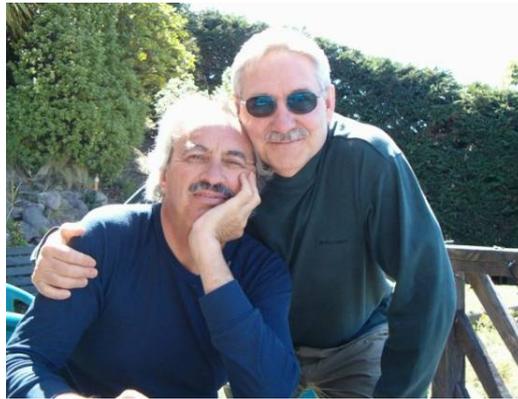


Autogenic Metaphor Therapy

Outline of a process utilizing David Grove's Metaphor Therapy
Presented by Rob McGavock



David Grove with Rob McGavock

First read this

David Grove was always seeking ways of removing the therapist even further from the therapeutic equation. He had many ingenious ideas for encouraging people to do self-healing. Inspired by his methods, here is an eight-stage autogenic (self-questioning, self-determined) process that can be utilized by individuals without a facilitator. A case example follows. I would advise minors and persons with complicated personal histories including serious abuse issues, or clinical depression, mood disorders, personality disorders, suicidal ideation, or any other psychiatric issue, not to use autogenic methods, but to work with an experienced therapist or facilitator.

Ask yourself

1. "What do I wish to resolve or accomplish?" (*What symptom, emotion, or phobia do you wish to resolve?*)
2. Location of the symptom(s) (there could be more than one location with associated symptoms): "Where is (*the symptom*) generally located?"
Then get more specific:
"Whereabouts exactly in or around that area is (*the symptom*) located?"
3. Develop information from the location:
"(*The symptom*) is like what when it is located (*name location*)?"
"Is there a size or shape to (*the symptom*)?"
[Optional question if stuck]: "What object(s) or energy might (*the symptom*) be likened to?"
"Is there anything else about (*the metaphor for the symptom*)?"
Use the "Anything else?" question repeatedly to develop more information about the symptom(s).

4. Develop any aspects of the specific metaphor(s) that might become a healing resource or an antidote for the symptom(s) using the same questions as in #3.
5. Once enough information is intuited to have developed fully, ask the developed aspects (potential healing resources) if they would like to go to the original symptom location: “Would (*the developed resource*) or (*potential resource aspects*) be interested in going to (*the original symptom and location*)?” If so, ask, “And what could begin to occur if (*the developed resource*) went to (*the original symptom and location*)?”
6. Allow some time for the developed aspects or new metaphor to interact/intermingle with the original symptom. Interesting processes may begin. Metaphors can do anything they wish. They are not bound by physical laws. Do not press metaphors to do more than they wish to do, however. Simply allow them to do their natural thing. Once healing begins to occur (i.e. the symptom begins to resolve) then slowly and softly continue to ask: “And then what happens as, or after (*reiteration of what is occurring*)?”
7. It is important to allow time for healing interactions to occur and develop between questions. Once the process is intuited to be complete, summarize the healing process to reinforce how things are different now that the process has been completed.
8. You may feel tired after this healing process. More healing will likely occur with time. It may be helpful to have a massage, take an Epsom salt bath, soak in a tub or Jacuzzi. If you use a chiropractor, schedule a visit for an adjustment or treatment, or have an acupuncture treatment. Additional work with an energy therapist, naturopathic physician, angel therapist, or medical intuitive may be helpful. Use your own intuition about this. Sometimes a good rest is all that is needed before getting on with life again.

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Example of Autogenic Metaphor Therapy Process

Target symptom

General anxiety and anxiety about public speaking. Fluctuates in intensity despite individual having conducted hundreds of public presentations.

Some metaphor work had been done previously. Questions were posed to self. The narrative is the answer prompted by each question.

When I feel anxiety where is it located?

In both the head and chest.

It’s like what when it’s in the head and the chest?

Head - It’s like a thick pasty muck, rigid, almost like concrete sometimes.

Chest - I notice a hollow feeling In my chest that also creates anxiety.

Anything else about it?

It originates on the left side of the head right behind and above the temple. Sometimes it descends into back of the neck on left side and into the back left shoulder. It can produce migraines that last for three days.

Anything else about it?

(After some time contemplating) I think there is an infant stuck in the thick dark muck who is afraid and doesn't trust people to care about it.

Anything else about that infant?

It's been stuck there for a very long time. Of course, since infancy. This is where previous metaphors of thick and dark black have come from. I remember while contemplating the thick dark black that it once turned into a black box which I took from my head to examine in my hands. I contemplated this imaginary box for quite some time with my hands going all around it and then suddenly felt an acute flood of fear rush through me which pretty much ended the session. I see now that there is an infant in there - me as an infant. This predicament could have occurred about the time my mother was sick and away at a hospital for six months when I was very young. Although I don't have explicit memories, I seem to go back to this time when I do metaphor work. It's been a real stumper for me. I remember feeling a lot of anxiety in public schools and through my college experience as well. I was often pretty keyed up and anxious, which is part of the reason that I didn't go on for Ph.D. work when I had the invitation to be a candidate. It may all be a result of the situation with the embedded infant which was enshrouded in the thick black darkness to feel safer. It was totally obscured until I began doing metaphor work. The infant aspect is scared and doesn't totally trust anyone. It has a fear of not being good enough, which could cause it to be abandoned again. This has also precluded an ability to go for things in life. It has made it difficult to feel adequate, which translates into adulthood as self-doubt regarding the capability to conduct presentations. There is a fear of abandonment by disapproval of an audience. As a result, I usually over prepare for presentations with too much information and feel I have to perform perfectly.

Another result is that it makes me too anxious to be fully present with people - more in the moment - which would greatly help. Even though I know this intellectually, the anxiety still dogs me.

Anything else?

It is now coming to me that the hollow feeling in the chest is due to a separation created by the infant self being dissociated from the rest of me and enshrouded in the thick dark muck in the head to feel safe and less fearful. This was a pre-verbal survival mechanism. The fear was somewhat overcome by conducting many presentations over time, but there has still been significant anxiety created by the original fear and subsequent splitting off of the infant. I never know when it will strike.

Anything else about that place in the chest?

Well this is my heart center and there is warmth and love there.

And what else is there about that warmth and love, is there a size or a shape to it?

It's round (pause), round like the sun (pause) with rays of light reaching out.

Anything else?

The bright warm rays of the sun are reaching out and they're warm.

And might those bright warm rays of sun light be reaching out for something, and might they be interested in reaching out for an infant that is embedded in a thick dark place in the head?

(pause) Yes, they are reaching out for the infant and they are growing brighter and reaching further now, and they begin to soften the thick pasty muck in the head (pause)

As this occurs, the baby is being lifted from a reclining position in the muck and the rays are bringing the baby to the heart. The baby is being transported to the heart as the muck in the head clears away (pause).

And then what happens?

The rays are turning into arms, the arms of the Mother Mary - Jesus' Mary. Mary's arms are bringing the infant to the hollow spot in the heart area. (pause). Now the baby sees that Mother Mary, Jesus, the Archangels, and the guardian angels who have safeguarded the baby all these years are present as well. It's like a homecoming. Now the baby is suspended by a maternal energy in front of the Mother Mary in a vertical position and it's beginning to grow and mature to catch up with the rest of me. (long pause).

Anything else?

It's continuing to grow and mature. (pause) This may take some time.

The individual intuits this as coming to the end of the present session.

Reinforcing the healing:

And the baby no longer has to stay in a thick dark muck and feel afraid that it will be abandoned, rejected, or that it might disappoint. And the baby can now continue to mature forward in time and to enjoy the safety and warmth of Mother Mary, Jesus, and the angels as it does so.

Is there anything else about that hollow place? (N.B. it is advisable to recheck the former location of the symptom(s).)

The hollow place is no longer hollow, it is now filled with warmth.

And how does a head feel now?

The head feels much relieved, clearer, and the tension and headache that was getting stronger when this session began is abating. I think I need to have a neck adjustment done so I'm going to call my chiropractor for a work-in. I feel much relieved and I think this will make a significant difference for me.

Individual reports that the visit to the chiropractor was helpful. The neck adjusted much more easily than it ever had in the past. Sometimes in the past it was so stiff that it took several adjustments to dislodge. Over the following week, the individual noticed that their anxiety was significantly reduced and subsequent presentations were more enjoyable, with a better presence of mind.
