

The use of the ACT metaphor in an alcoholic rehabilitation department

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BACKGROUND

In a residential treatment (28 days) for alcoholic clients, metaphors were proposed as a creative expressive modality that the conversational interview often does not offer as already known in the literature (DèLutti1987).

METHOD

The study started in January 2017 and is still ongoing. The data refer to 195 clients, whose average age is 52 years and who are 70% male and 30% female, 32% are poly-consumers.

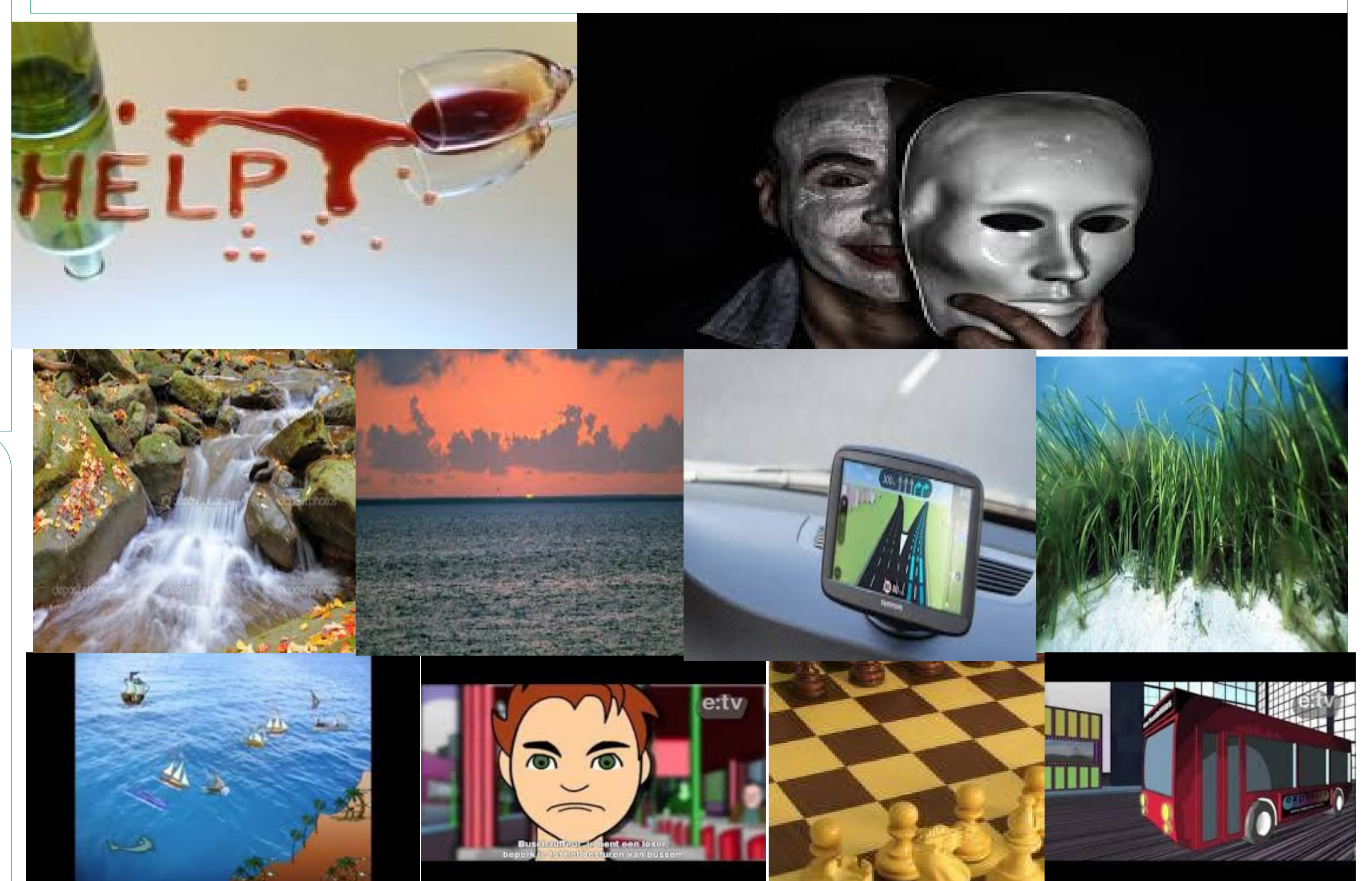
We have worked individually using metaphors tailored to the patient, which touch the processes of hexaflex. We used classical ACT metaphors with client-only groups: leaves of the stream, demons on the boat, chessboard, GPS navigator, bottle in the sea (modified for setting reasons). We used metaphors that led to the production of a three-dimensional object in groups made up of relatives and patients to discuss the concept of acceptance and sharing of values with the family.

DISCUSSION

This work, aligning itself with the international scientific literature (Stoddard 2007) shows how the use of metaphor in ACT perspective becomes an effective and shared therapeutic tool, and how this in our experience takes place on an individual level, in groups of only clients, and in mixed groups of clients and relatives and how to establish a new relationship with thoughts, in a simple and effective way.

RESULTS

Thanks to the use of metaphors in RFT it is possible to break the traps of language and create new connections and new contexts, overcoming psychological suffering and building a life of value. (VVAA <http://contextualscience.org/>)



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