

Positive Connotation as analytical hypothesis, state of art technique, and therapeutic tool.

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I. Analytical hypothesis

Basically positive connotation can be presented on 3 different ways:

- as alternative view from cross-cultural or other person experience, metaphors and folk knowledge
- as standard interpretation (learned from experience or research) such as broad range of ideas presented in books of Nossrat Peseschkian
- as an analytical hypothesis based on differential analysis of unique experience of particular patient

II. State of art technique

The experience of individual positive interpretation depends on personal experience, emotional maturity and charisma that bring it closer to the state of art. Yet it can be summarized, learned and reproduced in 5 stage algorithm:

Observation/Distancing:

- listening for patient's presentation of his/her subjective view of complains and conflicts, macro- and micro-traumas,
- collecting linguistic peculiarities and myths/beliefs patterns,
- structuring information, linguistics and beliefs in 4 areas,
- observing 5 stages in patients presentation and behavior

Taking Inventory:

- identification of the conflict (sides and content) reviled by symptoms
- to learn how patient handled or solved similar problems and where he/she learned the strategy of resolution,
- to learn what values related with the conflict and when and how they were learned
- to learn how this conflict reflected in patient's identity (4 areas for modeling)

Situational Encouragement:

- Drafting metaphorical story of the patient stressing his/her resources, and providing 5 steps matrix to use yet unsolved problems for patients benefit.
- Choice of the metaphorical characters can support to communicate the conscious of the conflict content in nonjudgmental way

Verbalization:

- Telling story to the patient in order to provide consciousness about roots of reactions in the situation, view it as the possibility, self as not a victim but active manager of life.
- Alternative solution and humor of metaphor should encourage patient for simple-to-accomplish decisions that can provide him/her with successful experiences to support new paradigm with new conclusions and emotional charge.

Expansion of Goals:

- Discussion of the patient's understanding of the story and what does it mean for him/her
- Ask him/her to write ideas about the story or, probably, to rewrite as he/she likes
- Ask patient to continue the story

III. Therapeutic tool

Metaphor can be used in therapy in many different ways as Mentioned by N. Peseschkian.

We stress it mainly as

- Soft communication of consciousness
- Soft communication of analytical hypothesis
- Nonjudgmental and soft switch of victimized to active paradigm

