

## **Therapeutic Use of Metaphor: Cultural Connectivity**

**Jonathan Lloyd\***<sup>i</sup>

\*University of Manchester, United Kingdom

### **Abstract**

**Background:** *This research was designed to explore the experience and understanding of counsellors' and psychotherapists' engagement with metaphors in the therapeutic process. The aim is to reflect on the experience of therapists involved in therapeutic metaphors from differing perspectives.*

**Methodology:** *In a heuristic study, a group of seven therapists (counsellors and psychotherapists) shared their use of metaphors in their therapy practice. Data were collected through an informal conversational interview that supported the participants to share their experiences in a natural dialogue. Their reflections augment the understanding of the phenomenon.*

**Findings:** *The experience of using metaphor in therapy appears to involve a multifaceted web of generation, construction and development between the therapist and client. Various levels of depth of metaphor in therapy were identified along with links to transference and cultural issues.*

**Discussion:** *Metaphors that reflect an empathic connection and encounter between therapist and client were identified. Dualistic thinking around the origination of metaphors in therapy is challenged and the concept of co-creation and the mutual development of moving metaphors are discussed. Environmental and cultural influences are considered alongside transference aspects.*

**Conclusion:** *It appears that the use of metaphor in therapy is pervasive and offers an opportunity for therapeutic change. The consideration of the construction of metaphors and their mutual development may be useful for therapists to consider. This research highlights the need for more investigation regarding client perspectives, the environmental impact on metaphors in therapy and it is also about who the therapist and client stand for: metaphorically, for each other.*

**Keywords:** *Metaphor, Therapeutic Metaphor, Communication, Cryptophor, Culture*

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<sup>i</sup> Corresponding author: Jonathan Lloyd, Calm Minds, 38a Bramhall Lane South, Bramhall, Stockport, Cheshire, UK.  
Email: jonathan@calmminds.com.

## **Bringing the Body in the Educational Environment: a Theoretical Approach**

**Flavia D. Cardaş<sup>\*i</sup>**

**\*University Of Bucharest – Faculty of Psychology and Educational Sciences,  
SPER Institute, Romania**

### **Abstract**

**Introduction:** *We initially experience the world through movement and only afterwards we develop the verbal language, which makes human beings pre-linguistic. Movement is the fundament of all learning processes, therefore extending the movement vocabulary and developing body awareness improve the quality of education, which nowadays is based more on the cognitive dimension.*

**Objectives:** *Taking into consideration that our first identity is the body and that there is a strong connection between body, mind and emotions, the main objective of the present study is to extend the tools of working with children in the educational environment using their bodies as the core instrument of change, from a theoretical point of view.*

**Methods:** *The main methods used in this study are the literature review, the observation method and the movement biography.*

**Results:** *The present study offers new tools in working with children in the educational environment.*

**Conclusions:** *It is crucial for people - teachers, psychologists, parents who work with children - to have a holistic perspective on the educational process and on the development of the children, in order to find the right ways to help pupils raise to their full potential. Therefore, we consider that this study supports the process of improving the quality of education.*

**Keywords:** *body, movement, education, personal development*

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<sup>i</sup> Corresponding author: Flavia D. Cardaş, Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, District 5, Bucharest, Romania. Email: flaviacardas@gmail.com.

# The Impact of Miscarriage on the Subsequent Pregnancy: Thematic Analysis

Camelia-Vasilica Chețu\*<sup>i</sup>

\*Faculty of Psychology and Educational Sciences, University of Bucharest, Romania

## Abstract

**Introduction:** *The impact of spontaneous miscarriage on the psychological state of mind of the women who went through this experience has recently become increasingly important, getting more and more in the focus of specialized researches.*

**Objectives:** *The purpose of the current study was to examine, through thematic analysis, the impact of spontaneous miscarriage experiences on maternal-fetal attachment during pregnancy so that we can identify the specific psychological themes.*

**Methods:** *A sample of pregnant women (n = 24) with prior miscarriages filled in a questionnaire designed to identify both the experiences of women who have gone through miscarriages and their effects on the current pregnancy and the Maternal-Fetal Attachment Scale (M. Cranley, 1981). Then we initiated the qualitative analysis according to the six-step structure of the process proposed by V. Braun and V. Clarke (2006).*

**Results:** *Following the thematic analysis process, four main themes were identified: Emotional charge, Avoidance of a new loss, the Protection shield, and the Maternal-fetal relationship, each of them having 1 to 5 subtopics.*

**Conclusions:** *The current study highlights both the specific and the complexity of the emotional dynamics of pregnant women with a history of spontaneous miscarriage, and emphasizes on the fact that they become preoccupied with certain fears which determine distinct mechanisms and behaviours through which they seek to manage from one trimester of gestation to the next, aspects that clinicians should monitor and follow up throughout pregnancy.*

**Keywords:** *miscarriage, pregnancy, perinatal loss, prenatal attachment*

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<sup>i</sup> Corresponding author: Camelia-Vasilica Chețu, Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, Bucharest, Phone 004.0721608096. Email: chetu.camelia@gmail.com.

## **Prenatal and Postnatal Psychological Counselling**

### **The conscious assumption of the maternal role**

**Corina I. Paica\***<sup>i</sup>

\*Faculty of Psychology and Educational Sciences, Psychology Department,  
University of Bucharest, Romania

#### **Abstract**

**Introduction:** *The present thesis is a journey into prenatal and postnatal counselling areas, following through a series of psychological intervention sessions, progressively taking up the maternal role through mother-child interactions using the core concept of attachment. Currently, there is a keen interest in analysing the relationship between mother and child, with this proving to be an essential element in the emotional, behavioural and social development of the child. The current theme is important in psychology and the adjacent areas, because it highlights a component in the process of human development, namely the connection between mother and child while still in the womb.*

**Objectives:** *Regarding the psychological evaluation objectives, these were as follows: assessing the health factors during pregnancy, such as physical activity, sleep, substance abuse, food consumption, household characteristics, evaluation of the anxiety related to pregnancy, attitudes related to raising a child, identified as positive, and those considered less positive about pregnancy, prenatal attachment assessment and dynamics of relations between the client and family members.*

**Methods:** *Among the strategies and methods of intervention, there were: ways to relax and connect with your body, expressive and creative techniques, observation of the relationship between mother and baby, methods of enriching relational experiences between mother and child, methods of encouraging the mother to focus on the emotional relationship with the child and the reflection of your own thoughts, emotions and desires arising from consciously assuming the mothering role.*

**Results:** *Based on the results of the prenatal and postnatal counselling we can conclude that the intervention was an effective one for the mother, the modalities of interaction between the mother and her child and the techniques she used to express her own thoughts and emotions generated an unconditional availability towards the child and helped her engage in a healthy relationship based on safety, love and actual needs, both basic child care and filling up her baby's emotional reservoir as well as on the fulfillment of C.'s mothering role.*

**Conclusion:** *The relationship between C. and her child is currently a healthy, affective relationship, predominated by relational experiences that show a very good quality of postnatal attachment.*

**Keywords:** *relationship, emotions, thoughts, mother, baby*

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<sup>i</sup> Corresponding author: Corina I. Paica, Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, Sector 5, 050663, Bucharest, Romania. Email: corina.paica@yahoo.ro.

## **Searching for Spirituality through the Use of Psychedelic Drugs: the Case of Psychonauts**

**Alexandru-Filip Popovici\*<sup>i</sup>, Raluca Maria Simion\***

\*Faculty of Psychology and Educational Sciences, Psychology Department,  
University of Bucharest, Bucharest, Romania

### **Abstract**

**Introduction:** *The motivation underlying substance abuse is a complex one. According to some authors, spirituality and the quest for autognosis can be considered motivating factors for psychedelic drugs use. This goes beyond the sphere of neurobiological conditioning in drug use, assuming that there is something more complex such as someone's need to heal wounds from the past or idle curiosity to find answers to existential questions and spirituality.*

**Objectives:** *The main purpose of this study is to raise one's awareness over the subject and to emphasize the necessity for more advanced studies among Romanian population. By making a literature review of the findings concerning drug abuse proceeded from spiritual reasons, the article aims at clearly presenting the negative effects of psychedelic substances and also the limitations of their positive ones. It is crucial to know the long term effects as well as the short terms effects of this behaviour on humans.*

*Also, another objective is to present a possible profile of a "psychonaut" that manages to perpetuate his/her habits without complications. In order to understand and to prevent this behaviour, it is important for us to understand the thing that triggers the decision to start taking psychedelic drugs and how this decision transforms in a way of living.*

**Methods:** *Literature investigation.*

**Conclusions:** *The use of drugs for spiritual reasons can have a negative impact on the life of the consumer. Because of this fact, the psychologist must be able to find strategies to help them understand the risk of this behaviour, by exploring new alternative solutions to their needs.*

**Keywords:** *psychonauts, substance abuse, spirituality, autognosis*

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<sup>i</sup> Corresponding author: Alexandru-Filip Popovici, Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, Sector 5, 050663, Bucharest, Romania. Email: filip\_popovici@yahoo.com.

## **Psychological Aspects of Self-Esteem in Adolescents**

**Daniela E. Sandu (Calotă)\*<sup>i</sup>, Nicolae Mitrofan\***

**\*Faculty of Psychology and Educational Sciences, Psychology Department,  
University of Bucharest, Bucharest, Romania**

### **Abstract**

**Introduction:** *This paper aims at analysing the teenager in the complexity of his personality structure, as well as his relations with his family and his attitude towards different social experiences. Identifying the level of self-esteem, self-image, and self-confidence will lead to the emphasis on the psycho-diagnosis model of approach towards the teenager, which has as an objective the support of his personal development.*

**The aim** of this paper is to identify elements, variables and characteristics of the process of image formation- the self-valued personality- which can outline a psycho diagnosis model, in order to develop a counselling program for adolescents.

**The methods** we used are the following: observation and semi-structured interview (type of family, number of siblings, age, resource people, means of communication, relations with others and ability of self-knowledge); these are completed by the data collected through the psychometric instrument known as *The Three-dimensional Scale of Self-Esteem*.

**Results:** *The statistical results indicate that the relationship between self-image and self-confidence (SI, SC) is independent of the intellectual level and that the relationship between self-image and self-love (SI, SL) is independent of the number of siblings in the family.*

**Conclusions:** *The social capital of an adolescent, his relationships with his family, friends, colleagues, teachers, constitute his immediate reality, the environment where his self-image is formed. Self-esteem in adolescence is a construct which incorporates aspects of self-image, self-love and self-confidence.*

**Keywords:** *family, self-esteem, child, parent*

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<sup>i</sup> Corresponding author: Daniela E. Sandu (Calotă), Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, Sector 5, 050663, Bucharest, Romania. Email: elenadanielacalota@gmail.com.