

Co-creation of metaphor: ACT practice in Japan (44)

Thursday July 26 3:10-4:25

# *44. Metaphor Co-Creation: ACT as Practiced in Japan*

Speaker:

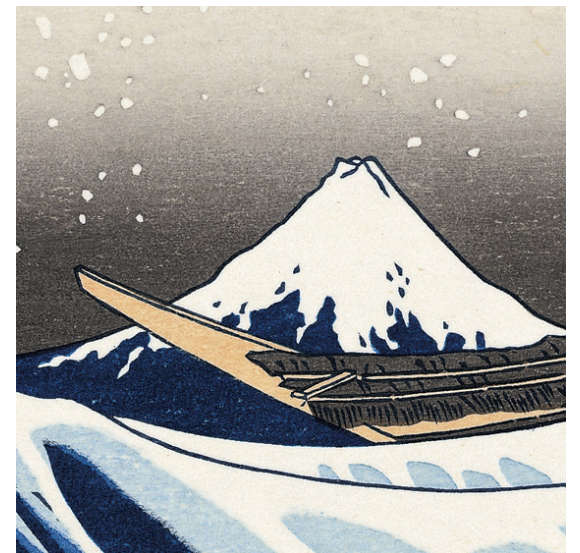
Takashi MITAMURA, Ph. D.

Yusuke SYUDO, Ph. D.

Atushi SEGUCHI, M. of psychology

Discussant :

Shinji Tani, Ph. D.



# Purpose of the symposium

1. Showing the Way of a Case Research having stronger evidence
2. Giving some examples of Co-Creation Metaphor in Japanese
3. Discussing the Cultural Differences in ACT practice

# Three speakers & a Discussant



Takashi MITAMURA, Ph. D.



Yusuke SYUDO, Ph. D.

My Value



Atushi SEGUCHI, M. of psychology



3 Speakers

Discussant

Shinji TANI, Ph. D.



# Structure of the symposium (90 min.)

3 Presentations



the Discussant's  
Comments



3:10



20 min. x 3 speakers

4:25



Q. & A.  
from the Floor

Co-creating a metaphor for evoke  
curiosity about fear:  
A case of a woman with  
emetophobia

**Takashi MITAMURA**



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Ritsumeikan University

# Contents

1. the Case Overview & the Case design

2. 1<sup>st</sup> Phase: Assessment Phase

3. 2<sup>nd</sup> Phase: Symptom-focused Intervention Phase  
**Co-Creating Metaphor**

4. 3<sup>rd</sup> Phase: Value-focused gradual follow-up Phase

5. Summary

the Case Overview  
and  
the Case Design

# Five Measures

## Symptom measures

- State & Trait Anxiety: STAI (Hidano et al., 2000)
- Depression: BDI-II (Beck et al, 1996)
- The Emetophobia Scale (Komatsu et al., 2013)

## Processes measures

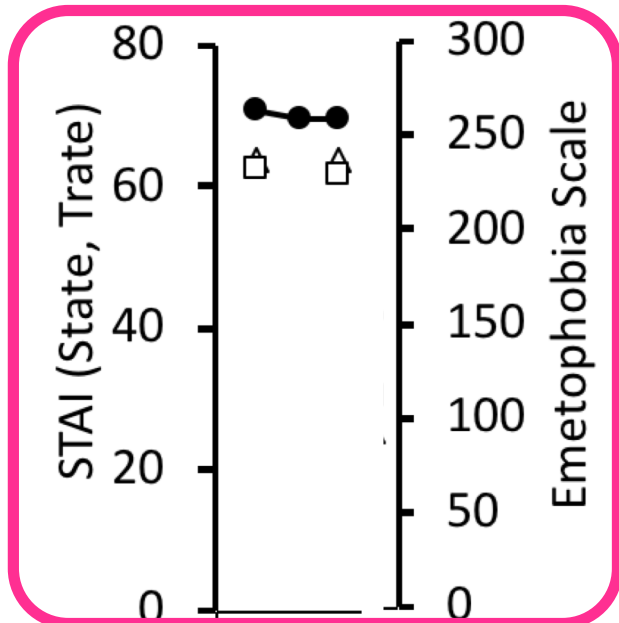
- Experiential Avoidance: 7 item- AAQ-II  
(Shima et al., 2013)
- Behavioral Activity: BADS-SF (Yamamoto et al., 2015)

- All of them were Japanese version



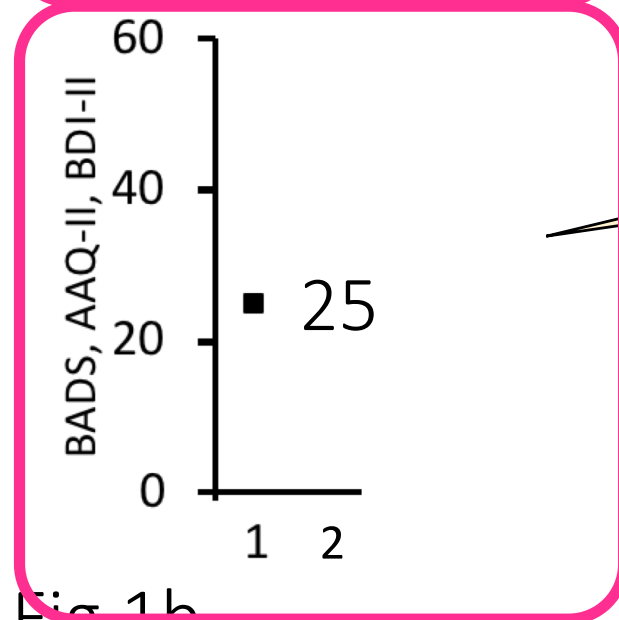
# 1<sup>st</sup> Phase: Assessment Phase

# The Assessment Phase



Anxiety is high

- Emetophobia  
(Specific Phobia; DSM-5)



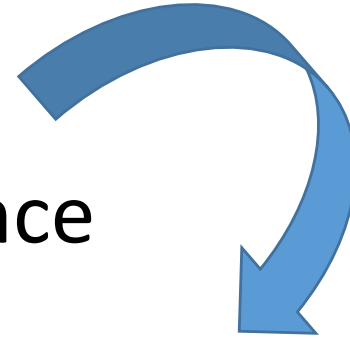
Moderate Depression

Intermittent suicide ideations

Fig. 1b

# Case Formulation

- Fear of vomiting
  - Experiential Avoidance



was followed  
by ?

At the same time

- Depression & Suicidal ideations
  - Maintenance factors were unclear
  - These could be alleviated with the reduction of the phobia ?
- Plan of Intervention
  - **Exposure or acceptance based intervention**

# 2<sup>nd</sup> Phase: Symptom-focused Intervention Phase

Exposure and Acceptance based  
intervention

# Conducting Exposure Therapy

- Effective Exposure requires “willingness”
- I wanted to utilize her experiences related with “willingness”
- She was a swimming instructor!

→ **Co-creating a certain metaphor**



Co-creating

## “Searching for Gold fishes” metaphor

Th: Exposure is an experiential exercise.  
It’s just like swimming.

*[Prompting to bring her experiences  
about willingness]*

Cl: In fact, I always say my little students

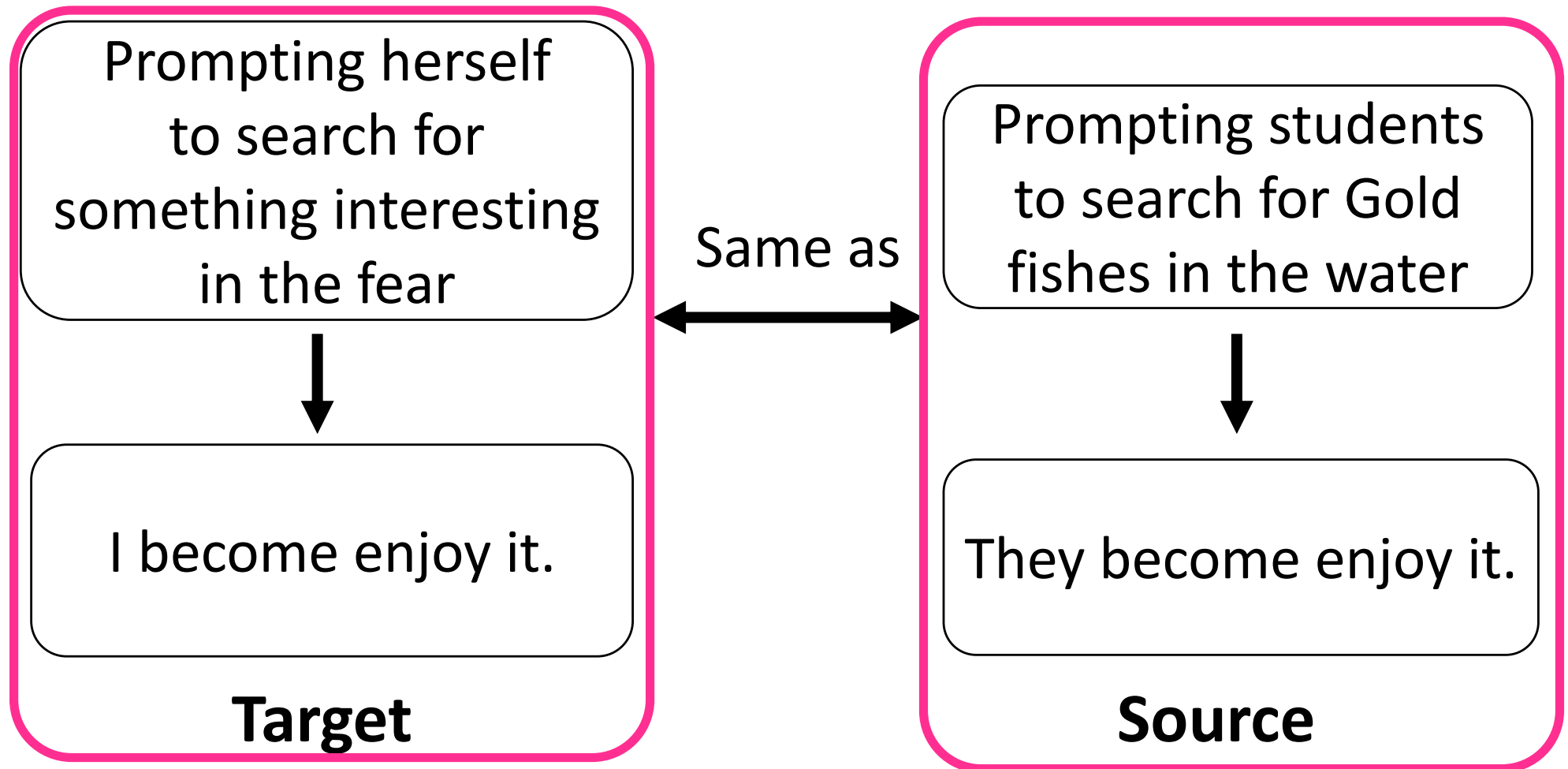
“Let’s dip your faces into the water!  
Will you able to find gold fishes!”

*[She brought her experience  
by herself ]*

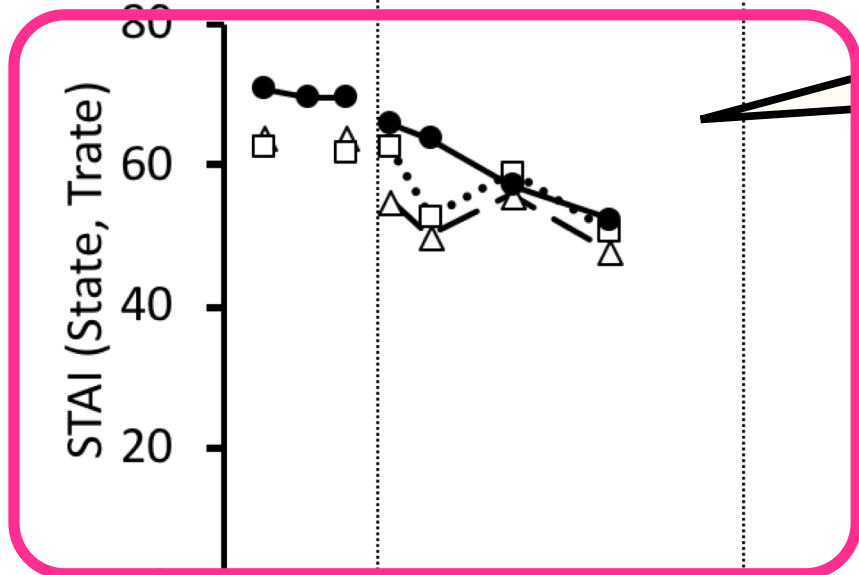


# Searching for Gold Fishes Metaphor

“If you prompt students to search for gold fishes in the water, then....”

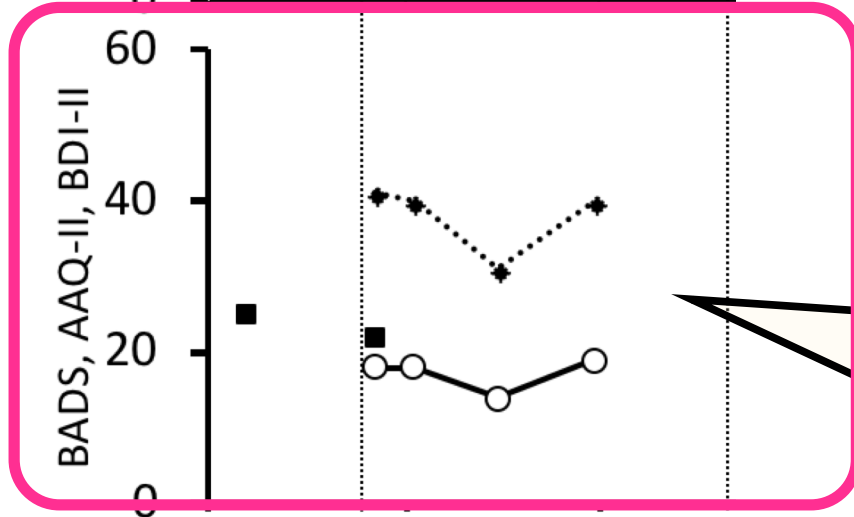


1st Phase  
(Assessment)      2nd Phase  
(Exposure)



Anxiety has been alleviated !!

In fact,  
She became to be a  
more functioning  
instructor!



But, no improvement  
was shown on AAQ-II  
& BADS...

Fig.1b



# Re-Case Formulation

- Depression & Suicidal ideation
  - seemed to stem from factors other than phobia
  - Another type of intervention was needed
- New Plan
  - Conducting Follow-up sessions not just to monitor her symptoms, but also to find her values!

3<sup>rd</sup> Phase:  
Value-focused Gradual  
follow-up Phase

# Her confused value



Cl: “My values is to be a full employee.  
I’m never given approved unless I’ve got  
a job”

Cl: “Granma always compare me and my  
young brother” “I’ve became always  
trying to find any superior to others in  
order to be a valuable”



She was cognitively fused with the story

# Revealing her value by defution

Th: Buying the story seems to be wasting your money...

Cl: I've never thought about it in that way!!  
There was no profit!!

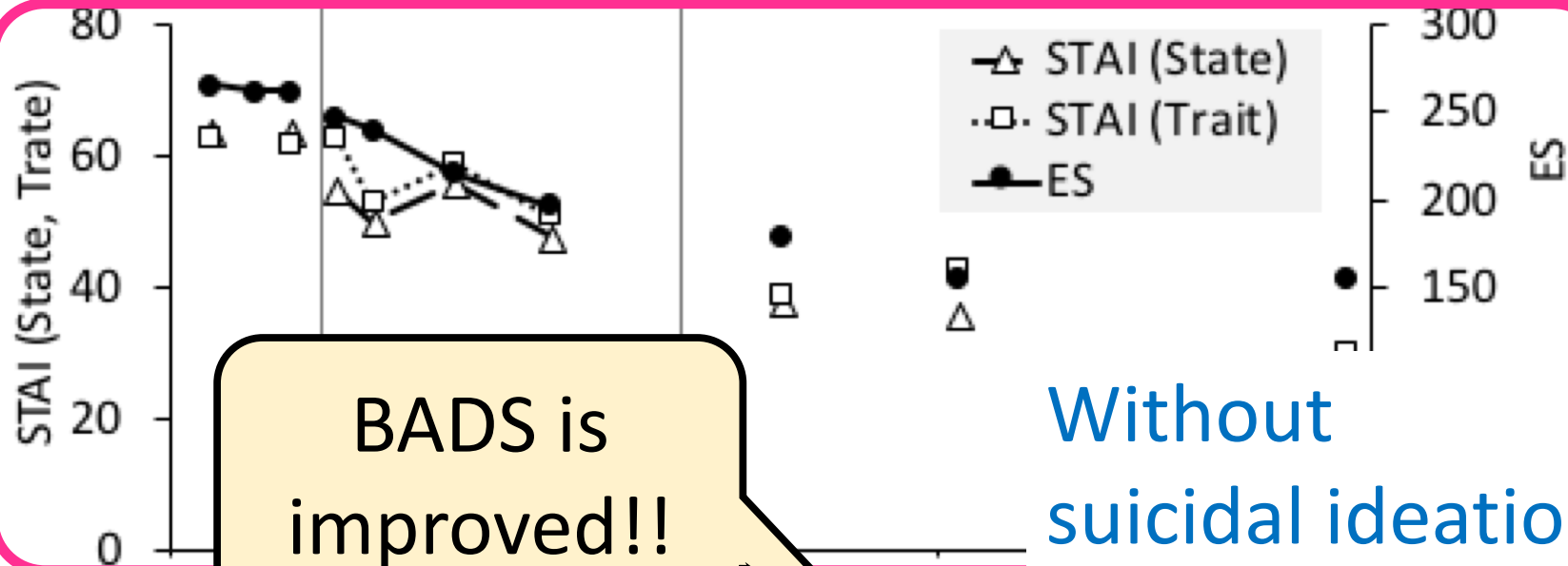
- Revealed Her Value:  
“Showing people ways to feel confident and cool through clothing”  
→ She decided to enter a dressmaking school



1st Phase  
(Assessment)

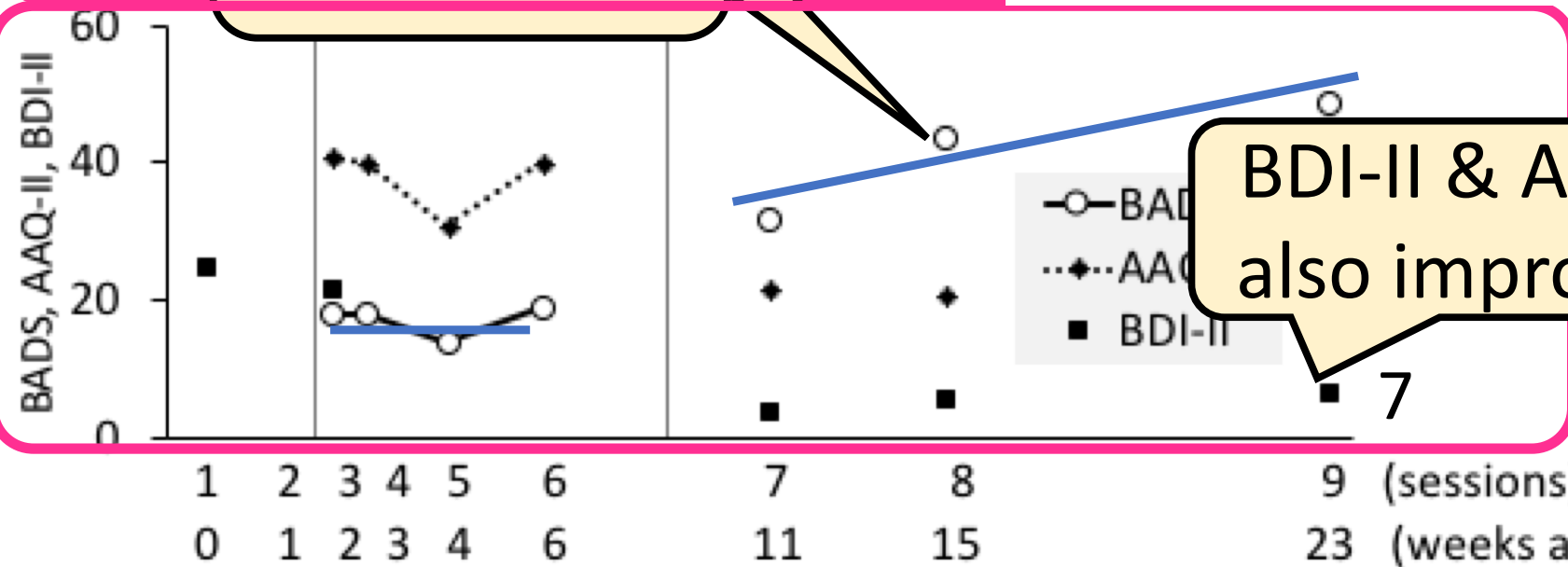
2nd Phase  
(Exposure)

3rd Phase  
(Gradual follow-up with Exposure  
& Behavioral Activation)



BADS is improved!!

Without suicidal ideations



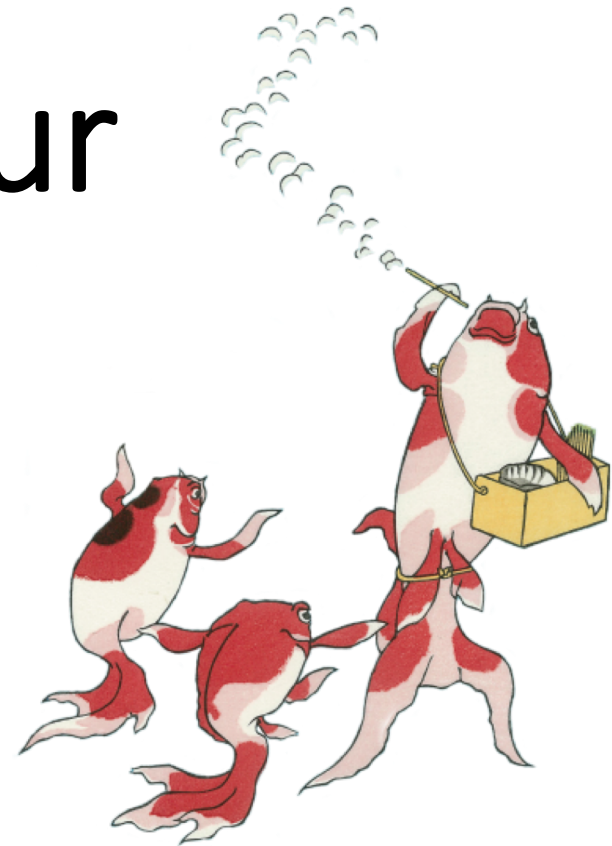
BDI-II & AAQ-II also improved!

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## 4. Summary

1. Co-created Metaphor for effective exposure was workable
2. Repeated measure were useful for real-time Clinical Decision making
3. Not only symptom-focused, but adding value-focused intervention was appropriate

# Thank you for your attention!



## Disclosures (support):

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“All kind of **Goldfish**”  
woodcut printed  
by Kuniyoshi Utagawa (1839)