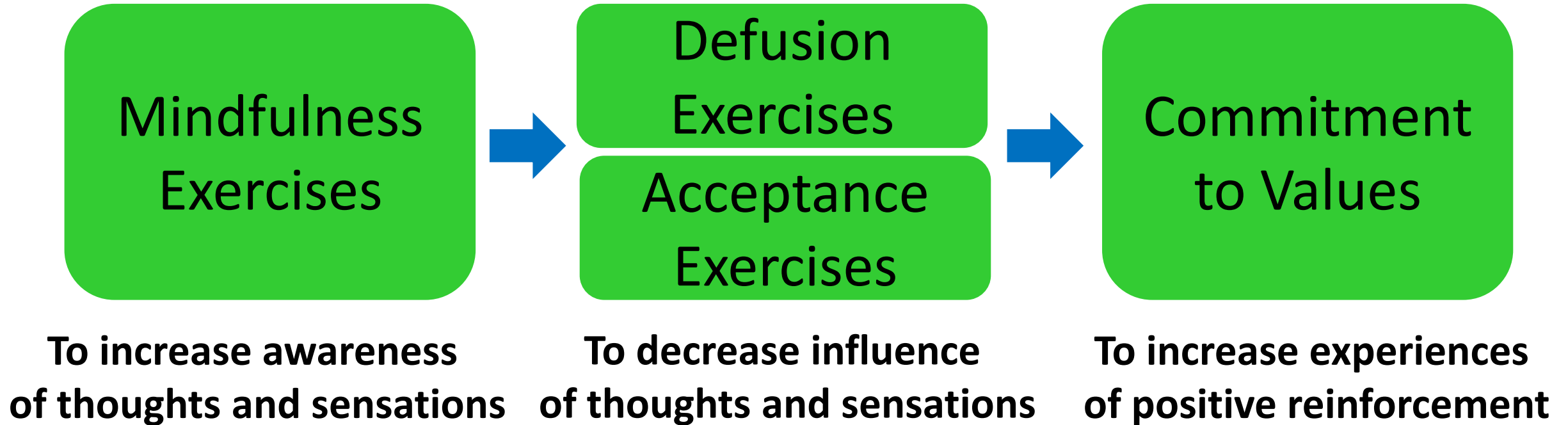
Sensation:
Unpleasant sensation of urinary bladder.



Value:
Raising her son.

The life against her values.

The process of treatment



Treatment Plan

Her goal of Treatment

- To be able to take her son to the places where he wants to go by car, in addition to the places that she goes daily basis.

Target Behavior

- To drive her car.

Behavioral Measurements

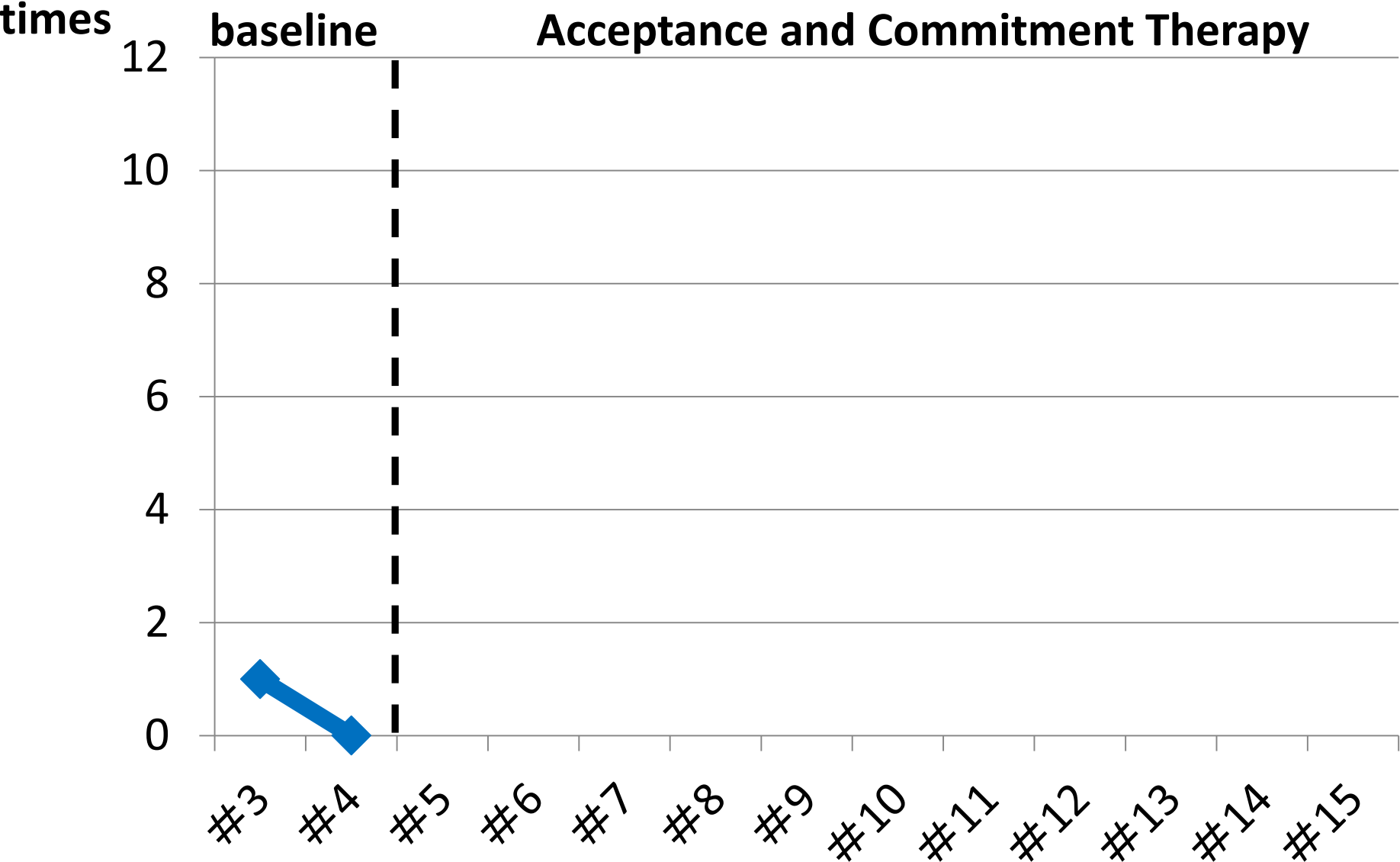
- The frequency of driving.
- The duration of driving.
- The number of places she could go to by car.
- The response latency until she left the bathroom.

Questionnaire

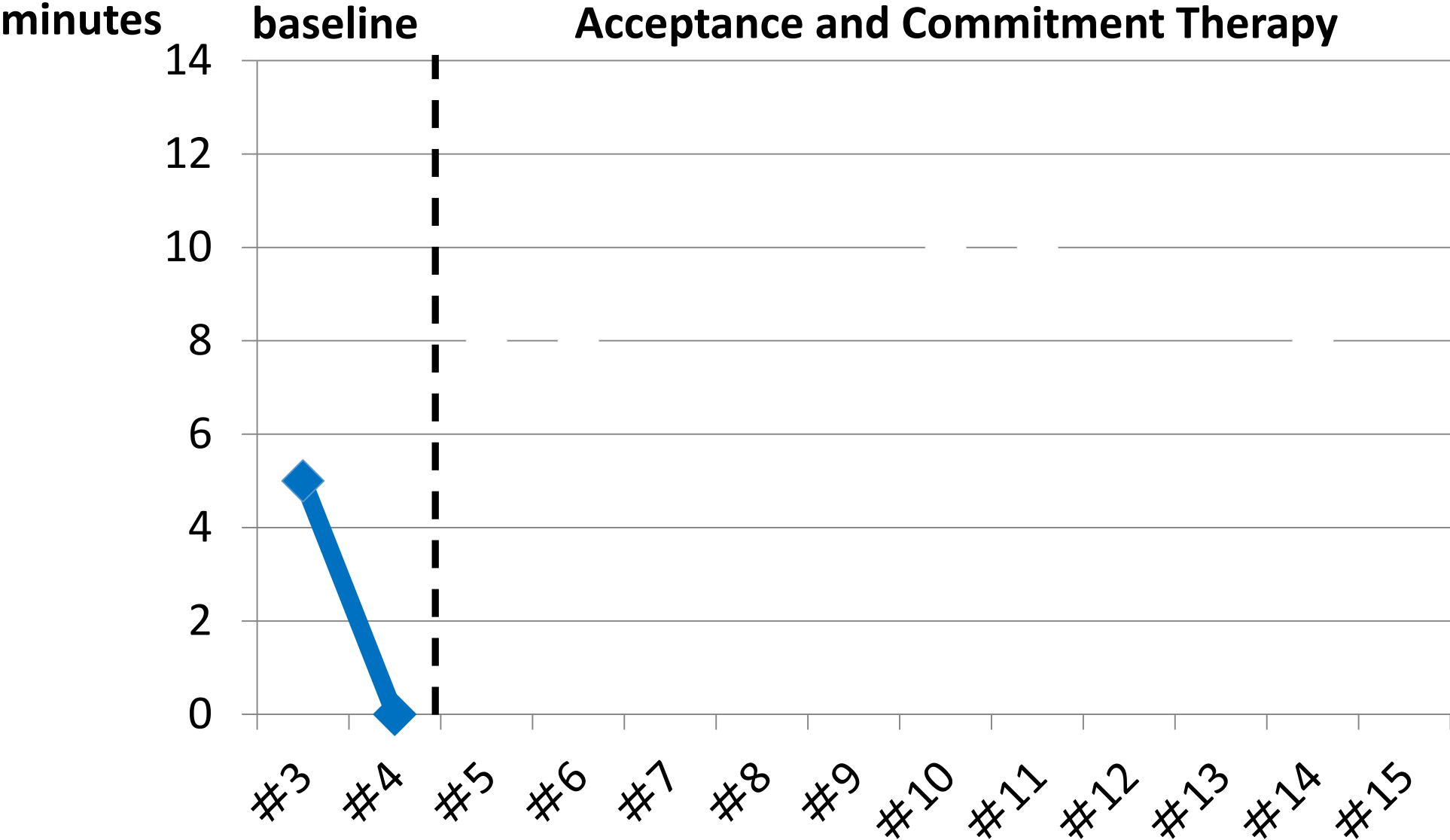
- AAQ- II (Japanese version of Acceptance and Action Questionnaire-II, Shima, et al., 2013).

Baseline

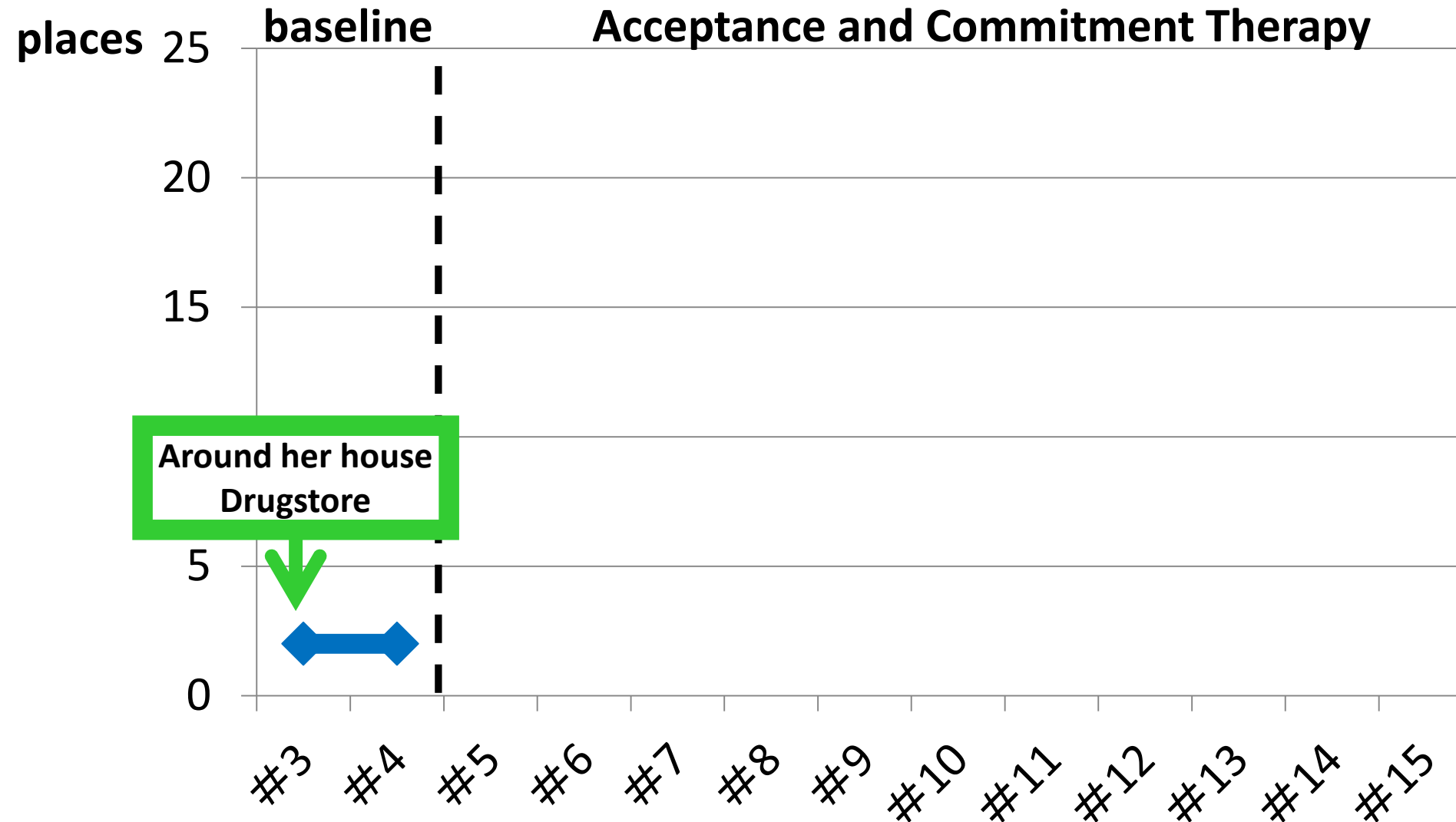
The Frequency of driving (per 2weeks)



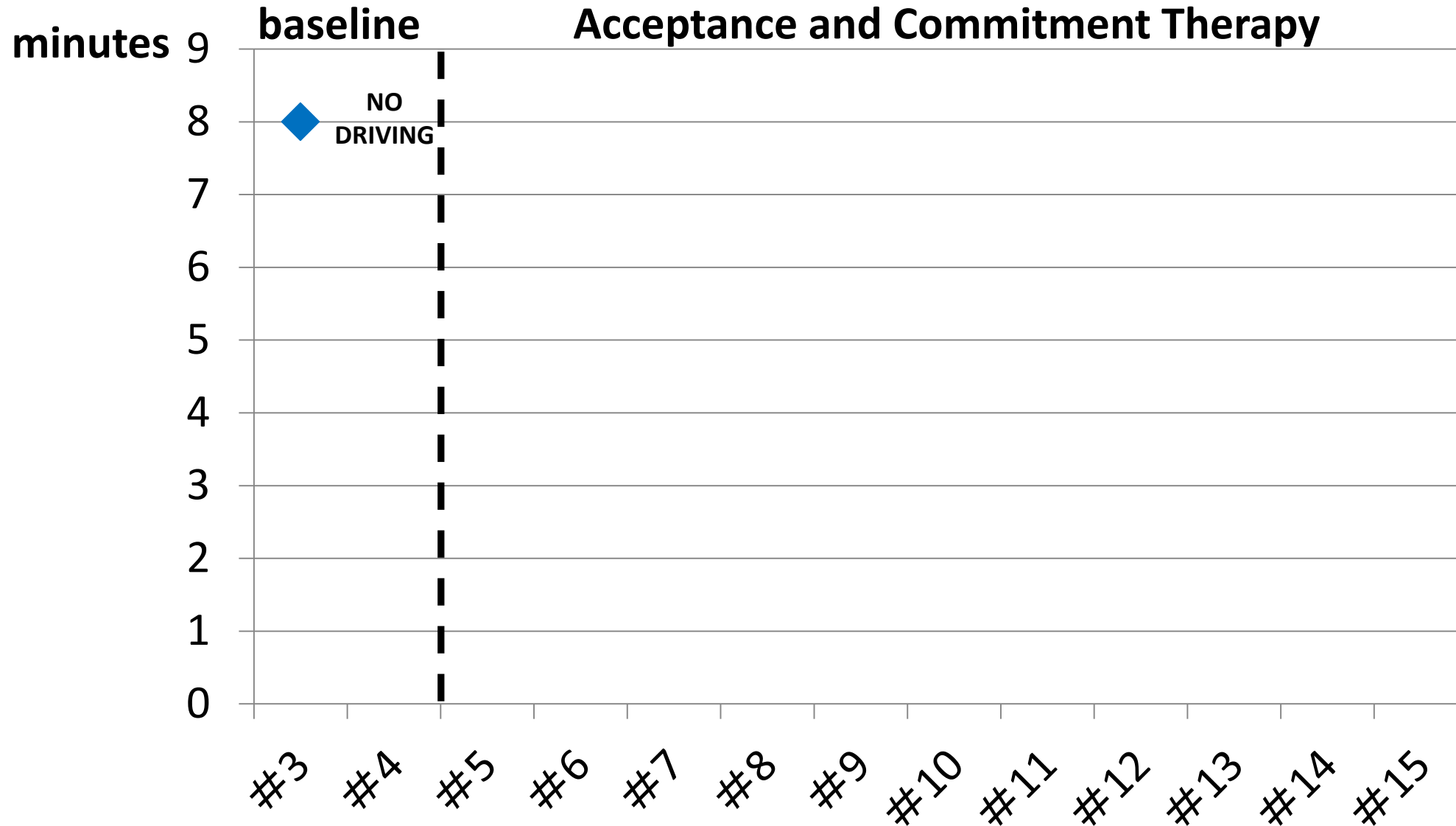
The duration of driving (one way)



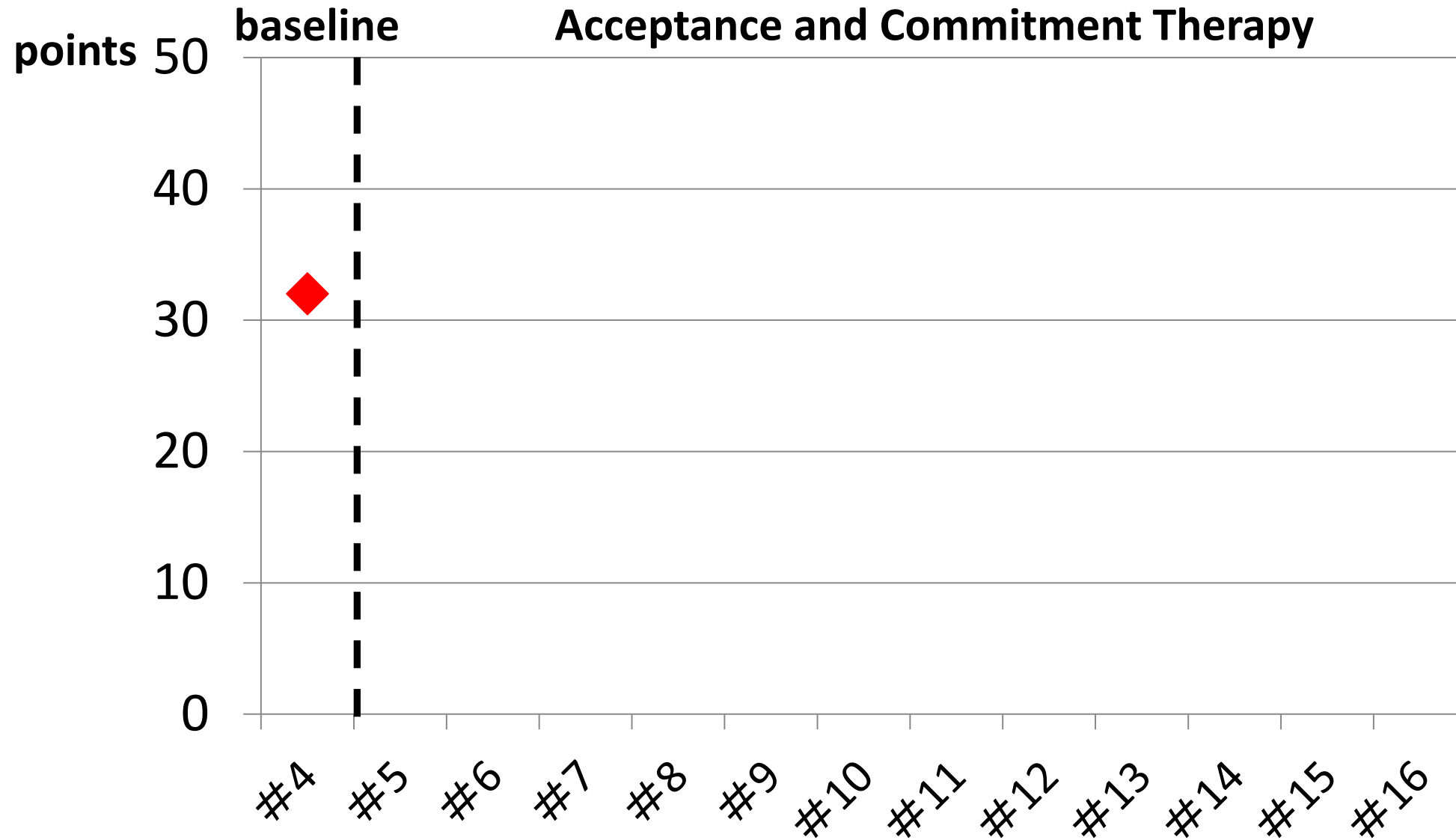
The cumulative number of places where she could go to by car (per 2weeks)



The response latency until she left the bathroom



AAQ- II



Treatment

#5~ Mindfulness Exercises

- She observed body sensation of herself as it really is with curiosity.
- She practiced almost everyday at home.

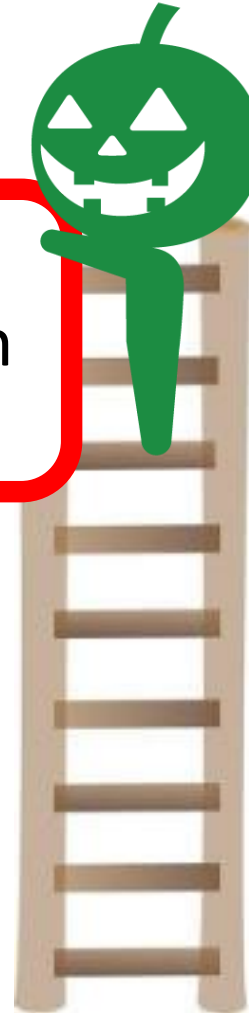


#6~ Defusion Exercises

- She created her original metaphors for her thoughts and observed it every time she went out.



Thoughts:
"I'll pee on
myself!"



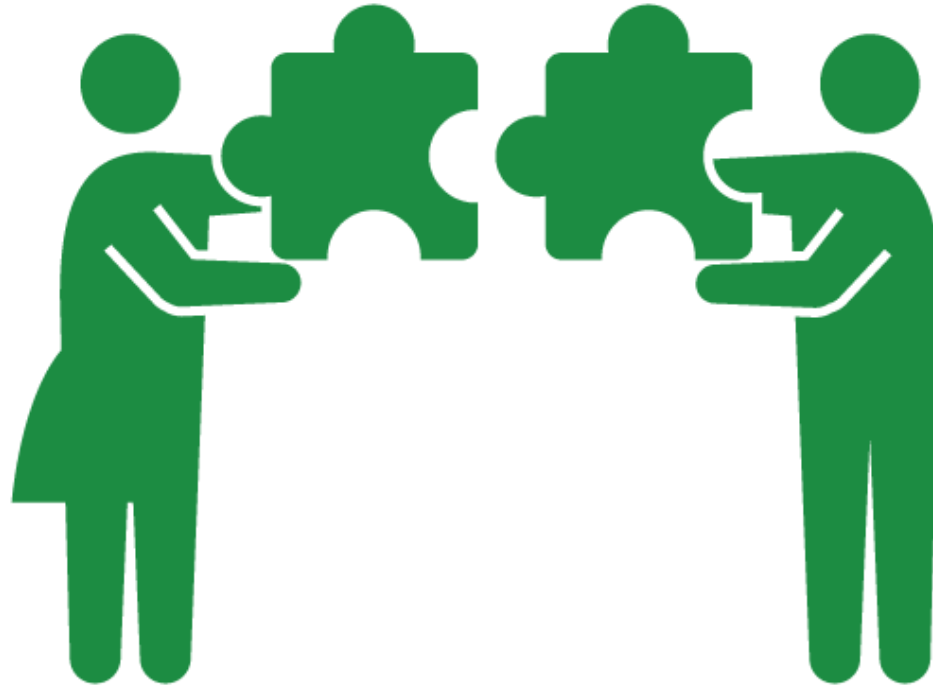
#7~ Acceptance Exercises

- She created her original metaphors for unpleasant sensations in urinary bladder.
- She loaded those unpleasant sensations on passenger's seat.

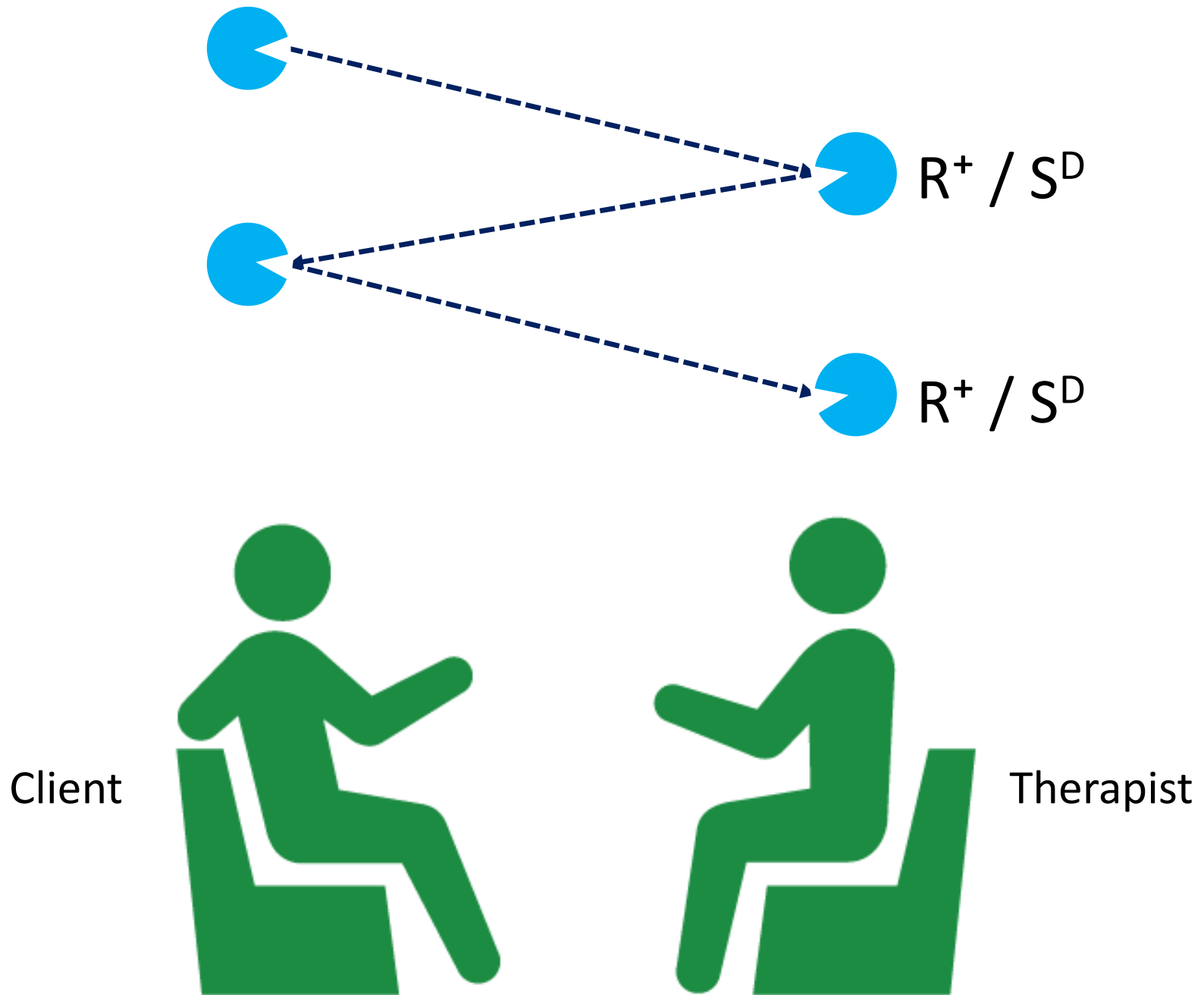


#9~Commitment to her values

- She planned her driving destinations according to her son's requests.
- Therapist related her challenges with her values verbally.



Increase spontaneity of
creating metaphors



How did I increase the
spontaneity of clients creating
metaphors?

The process of increasing spontaneity of creating metaphors.

- 1. Observe client's body sensation and the movements with curiosity.**
- 2. Show a great interest in original images created by the client.**
- 3. Show a great interest in the enhancement of variability of client's response.**

1. Observe client's body sensation and the movements with curiosity



“What sensation did you feel in your body before leaving your house?”

Client



Therapist



“Let me see..

I felt the feeling Gyuwawawaahhhh!! (Onomatopoeia expression)
and heavy sensation in my urinary bladder.”

“Oh, I see, and it’s interesting!
Gyuwawawahh came, and
you felt a heavy sensation.”

Client



Therapist



Behavior of Client

Observe the body sensation
and verbalize as it really is



Consequence

Therapist shows
interest

R⁺

Client



Therapist



**2. Show a great interest in
original images created by the client.**



”So, this question may sound strange to you,
but what is the anxiety of incontinence like for you?
Is it a creature? Object? Or like a mist?
What image will fit in best with you?”

Client



Therapist



“Uh...Hmmm...
It may be a little kid.”

Client



“Wow ! So interesting.
Boy? Or girl?”

Therapist



“Uh...
Maybe she is a girl.”

Client



“OK, so what kind of hairstyle does she have?
How old is she?
Where is she?”

Therapist



“Hairstyle? Uh...

Maybe she has bobbed hair, looks like “Zashiki-Warashi”.

Client



Therapist

Japanese traditional monster
“Zashiki-Warashi”
(NOT A BAD MONSTER!!)



“I don’t know how old she is, but...
She is always sitting beside me. And...
She is always worrying.
So, I named her “Bibili-Chan”!! “

Client



Therapist

She named her “Bibili-Chan”



“I don’t know how old she is, but...
She is always sitting beside me. And...

She is always worrying. So, I named her “Bibili-Chan”!! ”

“Great!
So interesting.
Let’s go out with her!”

Client



Therapist



Behavior of Client

State an original image



Consequence

Therapist shows
great interest

R⁺

Client



Therapist



**3. Show a great interest in
the enhancement of variability of client's response.**



“Recently, I also imagined the color and the shape of my urinary bladder when I felt a fear of incontinence.”

“How did you come up with it?
It’s an interesting idea!”

Client



Therapist



“And then, I was able to accept the fear as it really was!
After that, I could drive my car easily!”

“Wow! Amazing!!”

Client



Therapist



Behavior of Client

Show a different response
from the previous one



Consequence

Therapist shows
great interest

R⁺

Client

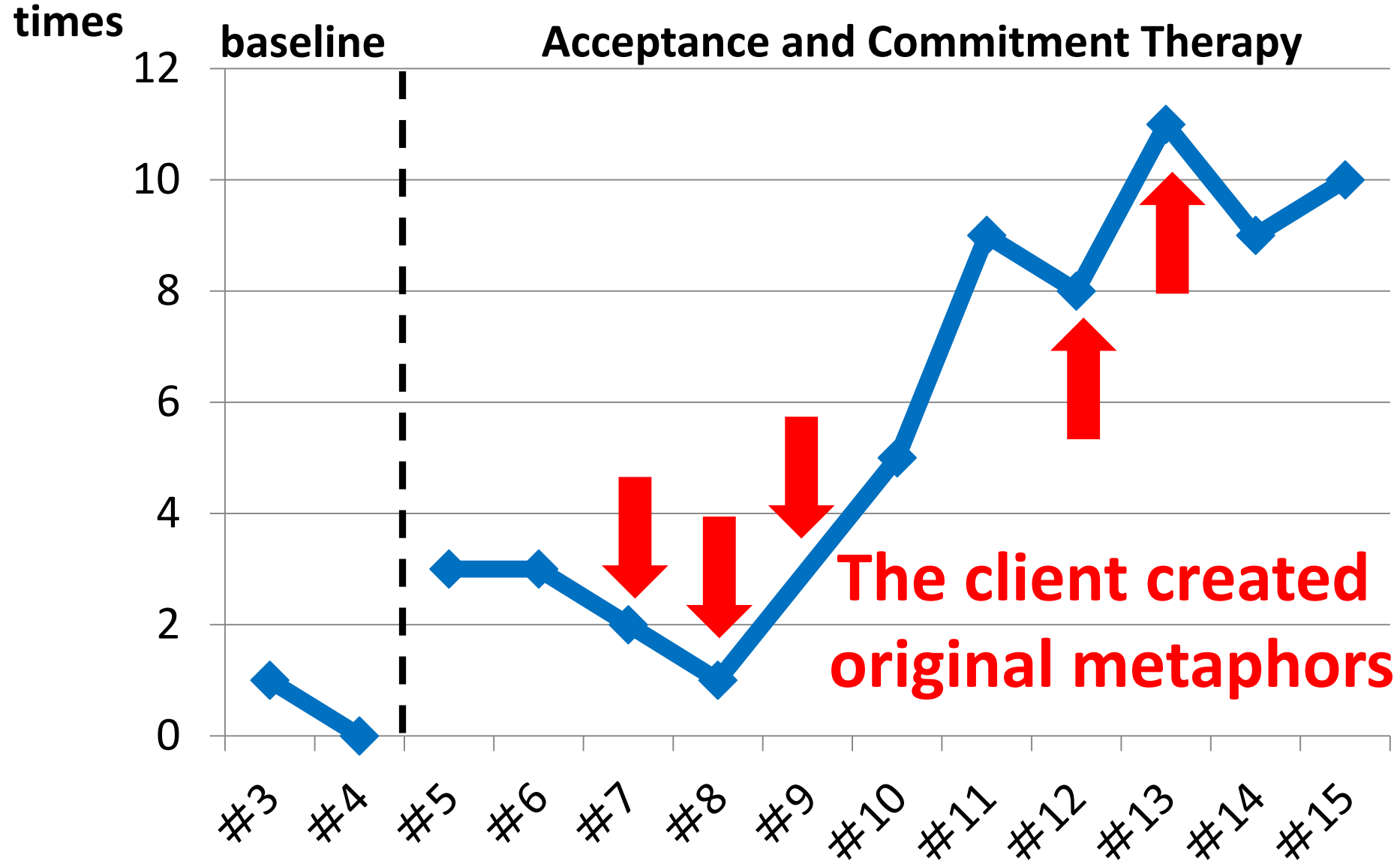


Therapist

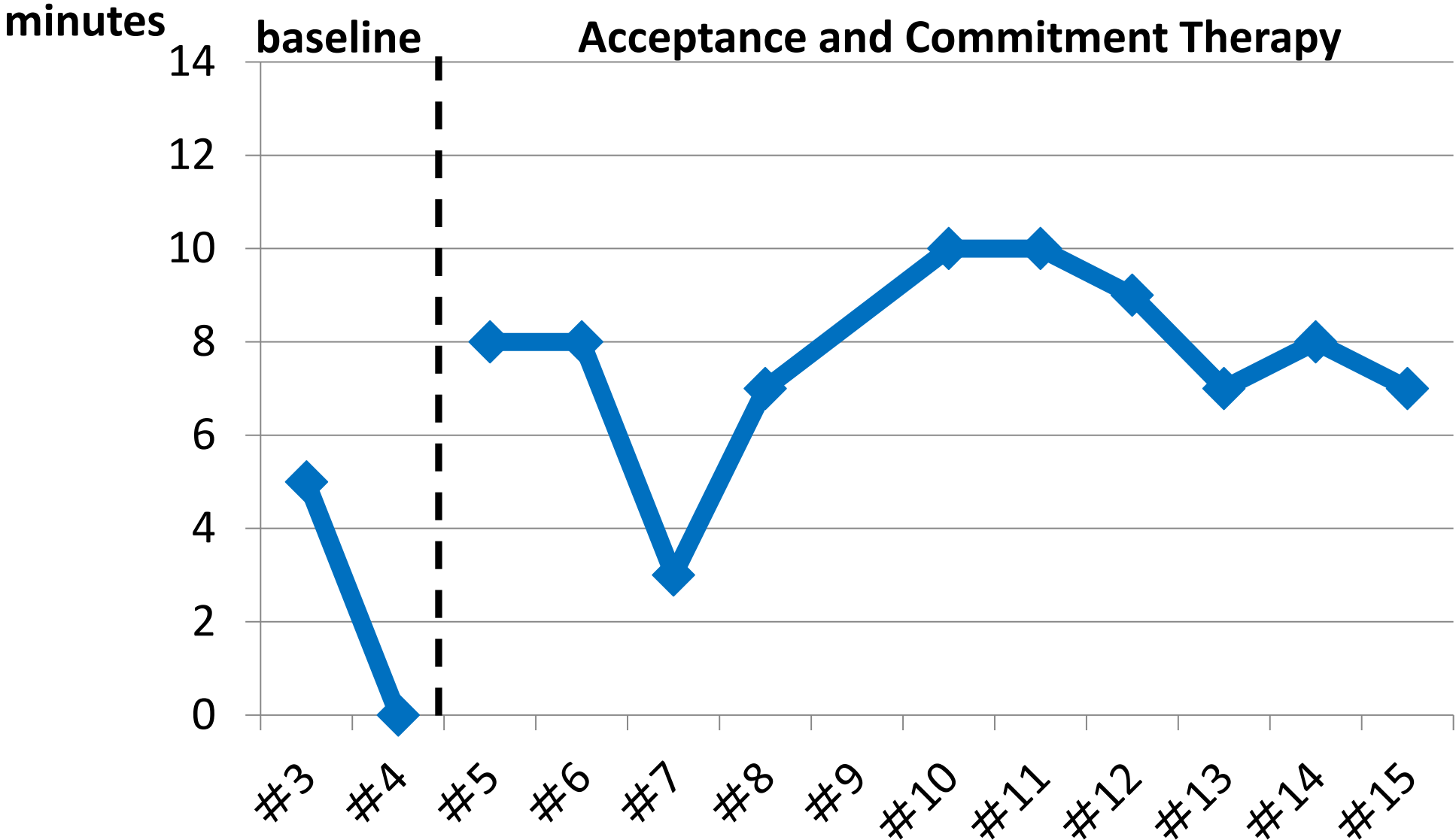


Results

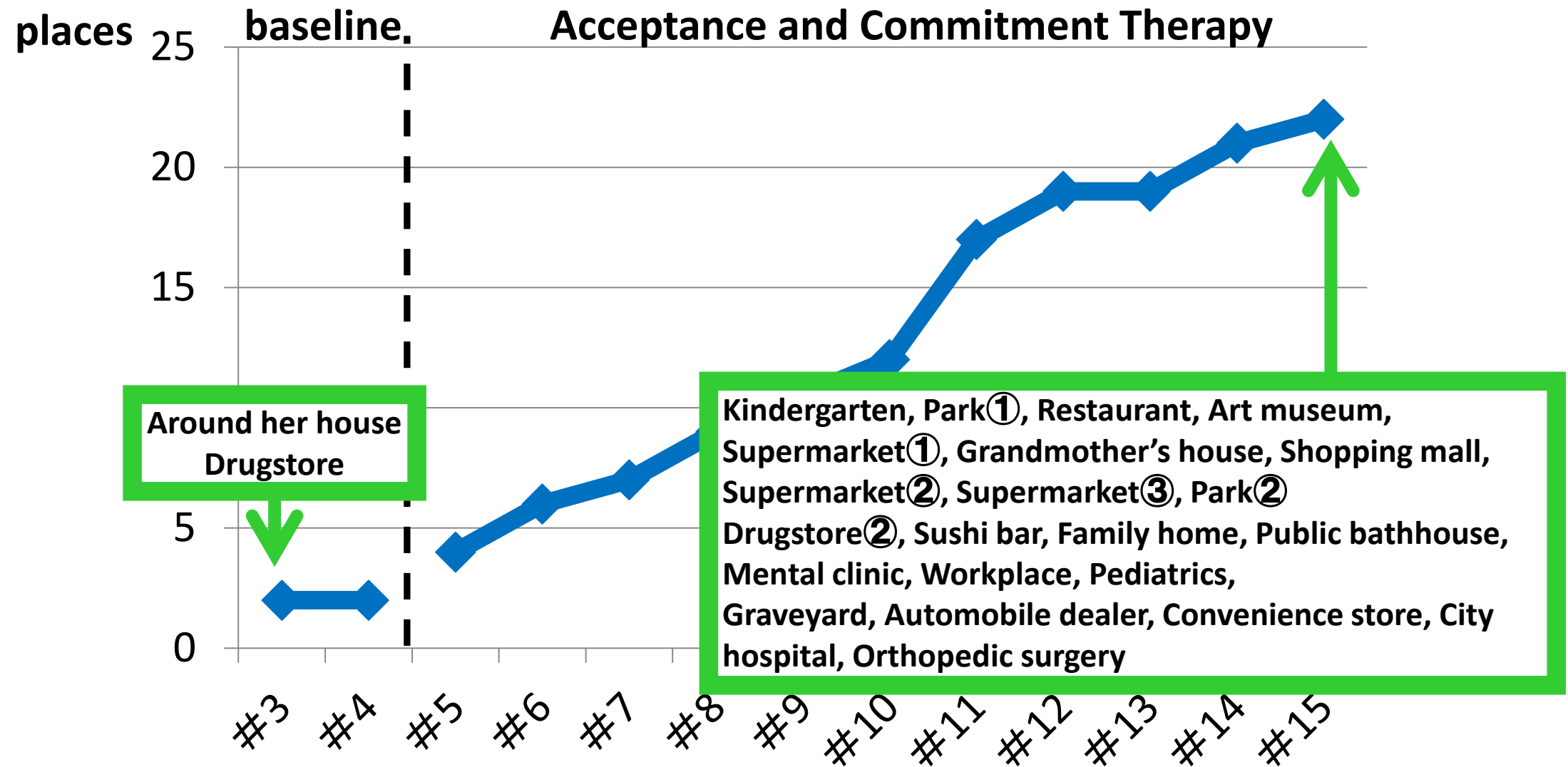
The Frequency of driving (per 2weeks)



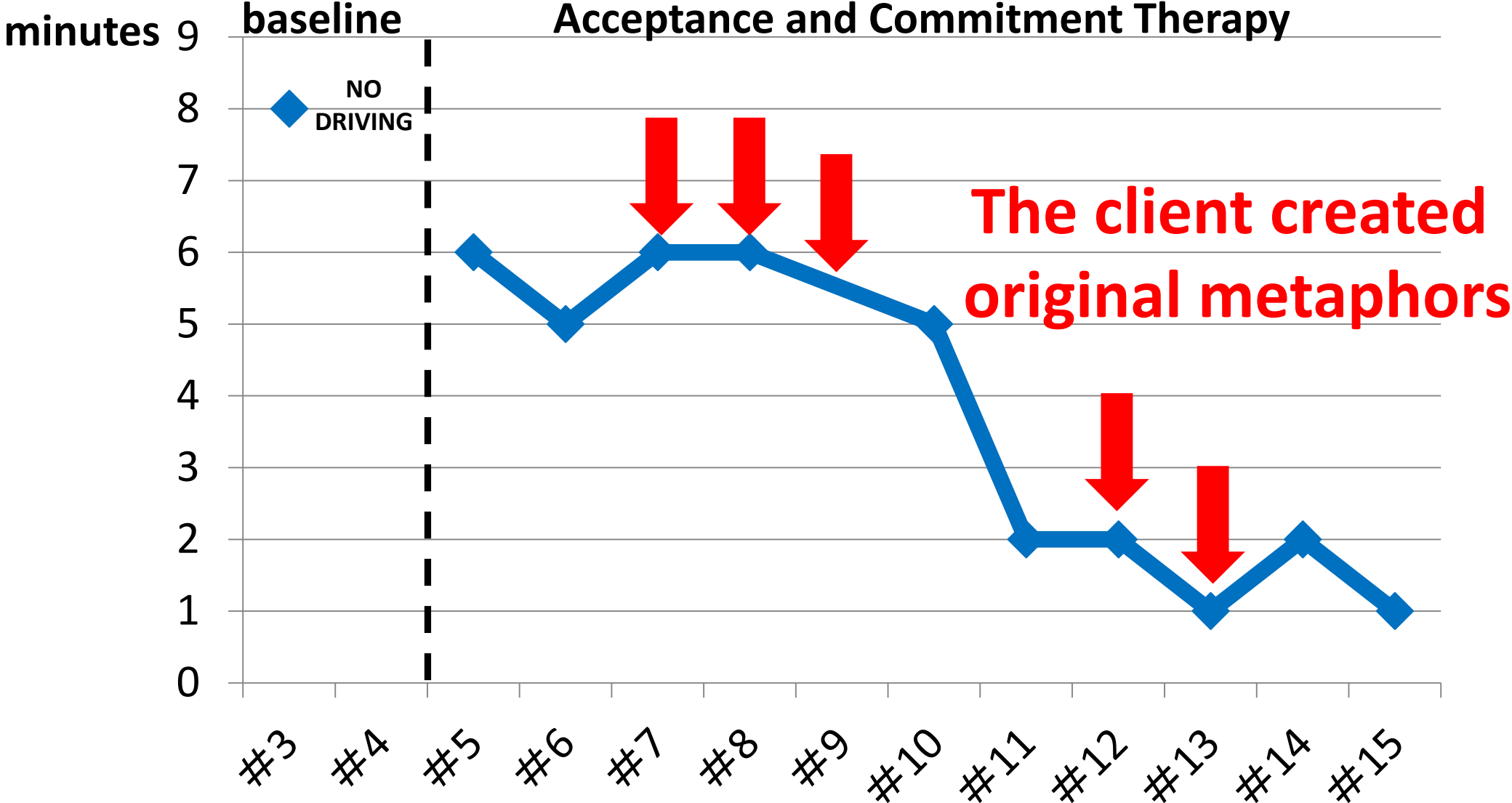
The duration of driving (one way)



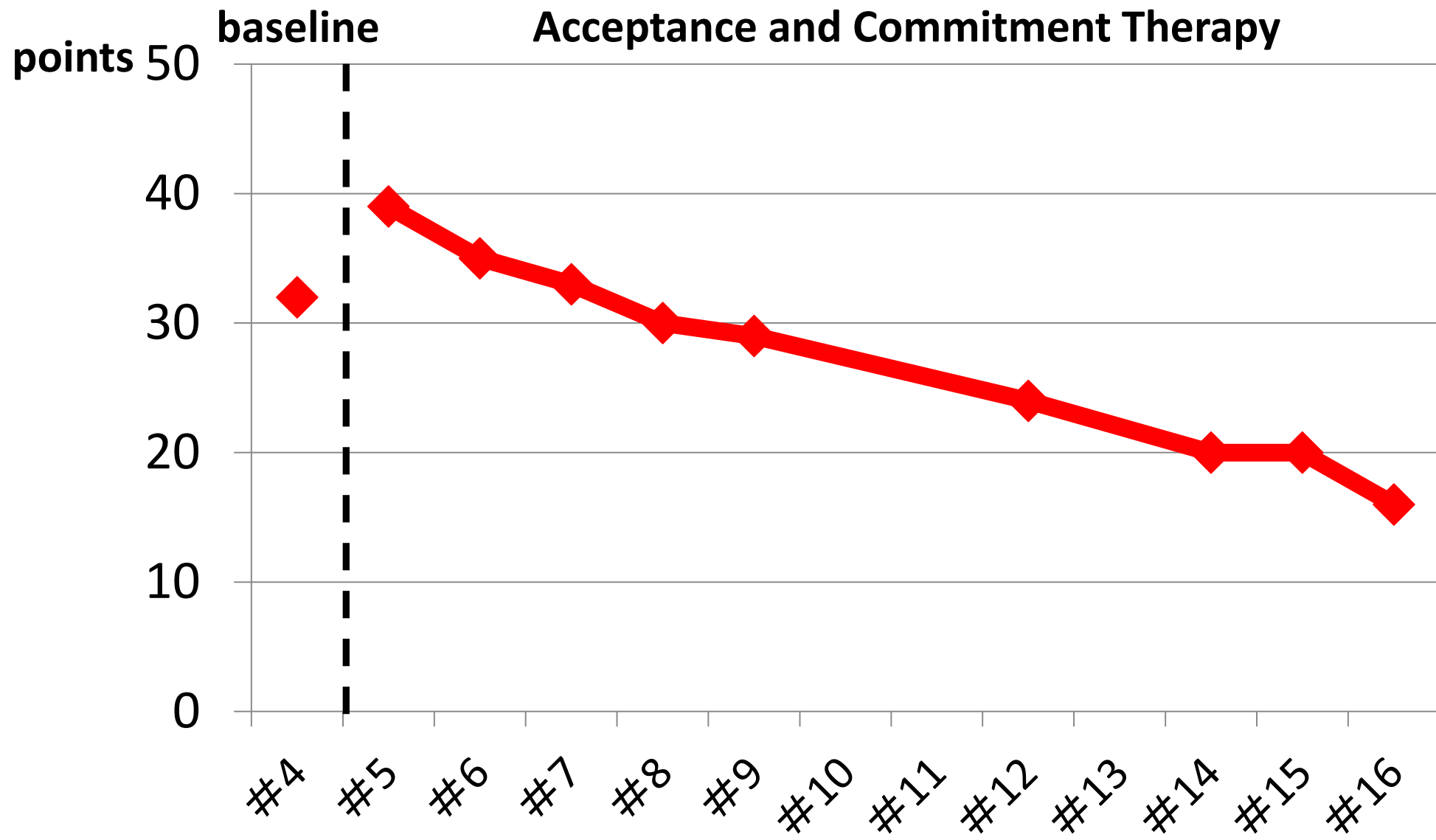
The cumulative number of places where she could go to by car



The response latency until she left the bathroom



AAQ- II



Conclusion

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In this study, the effectiveness of ACT for a fear of incontinence was shown.

To increase the effectiveness of the treatments of ACT, enhancing the spontaneity of creating metaphors will be helpful.

Thank you for your attention!

