

Exploring the Territory of Shame

Building awareness of ways in and out of shame
through a co-creative investigation of metaphors
around the shame experience

VOLUME 2: APPENDICES

Part One: Appendix 1: The Preliminary Evaluation Project (pages 1-94)
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Appendix 1 FP The Preliminary Evaluation Project

This is the Practice Evaluation Project in its entirety which formed the basis for the development of the Final Project.

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PRACTICE EVALUATION PROJECT

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WHAT ARE THE METAPHORS OF SHAME?
A PHENOMENOLOGICAL STUDY

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PEP ABSTRACT

This preliminary project explores shame at a metaphorical level, in an attempt to capture a description of the experience of shame and give shame a voice. It is an evolving piece of qualitative phenomenological research attempting to elicit metaphors of shame.

This paper uses a thematic analysis of the negative metaphors of shame, arising from semi-structured interviews with four qualified therapists working in the field of psychotherapy, expressing interest in shame. Seven vignettes of shaming experiences act as prompts. In conversationally-styled interviews, participants are invited to voice their spontaneously arising impressions and feelings triggered by the vignettes.

Interviews provide 222 metaphors, negative and positive. Of these, 149 negative metaphors are summarised initially into 8 broad thematic diagrams of shame. These metaphors are broken down further into 4 main themes, namely: Unlovability- fed by isolation, loss, defectiveness, characterised by withdrawal; Powerlessness- fed by loss, death, isolation, characterised by shut down and freezing; Self-consciousness- fed by exposure, characterised by a need for withdrawal/invisibility/hiding; Wounding- fed by abuse, trauma, loss, characterised by fighting back or shutting down. A therapeutic model involving mapping and drawing locations of shame evolves from these findings.

INTRODUCTION

SHAME AND METAPHOR: DEFINITIONS AND GLOSSARY

The word shame can be traced back to the Indo-European root *kam/ kem* which means "to cover, to veil, to hide", and a Teutonic root *skam/skem*, which means a "sense of shame", "to cover oneself". "The wish to hide is inherent in and inseparable from shame" (Nichols, 1995, p.38).

The Oxford English Dictionary defines shame as: "The painful emotion arising from the consciousness of something dishonouring, ridiculous, or indecorous in one's own conduct or circumstances (or in those of others whose honour or disgrace one regards as one's own), or of being in a situation which offends one's sense of modesty or decency... Fear of offence against propriety or decency, operating as a restraint on behaviour" (Oxford English Dictionary p. 1964).

Shame is a dark, alienating, self-conscious, core feeling of being deficient, inadequate, isolated and abandoned, involving fear of ridicule and rejection by others (Nichols, 1994). Shame is a complex affect involving a desire to withdraw and hide from painful exposure of an essential moral flaw, a sense of being wrong at core level (Kaufman, 1989). This could be at a physical level ('I am disgusting'); at an emotional level ('I am wanting'); at a cognitive level ('I am incompetent'); or at a spiritual level ('I am morally repugnant'). It is different from guilt which involves a sense of doing wrong, which can be rectified through effort and determination because it involves making amends with an external person. Shame runs deeper at core level. In its most pernicious, impenetrable, entrenched form, where layers of shame have been laid down, shame induces feelings of unendurable self-abandonment, suicidal ideation and ultimate existential despair (Wurmser, 1994).

The Oxford English Dictionary (p.1315) defines metaphor as: "the figure of speech in which a name or descriptive term is transferred to some object to which it is not properly applicable".

Metaphor is a powerful form of symbolic thinking which carries unlimited potential for expression of phenomena not easily expressed in everyday rational language with predictable, logical, clear, definable explanations and outcomes. Metaphors operate at various levels - sensory, subjective, poetical - opening up the essence or felt sense of a phenomenon at an immediate visual, auditory, kinaesthetic, smelt or tasted level, which ordinary language may not encapsulate.

Metaphors invite non-intellectual immediacy, providing structure "in a pervasive and fundamental way", using language in a way which Kamler (2006) refers to as "representations, not truth".

HISTORICAL AND LITERARY CONTEXT

Shame is an elusive topic in psychotherapy and a painful one in literature, spanning the centuries since biblical times up to the present. Here presented is a culturally limited and word-count limited selection of Western key texts which have struck the current researcher as main texts embodying and dramatizing shame in a deeply metaphorical way. In the Book of Genesis, Adam and Eve cover their nakedness in the knowledge of

good and evil. Burrus (2007) highlights shame in Christian culture in terms of martyrdom, and self-denial, Christ's humiliation, and Augustine's confessions. A snapshot of main literary Anglo-Saxon examples of shame through Medieval and Tudor times would include Chaucer's *Canterbury Tales* (1370 – 1400) and Shakespeare's great tragic works, *Othello*, *Hamlet*, *King Lear*, *Coriolanus*, *Antony and Cleopatra*, (1600 – 1608) with strong shame themes running through of humiliation, existential agony and self-mortification. Moving into more modern times and crossing cultures, in Russian literature, Tolstoy's *Anna Karenina* (1876) is the epitome of shame, a woman abandoning her husband and child for an adulterous relationship, ultimately falling into the despair of suicide. William Golding captures shame in his novels, particularly *Lord of the Flies*, (1954) where principle characters, children, revert to savagery when no longer under the restraining eye of their authority structures (parents and educational establishment) and *Rites of Passage*, (1980), in which a Reverend shames himself publicly in a drunken display of orgiastic proportions and ultimately commits suicide. Salman Rushdie's novel, *Shame*, (1995), graphically captures the theme of family shame and shamelessness in a place that "is and is not Pakistan" in the fourteenth century.

WHY NOW?

People feel ashamed of admitting to personal defectiveness, weakness, failure, and prefer to keep shame hidden, but it eats away at a person's self-esteem and does not go away. It goes underground, and so has research on this topic. This is the shame bind (Bradshaw, 1988). "Difficulty with regulating shame may be one of the primary causes that bring individuals into psychotherapy" (Lewis 1987; O'Connor et al., 1999, p.111). "Given the potential impact of shame on mental health, an understanding of how we rebound from this emotion is critical. Yet to date, there is little research in this area" (Van Vliet, 2008, p. 234).

I have worked in short and long term work in N.H.S. and private practice, with over two thousand clients. I now realise shame lay at the heart of many undisclosed agendas and narratives, around abuse and unacknowledged psychological distress – male and female. As my awareness and openness to shame developed, I increasingly recognised shame in many short term clients at GP surgeries, referred for standard presentations of anxiety, depression and anger rather than for shame. I contend that shame goes largely undiagnosed in general practice.

LITERATURE REVIEW

Shame only began to significantly impact the psychotherapy profession from the 1980's, following first edition publications by Kaufman, 1980; Wurmser, 1981; Nathanson, 1987. The 1990's began to see publications written from a Gestalt perspective, notably Evans (1994) and Wheeler (1995, 1997). All these publications tended to view shame as commonly experienced as a basic flaw at the core of a person, accompanied by feelings of worthlessness and a sense of wrongness, "an inner revulsion against one's own existence" (Evans: 1994, p.103).

John Bradshaw (1988) makes a distinction between healthy, nourishing shame, which is openly and honestly expressed, and toxic shame which is built up of defensive layers we

place around ourselves to protect ourselves from the agony of internalised shame, leading to alienation, addiction, neurosis, and feeling “alone in the most complete way”(p.45).

Nathanson (1992) emphasises that shame is the opposite of pride and uses the metaphor of a compass of shame to elucidate the various effects of shame: withdrawal, masochistic submission, narcissistic avoidance, and the rage of wounded pride. A poetic force and richness of metaphor comes across in Wurmser's psychoanalytic detailed exposition on shame: “Isn't much of Freud's enduring power, even in translation, just this poetic force, a richness of metaphor and a subtlety of rhetoric that so early approximates the reality of inner life?” (Wurmser, 1994, p.7). “All eyes seem to stare at the shamed one and pierce him like knives” (Wurmser, 1994, p. 53).

Evans (2006) documents a series of phenomenological and experiential teaching workshops in qualitative research, where participants were invited to describe their experiences of shame “through immersing themselves in an exploration of this emotion”... “The group in Syracuse did not end with a large group composite description of shame, but rather a list of metaphors about shame, which added a certain passion and poignancy to the findings” (Evans 2006, p.27). Interestingly some of the most striking metaphors in the lists from three workshops, which were not analysed thematically, produced themes of a sense of discomfort, burning, difference, disorientation, exposure, nakedness, need to hide, disappear or die.

Kovecses (2000) provides useful examples to illustrate key themes of shame metaphors: characterising shame as a burden, a container, a decrease in size, fluid in a container, an illness, blocking out the world, having no clothes on, hiding away from the world, physical damage, divisive, worthless person. The present research identifies and expands on these themes.

Cozolino (2006) refers to the detrimental effects of abuse, neglect, understimulation and prolonged shame on the development of strong neural pathways for healthy brain functioning and the production of endorphins for healthy affect regulation. Positive parent-child interactions and supportive therapeutic interventions are known to reinforce networks of sensory, emotional and motor memory. Therefore finding a language and a means to support clients moving from negative shame and dysregulation, to positive growth and regulation is of prime importance.

Further elaborating an understanding of the physiological, emotional and sensory impact of shame, Lee, R. (2008, p.63) refers to the “corticosteroid bath of shame” which the infant is plunged into when there is an unexpected and sudden “shock-induced deflation of positive affect”. The child experiences shame at this point as a rapid transition from a pre-existing positive state to a negative state. If the caregiver does not provide the needed repair that comes from the re-establishment of the attuned connection, the child falls into shame. “From this perspective, the creative adjustments that later appear in therapy could be seen in many cases as attempts to avoid this horrendous experience of shame, which in the past have not been followed by an experience of repair.” This is very interesting in the light of this present research, in which participants present the most frequently occurring metaphors that support this view of shame as an involuntary, instinctual, visceral, primitive, inescapable, horrendous experience.

AIMS OF RESEARCH

This research intends to bring shame out into the open and give therapists a helpful clinical tool to articulate shame. "It's shame that lurks at the heart of human experience. We don't ever get away from shame – we just bury it" (Nichols, 1995, p.25). In psychoanalysis, psychology, psychotherapy and, counselling, the subject of shame has received less attention than other primary affect states, e.g. sadness, fear, anger, disgust, excitement, joy, surprise. Freud and Jung did not name shame as an affect, and skirted round it. Perhaps this could be attributed to what Kaufman refers to as the phenomenon of "a significant degree of shame about shame, causing it to remain hidden" (Kaufman, 1989, p. 4). He sees shame as "a largely wordless experience" that remains a taboo in our culture... "we behave as if shame does not exist. That taboo must be lifted" (Kaufman, 1989, p46).

Metaphor subtly lends itself to this task, hence this research. "We now have tied consciousness to language: through accurate naming we gain a vital measure of conscious control over what were perplexing inner states." "Metaphor takes advantage of ambiguity to create knowledge of self" (Kaufman, 1989, p. 267). It crystallises meaning.

This research has been influenced by my impression that educational and family systems even today do not support young people in learning how to name, understand and tolerate shame, effectively release it, and overcome its sources. I have seen many students, clients, and I myself, trapped in the shame dilemma. Kaufman (1989, p.18) illuminates this succinctly in rich metaphorical language of exposure and entrapment: "The expression of shame is inherently problematic, but is made more so in this culture. Not only does exposure itself interrupt speech, but how is one to express openly what must seem one's inescapable flaw?" The answer to this question lies at the heart of this research – to use metaphor to enable open expression of one's inescapable flaw, through a safe relationship, accessible language and sound methodology.

ETHICS AND SAFEGUARDS

In a short piece of research on such a delicate subject area as shame, the risks to clients and co-researchers might be Clients being re-triggered into their own shame during the interview.

Complicated boundary issues – insufficient holding, muddled expectations, lack of contracting leading to confusion, disappointment and damage.

Use of Skype causing the 'Disinhibition Effect' (Suler 2004) – technically distancing the participant and potentially stirring up strong, distressing, unsafe feelings, opening up too much shame. Potential re-exposure to shame through being part of a doctoral write up and feeling under scrutiny.

Safeguards:

Instead of involving clients, qualified therapists unknown to the researcher were interviewed, with clear boundaries stipulated.

Vignettes of shaming situations were designed to provide distance from painful material, choice to give a sense of control, and freedom to take the discussion around shame into a safe, comfortable direction.

Sensitive pacing and space were given to participants and an unpressured humanistic approach was adopted prior to the interviews in arranging the practical details and in the interview itself.

Clear information was given in the information sheet (Appendix 3) well in advance of the interview to give space for manoeuvre or withdrawal. It was made clear that they would not be expected to reveal personal shame events.

The interviews were carried out respectfully and non-intrusively in the comfort and familiarity of their own setting, with an element of choice, Skype or face-to-face.

It was made clear throughout the process that the participants were free to withdraw at any time, or voice any discomfort they might be feeling with the material.

Participants were offered an opportunity of a further hour's follow-up supportive debriefing at any convenient time within a month of the initial interview to process any underlying issues that may have arisen from the material in the interview. (One took this offer up which is interview 01b) They were informed this would also be recorded and could subsequently be erased in the presence of the researcher if desired.

They were offered an opportunity to read their transcript and analysis before being sent off for evaluation.

They were offered access to a list of UKCP, BACP and AHPP accredited counsellors and psychotherapists should this be required and the researcher's supervisor's contact details.

Anonymity and the utmost confidentiality were assured around any material and involvement in the study and a promise given that recordings would be destroyed at the end of the study.

An undertaking was given that safe professional boundaries would be adhered to at all times with a firm intention to maintain a good holding environment for any difficult feelings that might arise.

The Ethics form was filled in and e-mailed to Academic Adviser (Appendix 1).

METHODOLOGY

SUMMARY OF METHODOLOGY:

Four participants who responded to an advertisement in Therapy Today asking for volunteers to talk about their experience of shame were interviewed regarding their experience of shame. All participants were female, the average age being 58. All had worked as therapists across a range of orientations for over five years. A number of shame vignettes were presented to the participants to stimulate discussion. The interviews were recorded, transcribed and analysed using thematic analysis. There follows a more detailed breakdown of the stages of the methodological process and the rationale of the methodology. This piece of research is qualitative, phenomenological, to describe and illustrate the phenomenon of shame. It is relational and co-constructive, aiming to deepen and advance understanding of shame through looking at themes in metaphors arising in naturalistic dialogue on the subject of shame, between researcher and co-researcher.

Table 1: Stages of the PEP process

MAR 2012	<p>Advertisement placed in 'Therapy Today' MARCH 2012</p> <p><u>DOCTORAL RESEARCH ON SHAME</u></p> <p>Are you interested in deepening your practice around the self-conscious and secretive emotion, shame, and finding language that describes shame, your own or others'?</p> <p>I'm seeking to interview a small number of qualified therapists for face-to-face one hour interviews, with further involvement possible in follow-up focus group for my D.Psych. at Metanoia. Please contact meriepowell1@yahoo.co.uk or phone 07772541632 for</p>
MAR 2012	Consent forms and information sheets sent out by email (Appendices 2 and 3)
MAR 2012	Further telephone contact with all participants to establish rapport and answer further questions concerning the research
APR 2012	Dates and method of interviews finalised
APR 2012	Vignettes (Appendix 4) emailed half an hour before interview due to start
APR 2012	<p>Three interviews conducted on Skype and recorded</p> <p>One interview conducted face to face and recorded</p> <p>Participants read the vignettes and used them as prompts to discuss their experiences of shame.</p> <p>An open semi-structured conversational style of interview format was used, with some open questioning, to illicit feelings, free associations, sensings and memories. Interviews lasted from 60 – 90 minutes in the homes of the participants. The interviews sought to enable participants to explore feelings elicited by the vignettes and to identify and articulate some of their or their clients' experiences of shame.</p> <p>Notes taken during interviews.</p>
APR 2012	All interviews listened to once, straight after each interview and further notes taken, highlighting most striking metaphors
APR 2012	Follow up interview was requested by one participant. This was conducted on Skype a week after first interview.
MAY 2012	All five interviews were transcribed and coded by the researcher with the numbers 01 etc. The coding gave the participant number first, followed by the line number in the transcript, e.g participant 1, second interview = 01b/360. (01 was the only participant to take part in a second interview, so all others are first interviews and just numbered 01/02/03/04).
JUNE 2012	Transcripts read and re-read four to five times in line with a phenomenological approach to fully engage with the data.
JUNE 2012	One participant had requested a copy of her transcript. This was emailed to her.

JULY 2012	Metaphorical language circled on transcripts and colour coded in terms of shame experiences : physical , emotional, cognitive, spiritual, humour, process.
JULY 2012	Past participle and present participle metaphorical verbs were selected, conveying negative physical effects of shame e.g. locked, drowning. Particular patterns, contrasts and repetitions in the language were noted in nouns, adverbs, adjectives e.g. loss less; up down; shallow deep; hot cold.
JULY 2012	Jottings taken on main themes emerging from immersion in the data. Recurring theme of hot cold, fight, flight, freeze becoming more obvious.
JULY 2012	Metaphors listed in 2 groupings – negative (Appendix 6) and positive (Appendix 7). Analysis of positive metaphors set aside for future project.
AUG 2012	Grid made on EXCEL of themes, triggers, effects, metaphors. (Appendices 8 and 9)
AUG 2012	Grid cut up manually and themes moved around into different piles.
AUG 2012	Categories re-distributed several times, to make selection more accurate.
AUG 2012	Relevant quotes from at least 2 participants in each category, which best captured the metaphorical themes, placed with figures.
AUG 2012	Instances of recurring themes in metaphors counted. (Table 2, p. 12)
AUG 2012	Re-organisation of data – themes moved around – examined whether they were superordinate or subordinate.
SEPT 2012	Developing metaphorical themes of, a shame mountain, a shame island, a journey through shame, drawn into cross sectional display on large sheets of paper; writing poetry on shame (Appendices 10- 13).
OCT 2012	Development of new taxonomy or series of metaphors arising from the researcher's immersion in the metaphors. From the original metaphors there evolved fresh data and new associative metaphors. Further musings (Appendix 14)
FEB 2013	Four superordinate themes extracted (Figure 9) and included in re-submission (p.23)

RATIONALE OF METHODOLOGY

The first four participants were recruited out of eight therapists who came forward in response to an advertisement in Therapy Today. This was a small scale private pilot project with only one researcher with limited time available, so the sample was necessarily a small self-selecting group in order of contacting the researcher.

The vignettes were designed as prompts, offering opportunity for fluid interaction, and a way of leading participants gently into their own material or client material of their own choosing.

- Semi-structured, non-directive interviews were loosely designed to elicit emerging and evolving metaphors through informal dialogue, exploration, creative co-construction, “permeable fore-structure, flexibility and receptiveness to new information” (Stiles, 2004, p.595), rather than through structured interviews based on standardised categories, closed questioning and conventional structures.
- Methodology in the research relationship was based on principles of a humanistic model, with a collaborative style of engagement : “client-centred, reflective, empathic, intimate, free- “floating, evenly hovering” (Elliot, R. 2003), “relational, dialogical and discovery-oriented” (Finlay, Evans 2009, p. 27); keeping the co-

researcher “close to the lived experience in the moment of talking”, (Van Maanen 2011, p. 67).

- Kvale (1996, p.239) refers to knowledge as “the social construction of reality” and “knowledge-as-conversation” which applies to this research in the co-construction of metaphors of shame through naturalistic dialogue.
- People are “self- interpreting beings” and meaning is “co-constructed in relationships and purposeful activity between people” (McLeod, 2011, pp. 47 – 48). Humanistic beliefs underpinned my methodological decisions throughout.
- Emphasis was placed on metaphor because it offers “something primordial which defies literal language and precise definition” (Van Maanen, 2011, p 61) in order to capture some deep felt sensings in shame experience. Metaphor is honest and uncomplicated. It can work at many levels, e.g. sensory, emotional, cognitive and transpersonal.
- I did not “bracket off my subjectivity” (Finlay, Evans 2009, p 200). In the therapeutic shame metaphor research I conducted, I was forming a relationship with the co-researchers and asking them to self-reflect deeply, as I was also in conducting this research.
- There was an inherent subjective bias in the analysis with the one researcher assigning categories by putting metaphors into piles. Knowledge outcomes were not to seek objective, verifiable truth, but a more personal, lived, intuitive impression.
- Metaphors are an economical way to get close to the real, lived embodied, drama of experience – they crystallise meaning. “Metaphors are data-reducing and pattern making devices” (Kvale 1996, p 275). Metaphors are richer, more complete than ordinary description of data.

RESULTS

THEMATIC ANALYSIS: EIGHT THEMES

On analysing the transcripts, 149 negative metaphors were identified. A thematic analysis was conducted on the metaphors, and 8 main themes were identified. The findings were initially clustered in thematic figures : Table 2 gives a quantitative analysis of the number of metaphors in each theme and prevalence of each theme.

Table 2 : Eight original metaphorical themes which emerged from initial analysis of texts

	Themes	No. of metaphorical instances	Order of frequency
Figure 1	Unlovability/isolation	14	6 th
Figure 2	Powerlessness	13	7 th
Figure 3	Self-consciousness – need to hide	18	4 th
Figure 4	Trauma, wounding, deep internalised pain, hurt, violence	23	2 nd
Figure 5	Loss	9	8 th
Figure 6	Primitive/visceral defences+hot shame/cold shame	37	1 st
Figure 7	Death	16	5 th
Figure 8	What shame looks like –	19	3 rd

	symbolic images/icons		
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The Eight Themes of Shame

Theme 1, Unlovability, embraces concepts of feeling and looking defective, a misfit, wrong, awkward, stupid, isolated, without hope, emptied, abandoned, worthless, gone, blameworthy. The following quotes illustrate the theme:

"Thinking it was my fault, something defective about me" (01b/360)

"What does it mean if the person who is your partner is saying you can't play the female lead because you don't look right?" (04/271)

"A bit sort of clod hoppy" (04/275) – "Being alone, being the only one" (02/271)

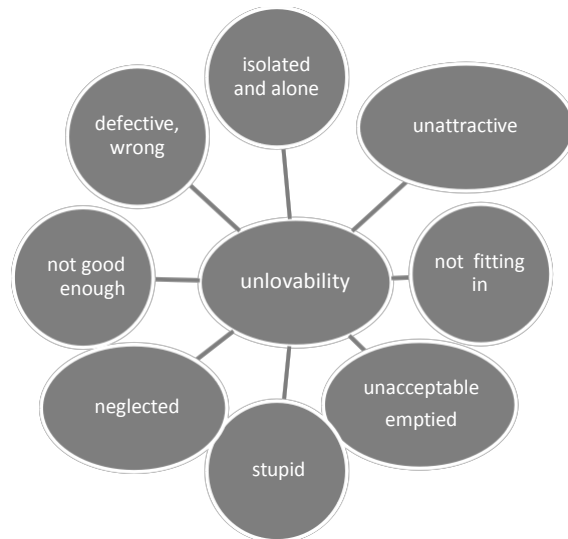
"All the water's gone out of the cistern – I am empty" (04/427) "It was abandonment .. that's the word I was skating round. It hurts to say it's like a knife every time I hear it, that orphaned.. abandoned .. that's how I feel" (01/540).. "Orphan Annie, standing on the stage, with one small spotlight, everything dark round it, and that I think of abandonment with all the darkness around" (01/545)

"You are not there, just gone, that phrase about wanting the ground to open up and swallow you up so you don't have to interact.. saying to the world, I'm just going to bugger off on my own then"... (04/404)

"the feeling of being totally isolated and totally alone and wrong, being in the wrong, almost, all those feelings, almost .. again a sort of paralysed sense" (02/275)

"you might have got it wrong,.. not knowing person um .. you might be stupid, to .. everybody else knows these things".. (02/265)

Figure 1 – Unlovability:



Theme 2, Powerlessness, embraces concepts of lack of control, hopelessness, being shut off, shut down, closing down, inescapability, circularity, entrapment. The following quotes demonstrate the theme:

"I am the wooden photograph frame, and I shut the shutters .. wanting the ground to open up and swallow you up" (04/402)

"poor curled up dried brown leaf, friable and crumbling" (04/524)

"The shame spiral" (03/400) "and I'd carried that with me for a whole year, I worked through it in therapy to no real avail, I keep/kept coming back to it round and round" (01b/358)

"I think of them as paralysed and rigid".. "quite straight-jacketed men .. not having much flexibility or movement, or ability to take on ideas" (02/555)

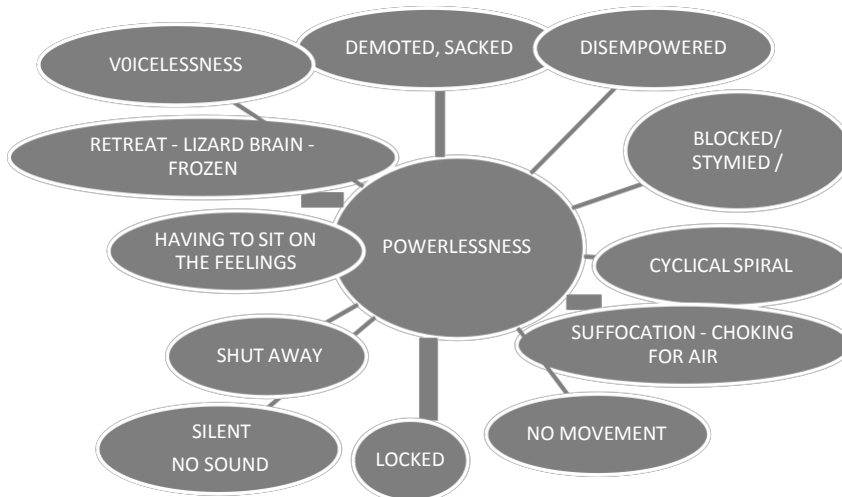
"literal loss of voice.. numbness, paralysed .. around the voice and the brain" (02/132) "It feels like I am choking"(02/197) "I shut down as I shut up. I didn't allow myself to speak any more" (01/594) "shame all in there in the shadow, real shame" (03/711)

"the little person thing.. something about being reduced..." (02/267)

"cold and hard.. unable to move out of the situation" (02/312 – 317).. "what I needed from him at that moment was for him to move onto another child" (02/351)

"locked" (01/109) "sarcophagus" (03/863)

Figure 2: Powerlessness



Theme 3, Self-Consciousness, embraces concepts of eyes staring, mirrors reflecting, images, hiding, looking down, reddening up, being seen and judged, public exposure and humiliation, betrayal, shadow, visibility, desire for invisibility, withdrawal

The following quotes demonstrate the theme:

"My voice said, don't look up, keep smiling, but I felt my colour rising" (01/92)

"Being publicly shamed like that in front of the class, was hugely humiliating" (01b/357)

"This to her eyes looked like I had betrayed her" (01/395)

"We largely form our picture of ourselves by the mirror of everyone we know" (04/241);
"two way mirror"(03/753) "I was heavy laden in my giving...They have made me want to hide it and not see it any more and leave ..."(01/702)

"I kept my eyes on the paper and locked" (01/109)

"Not being able to talk about it without looking down" (01b/360)

"Working in the transference muddies the water" –" very deep shadow" (03/960)

"I am the wooden photograph frame, and shut the shutters, so that you are not perceived there"(04/425) "How do other people perceive me?" (04/245)

"Blinker myself" (01/278)

Figure 3 : Self-consciousness

Theme 4, Wounding, embraces concepts of shaming as physically and emotionally traumatic, damaging, attacking, poisoning, tortuous, felt deep down at core level. The following quotes illustrate the theme:

“real, toxic, cutting you apart shame” “the rip” (03/711).. “like a rip all the way down the body – torn apart, ragged, raw” (03/494, 498)

“Stripes of shame” (04/202)

“Stymied my ability to draw and paint... really quite damaging” (02/258)

“all those quite amazing parts of my personality shut down .. damaging” (01/189) “.. “ a bitter end” (01/279) “damaged something at the core of me” (01/291) “something quite important had got damaged .. the cord..” (01b/371)

“I was violated and raped somehow, not on a physical level, but on a mental and emotional level” (01/694)

“knocked sideways” (01/134) “bowls me over” (01/141)

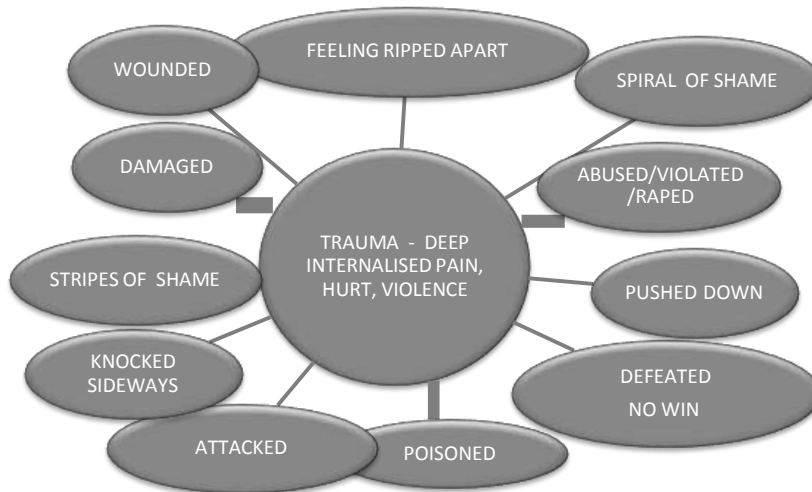
“narcissistic wounding”(01b/539 “narcissistic women are my downfall” (03/739)

“attack on liver level”.. (01/207) .. “it just feels like a hollow, it felt hollow and that I was see through, I wasn’t real – anyone could come and take anything. I felt raped and intruded upon”(01/211) .. “my cord had become rusted and dirty somehow” (01/306)

“The meaning of killing your own children and poisoning your own future by your own rage and hatred” (03/663)

“vicious attack that the patient had pulled” (03/288); “asthma attack” (03/879)

Figure 4 – Trauma, deep wounding, internalised pain, violation, damage



Theme 5, Loss, embraces the concept of loss of self, devastation of self through a shaming event, loss of voice, safety, prestige, money, support, a diminution of an important part of a person's sense of self-worth in former times.

The following quotes demonstrate the theme:

"I lost myself somewhere.. all my symbolic thinking my ability to be very creative in words ...all those amazing parts of my personality" (01/189)

"I lost an element of my character" (01/235)

"It ploughed a furrow through ... I realised it broke off the concept of congruence, authenticity, genuineness and I realised that this loving all bountiful self , all motherhood self that I had invested in was not a congruent being. Now I am kind of... I have lost her." (01/434) "It feels kind of nihilistic that I lost all the beauteous aspects of my character". (01/443)

"Reclaiming a lost part of me.. I think I had to reclaim the silver cord, my heritage and my future". (01b/382)

"I had lost my silver tongue, my Bardic ways" (01/582)

"a literal loss of voice" (02/132)

"lost in your own craziness" (03/410)

Figure 5 - Loss



Theme 6, Primitive Defences, embraces the concept of a defensive, reflex reaction to a shaming situation, a visceral, animal reaction for the sake of basic survival.

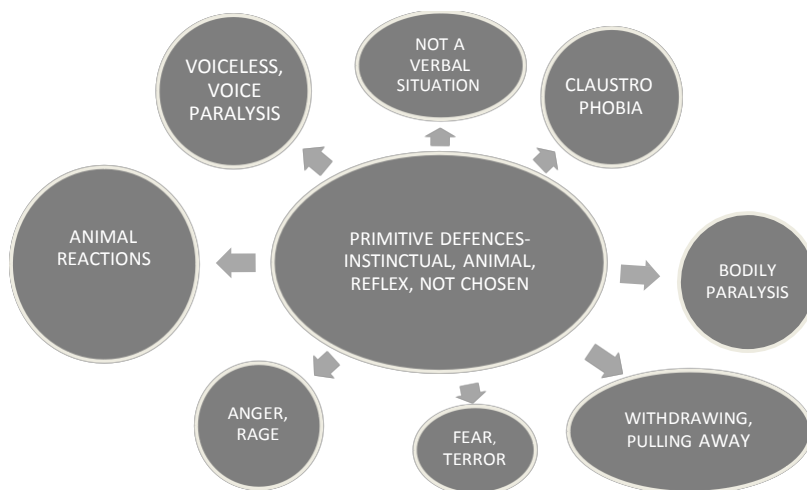
This theme is an animal instinct for self-protection against shame and exposed vulnerability, used as a defence against feeling shame. Various reactions to shame are either active or passive: to protest (metaphors of fight and heat- figure 6a), to submit passively to the physiological process of autonomic shut down,(metaphors of freeze and cold -figure 6b), or to withdraw (metaphors of retreat in figures 6a, 6b, 3) The following quotes demonstrate the theme of primitive defence:

“All I could do to survive was to shut down and shut up and just accept whatever the group did, closing off like a shutter..(01/182) “I am tearful and afraid that I will just shut down now and see everybody as enemies..’ what are you going to take from me?’ I don’t want to be like that.. ‘cause that way leads to bitterness and I don’t want to be that .. I have never been that character” (01/649) “I shut up and shut down”..(01/185) “paralysed” (02/579)

“Zebra running backwards – snorting and starting” (01b/510); “Lizard brain coming in to function” (01/104) “A tendency to freeze” (01/108); “Rabbit caught in headlights” (03/773); “I am the lioness protecting myself (03/376) “Basic survival” (03/363); “Harlow’s monkeys licking wounds, retreating to back of cage” (01/573); “5 years ago I’d have left the job with my tail between my legs” (03/467) “You are shaming me, you cow, I hate you, let’s have a fight” (03/361)

“How do I fight back?” (03/404)

Figure 6 – Primitive / animal defences



Theme 6a, Hot Shame, embraces concepts of defensive anger, cover up, rage and outrage. It is the voice that outbursts and says, "NO". It is the colour red of blushing. It is a hot day – a physical feeling of inadequacy and acute discomfort. It can be theatrical, Wagnerian, dramatic and archetypal; being fired may have a shaming parallel in being immolated in Wagnerian fires.

The following quotes illustrate hot shame:

"I thought, No,no,no,no,no, That is like a badge of shame and I am not having it." – (04/623) "backfired in a terrible way" (01/398)

"Hot issue", (03/39) (I am about to go to a Wagnerian opera tonight". (03/549)"The Flying Dutchman" (03/623)

"that is a huge issue for me actually...bigger than whether I got fired, who am I?" (03/425) ..

"The hottest one for me is exclusion, feeling unwanted and unlovable" (03/29)

"My colour rose" (01/92)

–"I thought you would have been able to cope with hot temperatures" (04/112) ...

"Hades – eternal damnation" (03/1033)

"I wanted to punch him actually" (02/454)

"If you give way then you are ashamed of having said the wrong thing" "so you get angry with the other person" (04/462)

Figure 6a – Hot shame



Theme 6b, Cold Shame, embraces the concept of a physiological and emotional sensation of shutting down, with themes of freezing, going back in time, going inwards, a state of being pushed back into a frozen, silent, rigid, early, primitive place, hiding back there.

The following quotes illustrate cold shame:

"That cold rigid place" (02/579), "I'm just trying to find the words I want" (02/614)

"My freeze syndrome" (01/149); "My lizard brain.. frozen into shut down" (01/559)

"I hadn't realised, when you have a shaming situation, you tend to isolate it, or I do, hide it and freeze it in a younger place .. there were connections to a younger me." (01/744) " I froze".. (- "my coping mechanisms were down".(01/172)

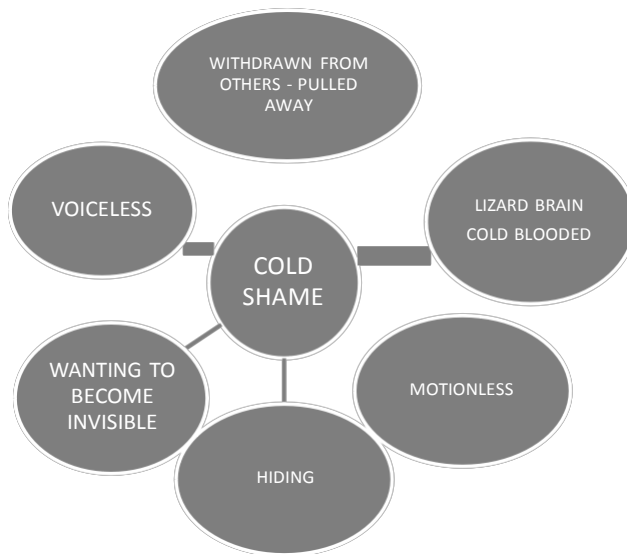
"It was the longevity of it" (01/415)

"cold anger" (01/519)

"steel .. cold and hard" (02/312) "cold to touch" (02/314)

"hard, bright, shiny, silvery, metallic"(04/653)

Figure 6b – Cold shame



Theme 7, Death, embraces the concept of shame as a death-like experience, being a potentially annihilating experience, death of self, crucifixion, mummification, drowning, mortified, assassination, relentless spiral, eternal damnation.

The following quotes illustrate the theme of death:

"She has mummified me and made me the dead useless brother" (03/857, 03/865) "I'm not going to be crucified" (03/323)

"Eternal damnation" (03/1032)

"Well, she would drown in it" .. (02/92) "saying to her, you are not drowning" (02/707)

"Mortified" (04/840)

"The death letter" (03/382)

"this spiral of shame.. when it first started I didn't know what to do. I thought, oh my God, I'm being assassinated here in every way possible". (03/400)

"Dead man walking" (03/91)

"her dead brother – she did the (photographic) dissertation on her dead brother" (03/877, 03/883)

Figure 7 - Death

Theme 8, Icons, embraces the themes shown in the pictures, images, and icons emerging out of the metaphors from the interviews. A range of themes of powerlessness, emptiness, fleeing, hiding, covering up, woundedness, defectiveness, fight, anger, archetypal rage, death, are all woven through these images. The following quotes illustrate some of the icons and images:

"I imagine myself as a toilet cistern, I can't do anything, I'm empty. Gradually, gradually, gradually - the water will trickle back in" (04/429)

"anger is on a different side of the see saw to shame" (04/447)

"Medea hatches a plot to poison the .. the bride, poison the bride's father and she kills her own children... what is the meaning of killing your own children? My take on it is you are poisoning your own future by your own rage and hatred" .. (03/666)

"Orphan Annie , this little ginger haired girl, standing on the stage, with one small spotlight, and everything dark round it, and that's how I think of it that abandonment, with all the darkness around" (01/547)

a knight who had shining armour ..every time when he thought or if he did something bad outside his knightly boundaries..then rust would appear on his armour. his armour would become dented and rusted (01/301) "that's how I felt about my cord it had become rusted and dirty somehow" (01/306)

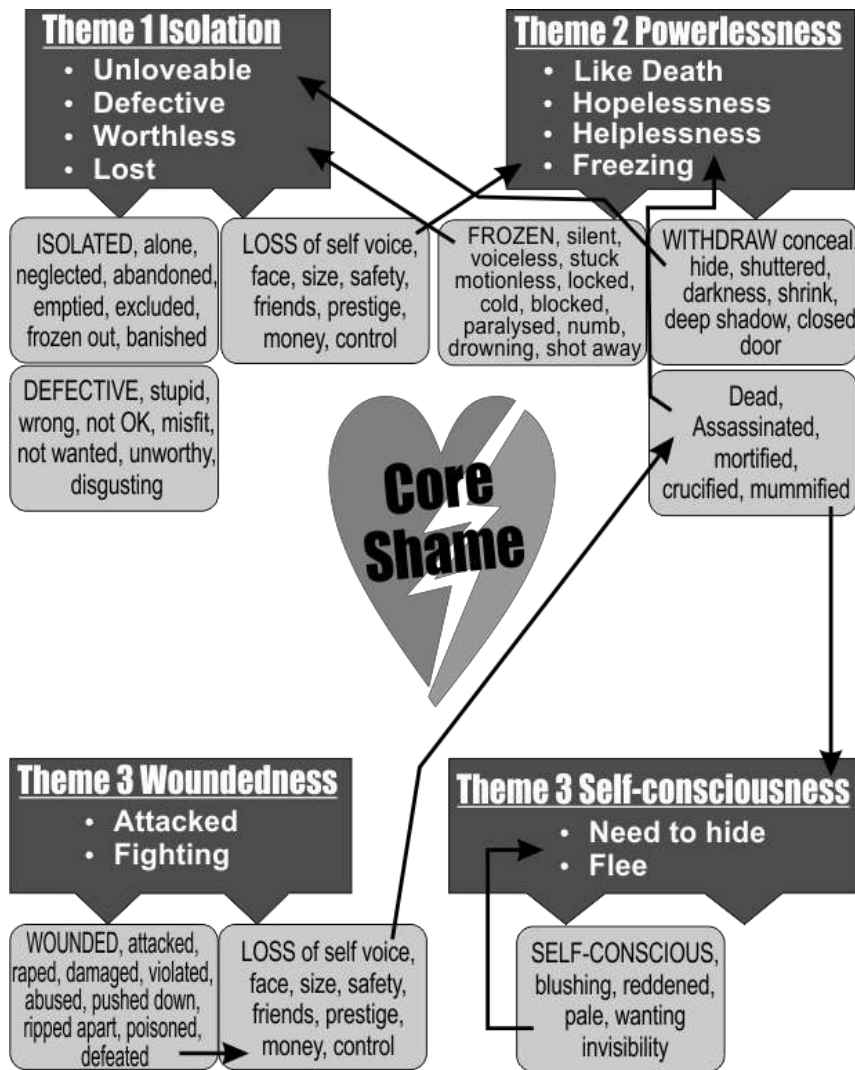
Figure 8 – What does shame look like?



MAIN THEMES AND SUBORDINATE THEMES OF CORE SHAME

A further thematic analysis was conducted narrowing down the categories into 4 main themes. These results were then amalgamated into a figure of 4 superordinate themes (shown in white) and 9 subordinate themes (shown in black):

Figure 9: Superordinate and subordinate themes of core shame



MAIN THEMES

All four participants provided a wealth of shame-related metaphors, with some powerful, dramatic images and associations of bodily themes - a ripped body, a lizard brain, drowning, paralysis, voicelessness, creeping out of primordial ooze, a telephone box with all the wires mixed up - being amongst the most striking images. These metaphors relate to emotional themes, held in an embodied sense of powerlessness, isolation, unlovability, self-consciousness, woundedness, torture, with themes of primitive defences coming into play, and meaningful metaphorical icons around existential themes of loss and agonising death-like states of mind.

The initial thematic analysis identified eight major physical, emotional and existential themes, which were 1. Unlovability/isolation; 2. Powerlessness; 3. Self-consciousness; 4. Woundedness; 5. Loss; 6. Primitive/visceral defences+hot shame/cold shame; 7. Death; 8. What shame looks like – symbolic images/icons.

The second crystallised analysis of the themes identified four major essential themes of shame, Unlovability, Freeze, Flight, Fight. The first cluster was Unlovability linked with the theme of being cut off, cast out, feeling defective, unworthy, not part of the “in-group”. The other three themes centred around metaphors of different embodied reactions to shame – which were: Freezing, powerlessness, death, being immobilised, ‘a rabbit caught in the headlights’ losing, drowning, dying, mummification; the next theme was Flight, running away, wanting to hide, to avert, to avoid people staring and judging, flight, self-consciousness; the third reaction was Fight, self-defensive rage.

The themes which have arisen in the present piece of research are in certain respects similar to Evans’ results and anecdotal reports, i.e. exposure, burning, difference, need to hide, disappear, die and to Kovecses (2000) findings, characterising shame as a burden, a container, a decrease in size, fluid in a container, an illness, blocking out the world, having no clothes on, hiding away from the world, physical damage, divisiveness and worthlessness.

DEVELOPING THEMES – VISCERAL REACTIONS AND SENSATIONS

The concept of hot shame and cold shame evolved through repeated reading of the interview transcripts and the thematic analysis. These concepts overlap with the concepts and main themes of fight, flight, freeze, powerlessness and death, in terms of relationship with temperature, movement and shutting down.

One interesting finding about shame, derived from the metaphors, was the speed and shock of visceral shame reactions, either into anger, or descending into and drowning in the dark place of shame. The shamed one is overwhelmed and cannot get out. This finding gives insight into the complexity and contradictoriness of shame – the contrast between the sudden ‘hot’ onslaught of the shame reaction, fired up by anger, or submission followed by slow and prolonged misery in the cold pit of shame. An autonomic bodily reaction, like blushing or withdrawal, happens instantaneously, followed by a more prolonged shame reaction. Opposition and paradox is an emerging subtheme in shame which needs to be highlighted and further examined.

Insights into the essence of shame were gained by “making explicit the sense of the thematic structures of the metaphors” (Van Maanen, 2011, p. 77). The thematic structures I consider were linked to the paradoxical nature of shame - sense of time, (fast and slow), motion (upwards and downwards), temperature (hot and cold), emotion (arousal and reduction), size (large, narcissistic, seeking visibility and small, seeking invisibility) and a combination of all the senses. My developing observation has been that shame is in the senses and the body, elusive and contradictory:

It does not like to talk, yet it can shout (sound)

It does not like to be seen, yet it blushes red (sight)

It pulls away when touched, yet it needs a cuddle (touch)

It hates itself for smelling bad, yet continues its smelly behaviour (smell)

It is disgusted by its own disgust, yet keeps feeding off it (taste)

It senses itself with its own “third eye” as inherently bad, yet stays. (kinaesthetic)

The opposing metaphors of hot and cold suggest that shame can surface in the form of hot defensive anger, or, in a desire for invisibility, be buried into cold withdrawal and concealment. Some integration of the polarities of hot shame and cold shame, over a period of time, can be achieved therapeutically, through reliable core conditions of patience, containment, loving attunement and gentle limits being set. “Something she said at the end of our work, I had actually been a presence that warmed her, that unfroze her” (02/657). Warmth appears as a relevant metaphor in working empathically with a shamed client to produce an inner shift, offering a middle-ground alternative to hot or cold shame. Shame is centrally about all-encompassing isolation, so the holding relationship offers companionship, security and safety for the journey, and a possible way out.

Through the stories told and the metaphors used by participants, a picture developed in the researcher of the concept of hot shame in the experience of movement upwards, a rise in temperature:

- Being fired (precursor to shame)
- Blushing (effect of shame)
- Wounding, blood flowing, cutting
- Becoming hot and forceful (effect of shame in the anger response)
- Moving into eternal damnation (Hades, hot places)

The hot shame experience appears to be a heightening of the visceral autonomic parasympathetic system and the causes may be related to a primitive signalling system to the perpetrator, either to back off and leave the person alone, or to invite empathic attention to offer solace/support.

Conversely, a picture of the concept of cold shame developed through metaphors, as an experience of movement downwards, a fall in temperature or position, as can be seen in the following:

- Being looked down on, ridiculed (precursor to shame)

- Shutting down, closing down, falling, locking, drowning, dying
- Blood flow stopping, paralysis
- Moving down into the depths (crucifixion, annihilation, primordial ooze, sarcophagus, mummification)
- Becoming cold and submitting (effect of shame in the aversive, withdrawal response)

There were plentiful images of humans caught in humiliating shameful situations, behaving with protective animal reflexes, of withdrawal, submission or anger, e.g. zebra stepping backwards, dog with its tail down, rabbit caught in headlights, cubs protected by fierce lioness. (These reactions are different from fear and could be examined in a further study)

Across all interviews, the language of loss and wounding implied a sense of powerlessness and deep inner private grief that was painful, isolating, lasting and deeply heartfelt. The adjectives deep and down, used metaphorically to describe shame, suggest profound internal affect and movement in decline.. The metaphorical adjectives ending with 'less', e.g. powerless, voiceless, helpless, hopeless, colourless, useless, imply deficit, something lost in the shame journey, at a core level, a loss of self.

DEVELOPING METAPHORICAL LOCATIONS OF SHAME AS THERAPEUTIC TOOLS

Table 3 : Metaphors of Shame – The metaphors of shame that have grown out of my reading and research project cluster into the following places on a landscape of shame:

PLACES OF SHAME	SENSATIONS
The abyss of shame	Falling, like falling down a mine shaft
The mountain of shame	Huge, heavy, hot, volcanic, blushing
The dark cave of shame	Needing a place to hide
The bog of shame	A stench, pulling in, stuck
The trap/prison of shame	Locking up, solitary confinement
The cruel killing fields of shame	Wounding, killing, dying
The theatre of shame	Being exposed - naked, ugly, misfitting, wrong - a spectacle
The lake of shame	Drowning, cold

LIMITATIONS OF STUDY

The sample group who came forward for the research were all women, white middle class, with an average age of 58, brought up in British culture, although 2 came from a Jewish background and 2 from a Scottish background..

It would be interesting to compare the metaphors used by these women in a comparative study with men, and with people of different ages and cultural backgrounds, and also to take a broader, more specific cross-section of various therapeutic orientations to determine whether metaphorical categories vary.

Some of the categories overlap and the metaphors do not fit one sole category, e.g. "I am the wooden photograph frame... wanting the ground to swallow you up" i.e. powerlessness and self-consciousness.

The data is uneven; some of the themes are causes (triggers), some effects (reactions). Some are emotional, some physical. The struggle was to find a way of recording the metaphors systematically and consistently without overlaps.

There was no consistency in questioning because the interview style was semi-structured and conversational, as a broad, rich range of metaphors was sought without narrowing the participants down. The only generalised questions across all participants were; 'What does shame look/feel like for you?' Therefore the data does not have a consistency for comparative purposes.

In terms of bracketing off my own implicit assumptions and biases: I had formed some metaphors in my mind of the agony of the abyss of shame, from my own shame experience and my reading of key texts which were grounding me in the literature and giving me an understanding of some of the theoretical underpinnings of shame, prior to conducting the interviews. When analysing the participants' themes from their metaphors, I therefore had to pay attention to when my own language became leading and metaphorical, pre-empting a pure response from them. These metaphors were excluded.

The small sample of only four participants, who were all therapists- articulate, psychologically minded, used to talking about their feelings, had much material, particularly interested in shame, primed and prompted by the vignettes-was a very untypical group of people of the general population. The data does not offer proof about the nature of shame.

My study has aimed to pinpoint real world examples of the phenomenological themes of shame so that "invariant" built-in aspects of the phenomenon of shame have been brought into view (Van Maanen, 2011, but this is only how I the one researcher sensed and categorised the data: e.g.

- A feeling of powerlessness and diminution
- A sense of isolation and separation
- A feeling of overwhelming doom, finality and inevitability
- A feeling of collapse down into the depths
- A visceral sense that there is a loss of an aspect of the self, a loss of control, a loss of choice
- A sense of overwhelming need to withdraw and hide – the self-conscious self
- A sense that shame resides at a deep level in the shadow – shame is experienced as a power struggle at core level

CONCLUSION AND WAY FORWARD

My earliest sensing with this research suggests that core self damage can be addressed to some extent, through deep metaphorical work – digging down into the seam of painful shame, and offering holding, talking, thinking, support, perseverance to help towards integration. Core unlovability, the ripped body, the broken spirit, the scoffed at inner child, the hiding silent one, can be brought back to life through careful handling and collaborative metaphor. My hypothesis is that the fresh, discrete research relationship provided a way out of the blocked shamed energy for some of the participants. Further follow-up, new recruiting, sensitive methodology, can pave the way for deeper insight into the power of metaphor in healing shame. Shame re-traumatisation must be avoided in the research relationship through careful therapeutic sensitivity and sound supportive methodology.

The metaphors and clusters of metaphors which arose in this study correspond to and amplify the literature on shame in terms of people's fight, flight, freeze, active and passive, responses to shame. Metaphors serve as an important vehicle for the expression of experience and emotion and can play a vital healing role. Stephen Goss's metaphor (personal communication, 2013) of travelling a well-worn path had a stabilising effect on the current researcher at physical, emotional, cognitive and spiritual levels and shows the power of communicating metaphorically with a familiar picture. The appropriate metaphor normalises, names the process, comforts and alleviates shame in shamed ones who feel stupid, inadequate and without hope of success. The metaphor brings hope that previous doctoral candidates have experienced the same journey, with similar feelings and have survived the experience.

This is a very limited study which is perhaps the beginning of drawing on a larger sample and seeing if these metaphors hold with a wider cross section of diverse people from different orientations.

The next stage could be to further develop these images (island of shame etc) as therapeutic model to help clients articulate their own landscapes of shame, and throw more light on the process of shame which by its nature is difficult to access and not easily discussed. These maps, drawings and poems could usefully facilitate exploration and discussion, loosen shame about shame and bring about some healing of shame in clinical practice and workshops, helping lift some taboos around shame.

In my Final Project, I would like to pick up the theme of a "spiral of shame" building in growth metaphors, pictures and poems for coming out of shame. Heidegger refers to this circularity not as a vicious circle where we simply confirm our prejudices and stay stuck, but instead as an essential circle where we begin to have an arriving understanding. "The circle is complete; there is accommodation as well as assimilation. In the backward arc we gain an increased appreciation of what the fore-structure involves" (Quinn Patton – p 498). The circle for me is a metaphor of continuity, perseverance and birth.

My experience of this project indicates that shame is painful, convoluted and difficult to articulate. Therefore I wish to 1. refine a clear cross-sectional map or landscape of shame, 2. articulate a process of moving forwards through shame, using the metaphor of a continuing journey, 3, offer a working model of integrating shame. This will involve linking the metaphors and models I already have developed from the four participants with

more theoretical models and literary metaphors, creating a working model of practical use which I will then road-test and refine.

The metaphor of creation, co-creation, giving birth to a model of shame which people - clients, therapists, supervisors, researchers - can use and understand is my ultimate aim in this difficult labour of love which is my doctoral journey.

8546 words

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PEP APPENDIX 1

METANOIA INSTITUTE & MIDDLESEX UNIVERSITY

ETHICS FORM

DETAILS OF APPLICANT AND RESEARCH SUPERVISOR

- 1.1. Applicant's name: Meriel Powell
- 1.2. Email address: merielpowell1@yahoo.co.uk
- 1.3. Telephone number: 07772541632
- 1.4. Research supervisor(s) name, qualifications and contact details: Prof. Simon du Plock, Metanoia Institute
- 1.5. Institution/contact details (if applicable):
- 1.6. Do you have any external funding for this project? No

If yes, please provide brief details including the name of the funding body:

- 1.7. Project title: Shame and Metaphor in Psychotherapy

ETHICAL CONSIDERATIONS

Note: The items below cover all of those in the A/B categories of Middlesex University

	YES	NO	N/A
1. Will you describe the research procedures in advance to participants so that they are informed about what to expect? Please attach a copy of any recruitment letters and information sheet to be used.	YES		
2. Is the project based on voluntary participation?	YES		
3. Does your research involve offering inducement to participate (e.g. payment or other reward)?		NO	
4. Will you obtain written consent for participation?	YES		
5. If the research is observational, will you ask participants for their consent to being observed?			N/A
6. Will you tell participants that they may withdraw from the research at any time and for any reason and inform them of how they may withdraw?	YES		
7. Will you ensure that participants are not subtly induced, either to participate initially, or to remain in the project?	YES		

8. Will you give participants the option of omitting questions from interviews or questionnaires that they do not want to answer?	YES		
9. Will you tell participants that their data will be treated with full confidentiality and that, if published, it will not be identifiable as theirs?	YES		
10. Have you made provision for the safe-keeping of written data or video/audio recordings?	YES		
11. Will you debrief participants at the end of their participation?	YES		
12. Have you ensured that your research is culture/belief/ social system sensitive and that every precaution has been taken to ensure the dignity, respect and safety of the participants?	YES		

If you have answered 'NO' to any of the questions listed in 1 to 12 above, then please provide further details on a separate page and attach it to this application.

Additional information in answer to Question 3:

No financial inducements or rewards will be offered for participation in this research. It is entirely voluntary and the hoped for outcome would be that involvement in the study and possible involvement in a focus/ discussion group for the second part of the research (Learning Agreement) would be a sufficient reward in itself in terms of interest, enhancement of personal understanding of shame and improvement in professional practice.

	YES	NO	N/A
13. Is there a realistic risk of any participant experiencing either physical or psychological distress or discomfort? If YES, what will you tell them to do if they should experience any problems (e.g. who they can contact for help.)	YES		
14. Is there an existing relationship between the researcher and any of the research participants? If YES, please describe the ethical implications and the safeguards in place to minimise risks.		NO	
15. Will the project involve working with children under 16 years of age? If YES, please describe parental consent and safeguarding procedures.		NO	
16. Will your project involve deliberately misleading participants in any way? If YES, please explain why this is necessary.		NO	
17. Will you need to obtain ethical approval from any other organisation or source? If YES, please attach letter confirming their ethical approval.		NO	

18. Are there any other ethical considerations in relation to your project that you wish to bring to the attention of the Research Ethics Committee that are not covered by the above? If YES, please describe on a separate sheet.		NO	
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If you have answered 'YES' to any of the questions listed under 13 to 18 above, then please provide further details on a separate page and attach it to this application.

Additional information in answer to Question 13

In the event that a participant is re-exposed to some unfinished business and experiences an adverse reaction to the material in the vignettes, the research interview will be steered towards a more therapeutic slant, helping the participant to use the opportunity to address the material raised. The researcher will use this as an opportunity to enable the participant to find some inner resources to regain a sense of equilibrium and move forwards feeling better able to cope with and integrate strong unmanageable negative feelings.

If it is not possible within the first interview and the follow up session being offered as an extra add on if necessary to process further, then the participants, already experienced and qualified psychotherapists who will have had at least 40 hours of personal therapy, will be encouraged to seek out further personal therapy to address what clearly would be a therapeutic need. They will be given a list of BACP, UKCP and AHPP therapists to contact if they need this.

It is important to note here that participants coming forward are coming forward voluntarily because of an interest in the complex subject of shame. I would expect and hope that metaphor could be used as part of the research process of uncovering of shame to bring about a healing of those very feelings of shame. Maybe the research interview itself will lead to the development some sort of counter-metaphors to the original metaphors coming up in the vignettes as the material is uncovered and spoken about.

CANDIDATE DECLARATION

I have read the BACP and the BPS guidelines for ethical practices in research and have discussed this project with my research supervisor in the context of these guidelines. I confirm that I have also undertaken a risk assessment with my research supervisor.

Signed:.....

Print name...MERIEL POWELL.....Date
19/3/2012.....

(Applicant)

RESEARCH SUPERVISOR DECLARATION

- As supervisor or principal investigator for this research study I understand that it is my responsibility to ensure that researchers/candidates under my supervision undertake a risk assessment to ensure that health and safety of themselves, participants and others is not jeopardised during the course of this study.
- I confirm that I have seen and signed a risk assessment for this research study and to the best of my knowledge appropriate action has been taken to minimise any identified risks or hazards.
- I understand that, where applicable, it is my responsibility to ensure that the study is conducted in a manner that is consistent with the World Medical Association Declaration of Helsinki: Ethical Principles for Medical Research Involving Human Subjects (see <http://www.wma.net/e/policy/b3.htm>).
- I confirm that I have reviewed all of the information submitted as part of this research ethics application.
- I agree to participate in committee's auditing procedures for research studies if requested.
-

Signed:.....

Print name..... Date.....

(Supervisor)

STATEMENT OF ETHICAL APPROVAL

This project has been considered by the Metanoia Research Ethics Committee and is now approved

Signed:.....Print name.....
Date.....

PEP APPENDIX 2

CONSENT FORM

Participant Identification No: _____

Title of Project: A Phenomenological Exploration of Shame and Metaphor

Name of Researcher: Meriel Powell

Please initial

I confirm that I have read and understand the information sheet dated 31 3 12 for the above study and have had the opportunity to ask questions.

I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason. If I choose to withdraw, I can decide what happens to any data I have provided.

I understand that my interview will be recorded and subsequently transcribed.

I agree to take part in the above study.

I agree that this form which bears my name and signature may be seen by a designated auditor.

Name of participant

Date

Signature

Name of researcher

Date

Signature

1 copy for participant; 1 copy for researcher

PEP APPENDIX 3

Participant Information Sheet Date: _____ Number
INFORMATION SHEET FOR PARTICIPANTS IN RESEARCH STUDY ON SHAME
AND METAPHOR – A PHENOMENOLOGICAL EXPLORATION

Thankyou for responding to the advertisement in the March 2012 edition of Therapy Today. You, because of your expressed interest in the subject as a practising psychotherapist, along with three other therapists who have also responded to the advertisement, are being invited to take part in a preliminary (Practice Evaluation Project) research study. Before you decide it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part. Your involvement in the research is entirely voluntary.

If you do decide to take part you will be given this information sheet to keep and be asked to sign a consent form. If you decide to take part you are still free to withdraw at any time and without giving a reason.

Introduction

This piece of research is a preliminary project which forms part of the Doctorate in Psychotherapy by Professional Studies at Metanoia Institute, validated by Middlesex University. This part of the study aims to achieve a description of shame, by considering images and language arising from seven vignettes taken from a mixture of dreams and real life, imagined scenarios and conversations.

You will not be expected to reveal personal shame events and if you do, these details will be kept anonymous as will any details about client material.

The study format

The aim of the study is to find ways to talk about shame, increase awareness of shame, and open up a little-discussed subject. Through the interview, participants are being offered an opportunity to hone down a spontaneously arising, deeper understanding of shame through taking part in a short experience in which shame material is being introduced. The hope is that this will lead into further study to find ways to bring about greater flow and self-acceptance in human interactions between therapist, client, supervisor through opening up channels of dialogue around shame. We hope that participating in the study will help you. However, this cannot be guaranteed.

1. The study will involve an audio-recorded one hour semi-structured interview, with the opportunity of a further hour's follow-up within a month of the initial interview to process any underlying issues that may have arisen from the material in the interview.
2. Participants will be asked to look at a set of seven vignettes constructed around the theme of shame in varying degrees of intensity. You will then be asked to choose one or two which you feel comfortable to discuss loosely and make free associations

from any standpoint, personal experience or others' experience. The source does not matter.

3. Open questions, as in a supportive supervisory structure, will be asked on how you would work with a client expressing one or two of these scenarios. Have you had a client with some shame issues and what was the experience like for you – is anything being triggered now that you want to discuss?
4. A humanistic/integrative supervisory approach will be used, involving gentle open reflecting and questioning to elicit a personal response. A safe boundary will be provided. What arises for you in the here and now around the material? You can use the interview time in any way that feels comfortable for you, loosely working around the interview questions.
5. Material and all involvement in the study will be treated with the utmost confidentiality and will be anonymised. Recordings will be destroyed at the end of the study. Safe professional boundaries will be adhered to at all times with a firm intention to maintain a good holding environment for any difficult feelings that might arise.
6. All data will be stored, analysed and reported in compliance with the Data Protection legislation of the U.K. The data will be stored for no longer than 12 months after the end of the study.
7. Participants are free to request a copy of the write up, to check their own data and how it has been analysed and reported prior to the write up being submitted.

Follow up support / interest group

Please note : taking part in an interview / discussion on the subject of shame will possibly stir up some strong personal feelings for which the researcher will offer a further follow up hour for discussion and processing should the participant so desire/ require. This will also be recorded and can subsequently be erased in the presence of the researcher if that is the participant's desire.

An assumption is made that participants working already as psychotherapists and counsellors will have a fine sensitivity to their own emotional needs and act accordingly, pro-actively and non-defensively if and when shame issues arise, which may need more complex attention. A list of UKCP, BACP and AHPP accredited counsellors and psychotherapists is freely available should this be required and the researcher's supervisor, Prof. Simon du Plock at Metanoia Institute, is a point of contact should this be felt necessary simonduplock@metanoia.co.uk.

Later on in the year, it is anticipated that there will be an opportunity to continue participation in the study in the form of forming a well-boundaried focus group to be subsequently arranged if a sufficient number of participants decide they want to be involved. This will in all likelihood be a supportive and creative, highly motivated group for further meetings around the theme of shame. This might involve any of the following: therapy/ research /supervision – to be decided according to the mix of the group and what is arising within the project.

Thankyou very much for giving your time to this project.

Meriel Powell

PEP APPENDIX 4

EVERYMAN/ EVERYWOMAN VIGNETTES FROM DREAMS OR REAL LIFE

There are different levels of shame – a broad spectrum between minor embarrassment to deep narcissistic injury (Wurmser p.3, introduction). These vignettes are designed arbitrarily across a whole range from 1 (less) to 7 (high) in severity to act as prompts to engender shame material.

The co-researcher can choose from the selection, to talk about whatever feels comfortable and appropriate. There is a crossover in this study between dream and reality so nothing will be identifiable in this study as factual or actual, attributable to one particular suspect! This includes myself too, because I need to cover my shame too and not be recognised.

1. Being rendered a laughing stock or held in judgement:

A memory of something unexpected and shocking happening, physically – trousers/knickers falling down in public place, producing a feeling of: “It happened - and I wish it hadn't happened” (passive).

2. Being wrong by saying or doing something embarrassing and regrettable that results in being found out and told off and the resultant loss of love and esteem – (so it's deeper than guilt):

A memory of stealing an exercise book from the school cupboard, my best friend pointing at me and telling the teacher “She's taken a book from the cupboard”, and being reprimanded in front of the class, producing a feeling of: “I did it – and I wish I hadn't,(active)” .

3. Being condemned by name calling, cruel remarks, snide mockery, ridicule, verbal bullying, sexual put downs:

A memory of being badly and essentially put down at the core and feeling deskilled, inferior and incompetent. Someone saying “You are awfully stupid for a teacher. Call yourself a teacher?” or “You are a useless lover – that was no good”.

4. Being disgraced, by exposure of weakness, producing a sense of failure in the feeling of: “I didn't manage to do it and I really wanted to” :

A dream of hopeless exposure of incompetence. Having to perform on a stage a flute solo, feeling totally unprepared, naked, making a real hash of the performance – leaving the concert hall, hiding my flute in the boot of my car in a black plastic bag, then getting in the boot of the car myself in a black bin bag.

5. Feeling unwanted and unloveable, by exclusion:

An experience of being excluded from the social magic circle. Being told,

“You don't belong, you're not good enough to join this club.” Resulting in my not feeling held, understood, appreciated, cared for.

6. Feeling dirty and disgusting, by public humiliation/exposure of private matters / parts, being stared at, especially at key transitional highly vulnerable times, e.g. at school in a new class, at puberty, menopause, when body is developing/ changing too fast, in an uncontrollable, or frightening way:

An experience of being seen, discovered, essentially uncovered, or caught out especially around a situation of lost body fluids wetting or soiling or a physical thing – eg menstrual blood, semen, faeces, urine, catarrh, farting. Or public exposure of private matters (especially in gossip and the media, whose bread and butter is the delight in shaming people).

7. Being inappropriately treated by sexual abuse, physical force or psychological control:
An experience of being bullied as a child – forced to do a sexual or physical act eg drink

M Hi it's good to see you

01 Good to see you

M Hello Have you done this before at all ?

01 yes once with my friend

M right just for fun

01 yes

M okay can you see me 01

01 I can yes

M I hate being on television(laughs)

01 good to see you

M yeah, good to see you .. it's quite an amazing moment for me because you are my very first person that I am interviewing

01 right so, first skype and first interviewee, wonderful..

M yes, the thing is, you sounded so lovely I think I've had a massive response actually and you just stood out as lovely

01 thankyou

M I think it's because you sent a kiss (laughs)

01 thankyou

M but I thought you sounded really friendly and that we might get along well until I realised I would have to come to P....which was a long way, so..

01 where are you?

M down in Reading

01 yes that's right, I remember asking you before, now, I'm sorry I'm getting old

M Well, I think I empathise with that, but you look much younger than me laughs anyway I just wondered if you wanted to ask any questions. I mean we have an hour if that's alright with you

01 sure

M so if you want to sort of check anything out with me or ..

01 not really, I think I understand what's going to happen.. these vignettes - are we going to go through them one at a time?

M well I am sort of leaving that open because I think some of the material.. I don't know .. if you read as far as number 7,

01 yes I did, yes ..

M some of the material is quite really grim it's for you to decide what is right for you? We can do it whatever feels right for you .. but I would quite like to hear from you really how you'd like it to go

01 Yes

M I think it is for you whatever feels right for you. if you want a bit of guidance I can steer you a bit. But I would like you to ..

01 I'm quite a brave soul meriel. I sort of dive in and go where angels fear to tread

M the type I like! you're my type

01 my belief around that is no matter what happens it will be a learning,

M yes

01 it will uncover something ..

M yes

01 a learning that may not be useful now but may be useful in the future

M yes, so having read my information sheet which I hope you got - that I sent

01 yes I did

M I think we talked about that in the past, my feeling with this is sometimes, it's possible it might activate material that we can't deal with in this hour. I would like to, can do another hour if you want that in the future if you want that, next week or something Anything that's too big for a couple of hours I'd need to be mindful of that for you to make sure you get to see somebody .. a therapist or talk to a friend or... do you have that support in place?

01 I do yes.

M right, good

01 erm, Will you be wanting me to discuss what I am feeling and what I'm ... ?

M yes if you want to, I mean, I want you to feel comfortable. I jolly well don't want you to feel you're going... I'm pushing you into a therapy session

01 no

M which is sort of taking it deeper than research.. in the sense that um .. this should not be a suffering exercise for you (laughs)

O1 yes

M but I suppose just wanting to um .. experience something with you and see what happens really

O1 yes

M like you said we will just go with it and see

O1 yes

M but tell me .. you know I will be watching you of course ..cos luckily we can see each other .. but if you're feeling you want to stop it at any point, it's your prerogative to say I am really not comfortable with this and let's pull it back and maybe go to a number 1 or 2 on there

O1 yes where shall I start?

M A number one or two on there, because number one or 2 is a bit more lightweight , so maybe we could start with a more lightweight one .. either a personal experience you have had or a client you have had or a dream even

O1 um, I've had one recently um where I have, my impression is I had said something within a group situation and it was a piece of research that I had picked up and I don't have the kind of mental acuity to.. to remember where I heard the research from .. and it was a.. erm . a strange piece erm .. and I said it .. it was about people looking like their dogs and being so cued into them on an intuitive level that we start to mimic the kind of micro emotions and wondered around that ... um .. just some.. that.. something completely wacky that came into my mind and ...

M it sounds very interesting actually ... I like that

O1 and it kind of went in 'cause I have that kind of mind that stores those disparate elements

M yes

O1 and .. but one of my colleagues had remembered it and 3/4 months later brought it up at a time when she was quite angry with me I was feeling vulnerable brought it back into the group and everybody laughed at me

M so very difficult then that feeling of shame.

O1 yes

M did you sense it as shame at the time?

O1 yes I did, and luckily for me I.. I wasn't actually looking at her or looking at anyone in the group I was actually looking at a bit of paper at the time but I I in my head, my

voice said don't look up, keep smiling, and go ,yes it does, ha ha ha but my colour rose ..
I felt my colour rising

M felt it rising in your boots, yes,

O1 yes, and I think it would have been worse if I had seen the mockery on someone
else's face

M yes, it sounds like the laughter really penetrated

O1 yes

M some place in you

O1 yeah

M yeah that was painful

O1 yes and I didn't want to... when I reflected on that later I thought well you didn't
actually check that out , you didn't look up Alison you didn't give her eye contact or say...
and check it out. it was completely .. you know.. your stuff that you er hooked onto it
was a reaction

M mm

O1 it was your lizard brain coming in to function and making it completely personal

M yes, and the lizard brain, what's that like your lizard brain mode?

O1 that's all my limbic system you know when your reactions just take over

M yes

O1 and I have a tendency to freeze like I did with the paper, I just kept my eyes on
the paper and locked .. um .. on yeah

M so locked and frozen is .. is a terrible place to be in front of a group

O1 it was

M thanks for saying that because that's a very personal real live experience for you
- you know that feeling

O1 yeah and all my . um.. this will go back to perhaps no. 6 or 7, I have another
group experience

M right, so that was about a number 4 was it on the sheet? I am trying to locate that

O1 no I would say that was 1 or 2, not..

M right

O1 I would even say it was a 1 - it was just being laughed at or held in judgement,
because it was a judgement of peers

M yes, yes, yes, in front of a group where you expected to feel safe

01 yes, yes

M and that came as a shock. So part of it was wow I was not expecting that

01 yes and wow that you've remembered that and you took this opportunity to ..to fire off at me

M mm

01 I'm, I'm always..erm .. always.. always.. er ..knocked si.. sideways when people take a quite ... take an opportunity like that when they are angry with you it's something that I don't do - I don't um kind of pay back um verbally like other people can

M yes

01 and I don't know why at 45 it still shocks me that people do that.

M yes yes

01 that was interesting from a learning point of view for myself

M yes, the being knocked sideways - the experience - what does that feel like?

01 again, all I can say is shock .. it feels like, oh my goodness are you so angry with me that .. and you have remembered that?

M mm, like something held against you really

01 yes and .. and always quite impressed at people's ability to put something together quite quickly and use the opportunity like now

M swipe

01 yes, that's it, it always bowls me over

M the injustice in it, isn't it, cos you're just not um psyched up for that. Not not expecting it. it feels unjust and cruel

01 yes, and I am quite an open character .. so it really does hit . I don't have barriers to people. I remain quite open and available to them

M yes, yes, so as we are talking are you alright? Remembering this now... I'm just checking out you are okay

01 yes I am fine. Yes. Because I think I didn't react so much with that and I didn't fight or flight, but my freeze syndrome came into play because it comes on the back of being deeply um .. abused in another group situation just a year ago

M right

01 because my behaviour then was completely .. sorry..

M are you ready to come onto that now?

01 yes

M because we are talking about being much further down the list now Are you looking after yourself enough I mean have you thought about this enough so you are prepared?

01 yes

M Because I want to make sure that you are allowing yourself to be safe around this material which is hard and especially as you don't know me and you know this is on a skype?

01 yes

M But it feels... Can I just check out it because I am feeling very comfortable with you.. feels like we are in the same room it is very intimate actually

01 yes I am

M like we are in the same room

01 like you when we spoke on the telephone, your tone came across. I do feel a connection with you and very safe

M that's lovely isn't it - that's good to acknowledge actually. That's good to acknowledge. So something similar that happened on a worse scale of things really

01 yes um let me get my thoughts, I think, the thing that bothered me was this colleague recently ... let me get my thoughts I would have been able to laugh that off I would have made a funny of it... usually it wouldn't have bothered me, but because it came on the heels of this moment a year ago I froze and I acknowledged it that I did... all my coping mechanisms were down

M yes yes so it just went straight to your heart really

01 yes yes

M there was no, erm .. nothing to stop it and prevent it going straight in

01 no no

M do you have a picture of that? I am seeing like a blade, shooting.. something kind of going in that had no right to go in

01 no I don't you know, and that's another thing that because of this thing that happened a year ago I'd experienced it as so deeply shaming

M Mm

01 that all my.. All I could do to survive was to shut down and shut up and just accept whatever the group did

M so closing off really just ... like a shutter is it?

01 yes, and because I did that I lost I lost myself somewhere not only did I shut up and shut down but all my symbolic thinking ... my ability to be very creative in words... and explain things to people.. because I am quite well known for that that I have a gift with words

M a flair with words yes

01 all those quite amazing parts of my personality shut down

M oh my goodness

01 and they haven't opened up since a year ago

M oh right, so today you are stroking your throat now this would be really amazing if we could unlock this today cos there's something about

01 yes

M I am picturing like a locked lock - rusty.. that is stuck and you're holding so much trauma in there actually

01 it feels like I am choking

M yes, I can feel that too

01 you know

M yes, yes, and that's a very familiar sensation with shame

01 yes

M where we close off the vocal chords through anxiety, it's deep seated body ... belly anxiety that comes up .. it can be like vomiting or also it can be like holding it in the vocal cords and shutting down holding it down

01 yes and that's what happened

M so it's wonderful you are talking now actually

01 well when I first read your vignettes when they came through, the attack was on a liver level .. I could feel the buzz around my lower ribs, my liver level ... it was my liver that was, you know...

M what's that feel like?

01 it just feels like a hollow, it felt hollow and that I was see-through, I wasn't a person, I wasn't real - anyone could come and take anything. I felt raped, intruded upon in a most ... I felt really um vulnerable as I was reading them

M yes as you were reading them just now mm .. well done, because I didn't want to send them months ahead too soon

01 yes

M to be able to hold you through whatever might arise meant that you would just have a few minutes to look at them some sort of physical reaction to it and a strong emotional reaction to it and I am wondering what resources we can work on together that are inside you

O1 yes

M I mean, you are highly articulate and highly competent actually but perhaps you have lost track of that?

O1 I have yes.. yes it is just starting to come back slowly

M so do you know what you might need then?

O1 I what it did, through... cos I'm a counsellor, through my practice what it did was it undercut me in such a way that I started to um need validation

M mm yes

O1 I'm usually such a .. a clear cut character. Um I am very boundaried, very .. um um transparency and authenticity are my watchwords

M yes so you live by that and you work by that , and it serves you well

O1 yes

M but it felt like something got pulled from under your feet that day

O1 yes and now I know I am searching people, I know I am, searching for the feedback how you experience me because that shaming place last year was so damaging that I lost an element of my character,

M yes

O1 well it feels like I have

M have you talked about that experience in therapy since it happened?

O1 yes but unfortunately P... is such a small place

M oh I see

O1 that the counselling fraternity can be a bit incestuous

M and that's no good for shame is it?

O1 no no cos it's ..

M The very worst thing..

O1 yes that's right 'cause it feels like ... it's been reanimated and looked into again

M yes, so in fact, this exercise we are doing now is fascinating in terms of ... feels really safe doesn't it?

01 yes it does

M because I am here you are there, but I am with you there but.. um .. it's .. you are not going to be judged ?adversely. I commend you for coming forward to do this study .. but perhaps it's the right time for you then too ..

01 Meriel can I take a break? - someone just knocked at the door

M yes that's fine I'll ask Hannah to...

01 who is it Meg? just a minute Meriel (2 minute pause)

01 hello

M hello, you alright?

01 sorry – It was the electricity man

M it's okay, cause we can just break off and come back later if you like

01 no its okay I've asked him to come back later sorry..

M okay, so maybe that was a necessary little breathing space anyway

01 yes

M 'cause it's pretty um tough coming back into this feeling for you. But you are approaching this project .. wanting something... I think aren't you .. to tell me something

01 yes, and I think it is getting to an understanding of .. because, this, for me this shaming um situation caused me to really to sort of deeply look at myself and work on being authentic and grateful for the things I had in my life

M so that's a resource that you've always.. well, you've had for a very long time ?

01 yes

M that sense of authenticity - that source of inner strength and authenticity you can rely on that somehow, but you lost touch with it for a while

01 Yes I don't think I lost touch with it, I think I resented it

M Resented it?

01 because what happened, was it was that inner strength became the thing that got me through but also my destruction if you like,

M mm

01 it, it was the thing that got me to shut down, shut up , shut down, got me to shut down and just blinker myself to get to the end knowing that an end was in sight and just getting there, and it felt really like a bitter end

M mm, like a traumatic end isn't it,

01 yes it was, yep

M where we shut down from the shock of something that happens unexpectedly that we weren't expecting ?

01 yes and it's the first time I have really experienced it .. that inner resource, that strength, as a negative

M mm

01 in fact, I looked at it through TA eyes, you know Transactional Analysis, so my thinking is, my thinking about it now, perhaps it is a "be strong" life script that I have got, um, so I am not in a good place with it - that's where I am -

M mm

01 so it has damaged something at the core of me

M where's your core , where do you feel it at your core?

01 I don't have.. I just have a visual thing of this .. this silvered thread that glows almost with white light that runs through me like a silver cord

M yes through your spine, from top to bottom?

01 yes, and that's how I think of it - all my body stuff, is around... it almost feels it's on the surface – all the gut churning and anxiety at that liver level as I say

M yes, and the silver cord that runs through, did that feel like it was broken .. disconnected?

01 not, you know, I am going to say something that sounds odd. when I was a child I wrote a story about a.. a knight who had shining armour

M mm

01 and every time when he thought or if he did something bad outside his knightly boundaries

M yes

01 then rust would appear on his armour. his armour would become dented and rusted

M yes

01 and that's how I felt about my cord it had become rusted and dirty somehow

M it was a cord, I heard it as core to begin with ... so the rust spoilt it,

01 yes

M and tarnished it

01 yes

M and it's blemished, but rust is only rust. it's surface actually when you come to think of it unless it has been corroding away for centuries

O1 that is more hopeful meriel. it's almost like cos you can't .. my hope for is that you can't rust gold and silver . I am hoping this cord will eventually get a tap all that detritus will fall off. I feel really tearful telling you talking about this I want to cry feel it in my chest particularly behind my nose

M so if you take some breaths then in yes almost like liquid silver so something cleansing for your liver something there to remove the rust like brasso not something you wipe off in a flash to get some inner healing. actually that might go right back

M feel it in the silver windpipe taking the silver breath in

Can route you like a support going from top to bottom through like a support, then it becomes a pole you can hold onto.. perpendicular like a staff or something connecting you up ..

O1 mm

M I don't know whether you have spiritual faith at all but a sense of being connected to your higher self?

O1 yes

M So how is that if you can hang on to that

O1 yes, the tears ..my liver level angst now

M can you breathe into it more then, see whether you can take that feeling of the silver, almost like liquid silver, is it, a very lovely liquid silver, just coming down and cleansing too? ... so it's like a little stream of cleansing that comes down through your system, and there's something purifying for your liver there I think,

O1 yes

M it feels like a cleansing agent, you're needing .. I am picturing green now cleansing like disinfectant that wouldn't be right for rust

O1 yes

M but something there to remove the rust - like a polish?

O1 mm

M but it goes in a bit - it's like brasso

O1 yes

M something quite strong? .. it's not just one of these silly modern things, you just spray on and wipe off in a flash, it's something that can penetrate. it needs to go in a bit more... quite a long way in perhaps, to get some inner healing actually which might go way, way, way back that we don't need to explore today, but

01 yes

M but if we took this polish .. like a disinfectant polish in

01 mm

M could you draw that in?

01 yep, I am feeling better now, feeling more ..

M good

01 do you want me to describe what happened last year?

M yes if you'd like to. If you are ready to do that now?

01 yes, I think so, erm .. what happened, this was when I was just finishing my counselling diploma .. erm .. I had been in a... I was with a colleague whom I had widely considered a friend, that's me being open again, but she was quite competitive and I hadn't quite .. um ..realised how much but she would use me as her safe haven, her stable base.

M mm

01 she made a faux pas with um .. her supervisor and got upset about it and exploded it into the student body

M right

01 and she said to me at the time 'cause we had the same supervisor and she said, "A. tell me what to do, if you help me if you tell me what to do I will do it . and at the time I was dealing with my own mummy matriarch, you know this element of being, you know, the rescuer all the time I guess if you remember Kauffman's triangle

M taking on too much, really then, the problems and not looking after yourself well

01 yes and not... for me it was hugely important to say "no this has to be your decision". It kind of... for me it was about um .. it was about owning who I was and.. and I had gone in on this journey to make a difference, to change,

M mm

01 so I said that to her, " no you have to make this decision. Um, it's up to you". at that time the tutors got involved and it just exploded into um .. the whole student body, the tutors and all the supervisors um ..

M because you felt you had set your boundary

01 I did

M in an authentic place

01 I did, yes

M you were talking about authenticity and boundaries earlier - you'd been true to yourself

O1 yes,

M and had stuck to your authenticity so that's good. you were talking about boundaries but you paid a heavy price by the sound of it

O1 yes I did. She actually... is much younger, prettier and you know connects a lot better, I'm a more quiet introverted soul, she's .. she was very bouncy and outward going in the group

M mm

O1 and it just so happened there were younger people in the group who connected quite readily with her

M mm

O1 it became untenable at the end. it just so happened there were younger people in the group who connected quite readily with her. The tutors were not able to facilitate the group well enough and I was left thrown back on this inner strength to just manage it as best as I could and get through it

M so that was a very bad betrayal really if you did not feel you were being held sufficiently

O1 well, it just went from bad to worse Meriel .. once the supervisors got involved she got taken off the um prison placement that she was on . but I was allowed to be er left on

M mm

O1 so this to her eyes looked like I had betrayed her. Which I hadn't.. my mummy thing came up again. Instead of going to my supervisor, which was her supervisor, I went to a different supervisor leaving her to sort that problem out with the supervisor. So even trying to do the best thing and protect us all, it still backfired ... (laughs)in a most terrible way

M it sounds like for her there was so much competition that you couldn't win

O1 no, everybody

M because either way you couldn't win .. either way it was going to go against you anyway

O1 everybody got involved and it was really awful by the end of it... at the end out of a group of 14 people in the end only 2 of them would speak to me

M mm

O1 it was a most... and the tutors had .. had done this strange thing of .. because they couldn't mediate it - they just rose above it

M so they abdicated responsibility

O1 (laughs) .. absolutely

M and the responsibility was left on 2 trainees really

O1 yes, yep

M who weren't in a position to understand it

O1 yes

M mm it needed someone to stand back to hold the...

O1 and it was awful. it was just the most painful situation that I have ever been in and it was the longevity of it, it went over, it started half way through the first year so it went on for 18 months

M right, right, it was a 2 year course, and .. ending it .. you got your diploma fortunately

O1 yes I did

M so it didn't kill you off, laughs

O1 laughs

M you survived the experience .. and interesting that a year on or so, you are now talking to me

O1 yes

M so I suppose there is some healing potential there , that you have survived and lived to tell the tale,

O1 yes

M and can learn, so you can be more empathic with other people - with clients

O1 yes, and it drove me back into a sort of spirituality

M right

O1 that stuff about really finding out about authenticity... I keep going on about that, but it shocked me so much that I ... I erm drove a furrow through my Rogerian beliefs. when I read Rogers and his UPR and congruence and er empathy I realised how he was talking was how I had lived my life up to that point ... it was a very generous kind loving way

M yes

O1 but when this happened like I say, it ploughed a furrow through that .. I realised it broke off the concept of congruence, authenticity, genuineness and I realised that this

loving all bountiful self all motherhood self that I had invested in was not a congruent being. Now I am kind of... I have lost her

M mm

01 but there is this other nascent creature that's creeping up .. laughs .. out of the primordial ooze if you like

M yes, and she is more real?

01 yes, she is but she is quite broken. She's quite ... I don't know who she is. I just hope for her .. she hasn't.. doesn't have a form at the moment and it feels kind of nihilistic that I lost all the beautiful aspects of my character 'cause all that .. I don't know, willowy I don't know where my head was, Arthurian I don't know where my head was .. dreamy esoteric stuff

M I think you said lost but I wonder whether that bit is just hiding. Because with shame we tend to go into a hiding place. It doesn't mean those facets are lost, not lost for ever but just hiding

01 I don't know

M mm

Break in recording – transmission fault

01 hello

M hello are you there? we got disconnected

01 hello yes I am

M Hannah has come to rescue me, thank goodness she is on holiday – oh there you are laughter

01 hello, I can't see you at the moment

M one of mine has just brought the shopping in. she says I can't leave it out mum, I'll put it in the fridge. very efficient. I am just going to shut the door, excuse me one second

01 Okay, are you going downstairs meg?

M mm, okay, mm ... so, I think it's heavy this, isn't it? and having a bit of a breather.... how are you now you having told me that very hard thing?

01 it was .. yes .. and I don't know if you got my last words...

M I think about 2 minutes

01 I was trying to say that I grieve for her. I experience her as a loss, Meriel, that as a loss I am still grieving for her,

M yes, so that part of you has died do you think? the innocent, naïve, I can just take anything, and accept everything ..

01 yes, I think so

M not need to protect myself That bit's gone

01 yes, that's it, that's where I am, if this is how it feels like to be a grown up it feels terrible you know, don't want to do that.

M that empty liver feeling.. that hollow feeling,

01 yes

M perhaps ... in talking today, maybe we can get some metaphors for growth and the future, because .. it it feels like you have got plenty going for you maybe in other ... ways, I mean .. you have qualified

01 yes, yep,

M sorry

01 and I went on and set up, 'cause one of my ... one of my watch words again is about opening up counselling for people who don't have the provision for it, um and I looked around P.. and found there is very little done for the LGBT community

M right,

01 that's the lesbian, gay, bisexual, trans gender community,

M yes

01 and they were badly represented.. erm .. so I've gone over to the local Terence Higgins Trust. I have offered them my services and have opened up a counselling service so I've had 2 others working for me as a counselling service.

M fantastic

01 I have two others working for me.. it's been quite tough but it has been lovely to nurture something and grow something, so parts of my nature are still there all that anti-oppressive stuff and rights, egalitarian stuff is still there

M something about looking after the bullied ones, and the rejects,

01 yes

M the underdogs who've been shamed a lot – you know, probably if those people, if they went through this questionnaire

01 Yes

M would .. would identify their experience of shame .. they would relate to it.

01 absolutely .. one of my.. are you okay to keep talking

M well, as long as you are not too tired, I'm thinking about you, it has been about 45 minutes as long as you are okay we will keep going till you flag and I flag cos we are into something more positive now perhaps about growth out of the isolation ?

O1 yes, and informing my client work because I had one chap who was a gay man who had contracted HIV as a young man and he had done so because as a young man, there was no real role model for young men er to go out.. or know really what to expect. and the done thing was to go to saunas and connect with other gay men there

M mm

O1 but he had been .. he had done so, gone out and and a group of 3 men had held him down and raped him and in that time he that's when he realised after that he realised he had erm .. HIV

M mm

O1 and it took a long time and my face must have shown where I .. that I was with him and he trusted me 2 sessions later to say that it was deeply shaming because there were other people looking on and they didn't help him

M yes, so, he had that anger as well .. that's probably part of this, that you are describing to me too, he had that surge of anger this is unjust .. this is not right

O1 yes,

M so in a sense, I think, that is a very positive aspect of this because it is saying fuck it - you know, I am not putting up with that injustice - in no uncertain terms, I am using the f word.. in a positive way.. I may need to edit that bit out! With the injustice

O1 but, it absolutely is because he was left with that cold anger in the way I am left with it that there's way to... there's no conversation back

M because it is so wrong isn't it ..

O1 yes

M that's the thing, there is no discussion possible because it is so obviously, completely and utterly wrong

O1 and how did the other people not see that, I keep thinking about that for him and for me... why couldn't the people around watching do something I couldn't let it go if I saw that

M what is the difference that you have that those people appear not to?

O1 empathy, a social conscience anything

M social conscience, empathy .. those positive attributes which are instilled in you in your lovely silver thread

O1 yes

M that is there - as part of your character that was probably there in your soul... initially.. are you aware of having had that?

O1 yes I have always been described as gentle and loving and I guess, my mother always said I was a hail fellow well met, kind of, my friends always used to say how do you do it, everybody talks to you ? you've just got one of those talk to me faces that's what they used to say

M well I can feel it, so going back to that picture the lock that needs unlocking and putting a little bit of oil in the lock just doing it now, to loosen that lock up of condemnation and injustice isn't it.. that you're talking about .. the shockingness of that guy going through that, and you going through that betrayal is what it.... abandonment and betrayal

O1 it was abandonment that's the word that I was skating round it hurts to say - it's like a knife every time I hear it, that orphaned .. abandoned that's how I feel

M that's when we are totally alone, that's the ultimate shame experience where we are so alone that we don't want to live any more

O1 yes, and I absolutely do have a symbolic picture of that, not of me, but it was erm ..when I was much younger, I went to see Annie, and it was her standing, Orphan Annie , this little ginger haired girl, standing on the stage, with one small spotlight, and everything dark round it, and that's how I think of it that abandonment, with all the darkness around

M mm, and that was like the... the worst time, the moment of the worst awfulest darkness and abandonment

O1 yes

M and you have been actually surviving that ever since

O1 yes

M but knocked back this time last year and the other time you said a similar feeling, and with the work you are reminded of .. doing with this guy in the work you are doing so you are telling me and there is a strengthening through the sharing because it's totally shocking what you are describing as having happened, but voicing it is the path towards healing isn't it..

O1 I think so, I think it is talking and talking and talking till you uncover the layers that need to be said, until the .. until my brain is not frozen any more into shut down

M but you have been traumatised

O1 yes

M so this is one time and we are talking about it now ... and we'll do another one in a week or something if that's what you'd like

O1 yes

M um To see whether you're feeling that there's a change coming through this defensive stuff – the armour you have had to put round you

01 yes

M and right that you did because that is a strong mechanism of survival

01 yes

M and they talk about shame having a positive side to it which if you look at Wurmser um the mask of shame, the voice of shame, they talk about shame as being... as having a positive side that protects us from the exposure that we feel would kill us

01 yes, much like Harlow's monkeys when they were attacked went away to the back of the cage and licked their wounds and

M yes

01 stayed away from the troop for a while ..

M time out isn't it and that makes very good sense doesn't it in terms of your story,

01 yes

M and well done you coming forward to me

01 yes

M because that is a big step isn't it

01 it is, yes, it's been interesting to hear myself ... my throat, saying that I had lost my silver tongue, um .. my Bardic ways, I can hear little bits of it creeping back

M back yes,

01 yes, so I am pleased to hear that I can still be eloquent

M also, with metaphor, I want you to see the transcription, because I think there is a thread running through this there's a metaphorical thread through when you said about the lizard, a few things here, but there's a metaphor running through which I think will be very interesting to look at it again. To see that it never died in you, you thought it had, but it didn't die, it's there.. you are depicting it with negative connotations but it could be positive too

01 yes,

M mm

01 I hope so because as I got older I had stories in my head and er .. I have always wanted to write but somehow that .. that got destroyed in that, as I shut down as I shut up. I didn't allow myself to speak any more

M the silver tongue ... do you want to talk a little bit more about that.. more today because that image seems to have run through today

01 the silver...it's partly... because I am Scottish, the Bardic tradition is quite alive. They used to call the bards the silver tongues,

M did they I didn't know that

01 yes, they call them their... their tongues have jewels because they can create beautiful pictures in people's heads with their words. so I guess the silver for me is very.. there is something about silver. And I always wear white

M what is the meaning for you of the silver and the white ?

01 the white definitely has all the historical connotations of purity and innocence and love and um you know all the historical stuff around white and I think silver is the metal, erm for me it says something about um .. something about moonlight and intuition - and you know it's a woman's metal rather than the gaudiness of gold which is sunlight

M It's softer I suppose

01 yes it is

M um... silver, and perhaps ... a little bit more subtle,

01 yes

M I think you can do more with it

01 yes, laughs,

M so to be back in touch with your silver ... thread, your silver tongue, your silver connection,

01 yes,

M and maybe it is about energy too... silver energy

01 the higher self?

M well, yeah, getting in touch with your silver energy, getting in touch with something more fluid because we have got the idea of the metal .. rust .. oh this is so interesting

01 that's right

M rust on your metal

01 that's right

M and also the idea of polishing off your rust

01 yes, and fearful to even touch it in case it has dented it... in case .. lifted the shine from it, and it wasn't silver I guess that is some of the worry. Perhaps, was it always silver or did I fool myself ?.. am I .. I don't know that

M well I am wondering about the Bardic influence here and whether you can trust the generations back to say, yeah, I have always had silver tongue because it's in my genes

O1 yes

M but did you know that from your mum or your dad?

O1 erm... not so much mum and dad but it was my .. erm ..it was friends and when I speak.. um .. to people I have just recently done a training session... my first one... to .. I have just spoken to the rape counselling group I went in and did counselling skills and ..

M did you really, well done you

O1 .. one of the ladies fed back and said that I had, she had a friend and she knew me and told me ..

M well done you so it is coming back

O1 she said, you had a lovely way of explaining it, it was a very colourful and you understood it, and I thought that was lovely

M yes, so there is some validation

O1 yes it was um .. and I held it I didn't accept it but I think I held it. I held it. I need to feel it's back...

M trust it.. and it takes time after we have been betrayed so badly. We can't just snap back .. I need to recognise that is not possible any more because that's not possible any more .. because you have changed you have had to fundamentally accept that people aren't as trustworthy as you thought - but bringing in something authentic back and blending that with something more I suppose, real?

O1 yes. I think that is my search. I am .. I am tearful and afraid that I will just shut down now and see everybody as enemies. And .. What are you going to take from me? I don't want to be like that.. cos that way leads to bitterness .. erm and I don't want to be that I have never been that character

M it goes back to the giving now.. this counselling group

O1 yes

M and you are giving to me .. thankyou .. and giving.. so it's about giving where it's safe, isn't it?

O1 yes I think so at the moment it is and before I was fruitful in a way yes I think before I was fruitful and uncaring fruitful where I didn't mind what I gave .. I had enough I was heavy laden

M so how was that dangerous to be heavy laden in your giving and how was that ?

O1 because with the group um I was heavy laden and fruitful but they took .. turned it and used it ..some people turned it into jam but they turned it into something I didn't

recognise and used it turn it into jam and I was ashamed that that was my fruit that they had turned it into something else

M mm

O1 that was the bizarre sensation that it belonged to me and even though they had taken it and turned it into something else I still felt a responsibility for it cos it was mine initially ... that was the bizarre part of it

M so it was part of you they kind of.. violated it. they changed it. they spoiled it.

O1 yes

M and it didn't feel right .. a bitter fruit

O1 yes but I still had a responsibility for it. that was the bizarre thing for me. I will give you a for instance, one of the .. my ladies, sorry not one of my ladies, but one of the people in the group was struggling with chaos, and as she was talking I got it in my head and I said to her I wonder if I can offer you this it's an anonymous poem but it keeps going round in my head as I hear you talk

M yes

O1 and I said "one must have chaos in oneself to give birth to a dancing star" and I said it's not my words, but that was what keeps going on as you are talking about chaos

M yes

O1 and then one of the younger men, went into overdrive and quite vehemently attacked and said, "how dare you think you have the ... that you can map chaos", it just went off, I sat back and let the group process it but didn't defend myself I was beyond defence then, but I still feel that , that it didn't .. it that was my fruit, I had kind of offered that and it had been changed into something and I think that's where my barriers or boundaries have to be. I had offered it, that once I have offered it and it is away from me then whatever happens after that, does not belong to me

M mm, so you're no longer responsible

O1 I can't get over that though Meriel, that's like being sleepless in a room where you come awake first and go out and leave the door open and anybody can...

M saying it's okay for you to steal, it's giving them permission yes okay, I will let you steal this from me ... and just leave the door... so there's something about .. we will talk about this again,

O1 Yes

M it's about a very negative process, isn't it, of having been despoiled almost

O1 yes

M there's like an envious attack I think?

O1 yes, and I think when I first started, that's the way I felt when I first started I was violated and raped, somehow, not on a physical level, but on a mental and emotional level

M envy comes into it, I think, their envy which attacks you, because they see something in you, that they envy, that they want, so they take it away from you, and .. but they can't really take it away from you because it is still really yours, deep down .. but how you use it and how you develop it into the future, for your growth,

O1 yes

M rather than feel there is still a link between you and them in a really negative connection

O1 but they have, they have made me want to hide it away and not see it any more and leave it

M yes, so, if we just cut that negative tie

O1 yes

M and you bring yourself some healing now, in that hurt place around the liver,

O1 yes

M the inner part of you, that needs, to just allow something different to happen now, mm

O1 yes

M is it compassion? i think is it? For yourself

O1 I .. I think so .. but I can't get over the responsible bit...

M mm

O1 it's like , like I was awake, but I didn't, don't you as the one who comes awake first, bear some responsibility of keeping the chamber safe for the sleepers, do you understand that? I keep going back to this metaphor in my head, um, perhaps I've got a ... that's my mummy stuff coming back, that's my .. you know.. rescuer stuff coming in, but there is some humanity, decency, dignity and compassion in that as well

M yes, if we are thinking about morality and standards, and justice, and thinking about it from your adult position,

O1 mm

M then there is some mileage in that isn't there, around, okay I can learn from the agony and shame. And I don't have to take full responsibility for the way the world is

O1 yes

M I can only play my part in the best way I can, and run my groups, I can only give the best bit of myself and receive something good back, but ..but not try and change the whole world. Cos it's too much to take on

01 yes

M I can't be responsible for everyone but .. you have come out of your training

01 yes

M and now you can find... sounds like you are doing well, you are finding your niche,

01 I am yes

M and it's good, it suits you well, it's good.

01 yes

M coming on this research as well, I guess it is a stepping stone

01 Feels like it was meant to be, in a funny way.. if that sounds right,

M well my number one (laughs)lady yeah..?

01 yeah

M cos you have been my first one, that's great, cos you just stood out, as I said at the beginning, so that feels good actually to me, what about to you?

01 yes it does, yes, it has, erm .. like I said, it has a "meant to be" quality about it

M yes

01 and I have enjoyed talking about it again,

M yes

01 and .. and opening it up and seeing some parts of me that .. I hadn't realised, when you have a situation, you tend to isolate it, or I do, hide it and freeze it in its time and place. I had not realised there were connections to a younger me

M Yes

01 and perhaps to a me that I had hoped for, the writer me - so it held a lot, not just then there but also the future as well,

M that's the thread again, that's the continuity of time from past to present to future

01 yes

M a strand that runs through all our lives, we have to revisit the same old stuff, you know, we have to revisit it and learn each time in a different way, it sounds like... that quest to be authentic and strong, that's a challenging quest

01 yes

M but you are up to it, 'cause you are bright aren't you, and capable and tough as anything, so that metallic, flexible silver.. you can choose.. I love wearing silver actually. I don't know if you do. I suppose I just like it.

01 yes I do, yes, yes
M mm, so good, I am really glad we've met
01 likewise, it's been lovely talking to you
M so what shall we do, would you like um .. to say same time next week or ..?
01 okay, yes, that's good for me
M shall we do that then?
01 yes I agree
M fine
01 yes okay, good lovely
M I hope the equipment works. Problem is I won't have my daughter with me so it might be hopeless, if we get cut off I won't know what to do
01 that's okay, we can cope, we can wing it
M well done thank you, so do you feel that's alright to stop for now
01 yes
M okay bless you
01 and you, it has been lovely hearing from you
M thank you, bye bye
01 thank you, bye bye

PEP APPENDIX 6 - 149 NEGATIVE METAPHORS

1. Looking down
2. Locked
3. Frozen
4. Shut down
5. Shut up
6. Accept
7. Colour rose
8. Knocked
9. Bowled over
10. Freeze syndrome
11. Lizard brain
12. Attack on liver level - liver angst
13. It came on the heels – I froze
14. Deeply shaming - blushing
15. Bitter
16. Damaged
17. Armour rusted and dirty
18. Backfired
19. Broken
20. Lost the beautiful aspects
21. Cold anger
22. Like a knife
23. One must have chaos in oneself
24. Violated
25. Raped
26. Deep down
27. Hide it away
28. Isolate it
29. Freeze it
30. high pitch
31. losing money
32. losing heritage
33. losing the future
34. zebra stepping back
35. orphan Annie
36. drove a furrow
37. saw the mockery on their faces
38. judged
39. lizard brain
40. loss of voice
41. numbness
42. paralysis – voice
43. stuck
44. if I were clever .. to get out of this
45. heavy
46. surrounded
47. being mocked
48. not one of the gang
49. vicious form teacher
50. don't you know that?
51. We don't have green houses in England
52. being in the wrong
53. being stupid
54. straight jacketed
55. blushing
56. the little person thing
57. the sense of being quite alone
58. the only one
59. isolated
60. shades of greys and browns and beiges
61. white, colourless
62. hard cold steel
63. unable to move out of the situation
64. did not belong
65. that cold rigid place
66. my lungs stop working
67. paralysis (physical)
68. wasn't anybody there who could hold me
69. drowning
70. going away
71. hiding
72. hottest for me
73. dead men walking
74. splitting in my head

75. on the water front
76. the war is over
77. torture
78. BACP shame journal
79. Analysed it to death
80. Onion skins
81. Vicious attack
82. killed
83. crucified
84. hated
85. animal – fighting lion
86. death letter
87. pulling the plug on me
88. spiral of shame
89. assassinated
90. buggered
91. evil eye
92. fired
93. knew in my bones - hated
94. you cow
95. no win
96. instinct to run away
97. tail between legs
98. the rip inside you – ripped heart
99. Biafran starving mother and baby
100. Lost in your own craziness
101. Medea – poisoning own children
102. The shadow
103. Toxic cutting you apart shame
104. 2 way mirror
105. rabbit caught in the headlights
106. he saved my life
107. sitting on my fingers
108. mummified
109. claustrophobic – can't give
110. dissertation on her dead brother
111. thought we were doomed
112. muddies the water
113. deep shadow
114. I am rubbishing, he is rubbishing
115. It's dying in the water
116. People don't go off for the fun of it
117. Dante's hell – no end – eternal damnation
118. Suicidal shame
119. War veterans
120. Groove in my brain
121. 2 totally different stripes of shame
122. Jiggleness
123. Electric shock
124. Mirror everyone we know
125. Clod hoppy
126. Don't look right
127. Look like a boy
128. Can't sing in tune
129. How women should be evaluated/appreciated
130. Leaden, duty bound
131. Wooden photo frame
132. Shutting the door
133. Staying on sofa for a day
134. Toilet cistern
135. Emptying
136. See saw
137. Belittling
138. Dried brown leaf
139. Outrage
140. Provisional bloody social worker registration
141. Bat it off
142. Badge of shame
143. Powerful history
144. Hard bright shiny metallic silver
145. I don't want to be here
146. Phone box – all wires wired up wrongly
147. Hard face
148. Difficult terrain
149. mortified

PEP APPENDIX 7 - 73 POSITIVE METAPHORS

1. Brave soul
2. A wing and a prayer
3. Safe harbour
4. Golden thread
5. Silver cord
6. Talking and talking and talking
7. Knight in shining armour
8. Nascent creature creeping up
9. Fruitful
10. Silver tongues – they can create beautiful pictures in people's heads with their words
11. Bardic ways – a gift with words
12. Colourful
13. Give birth to a dancing star
14. Reclaiming
15. Connection
16. Container
17. Mapped
18. bucket
19. celebrate
20. rich meadow
21. doorstep
22. get the life blood flowing
23. warmth
24. flow
25. breathing
26. back in touch with me
27. try and avoid shaming others
28. decision
29. dancing
30. created my own dance
31. trying to find the words
32. saving me from shame
33. resonance with clients
34. get in touch
35. unfroze her
36. warmed her
37. float
38. tread water
39. swim
40. moving
41. learning how to do it for me
42. Mercedes
43. Staying in the zone
44. Madonna
45. Lioness protecting
46. Movies in my head
47. Breathing
48. Support
49. Visualising
50. Protection – lioness
51. You can unshame yourself
52. When you use all your resources
53. Words and pictures
54. What resonates
55. Maybe I like it static
56. Reinventing my life
57. Thinking works
58. Naming the feeling
59. Fluidity
60. Ups and downs
61. Balance
62. A prize, a man's face, eyes sparkle
63. Sofa for a day
64. Time – toilet cistern – gradually refilling - talking about something enough, it goes over there
65. Acknowledging I don't want to be here
66. Face softens from hard
67. Impact on way I was as a teacher
68. Led me to become a counsellor
69. Lovely to nurture something
70. It's a place.. I am not alone in this shamed and shaming place
71. A meant to be quality about it..
72. Opening it up
73. Connections to a younger me

PEP APPENDIX 8 – A GRID OF THE LAYERS, TRIGGERS, EFFECTS OF SHAME

This idea was not developed, but was an important part of my immersion in the themes:

LAYERS OF SEDIMENTARY SHAME	TRIGGERS-OVERT/ COVERT	WHERE IT GOES TO - EFFECTS	METAPHORS	ICONS	WORDS
IN PHILOSOPHY/ CULTURE/ RELIGION	RACISM	FIGHT/FLIGHT/FREEZE	SHAME IS COVERED OVER BY ANGER, FEAR, PARALYSIS		
	SEXISM – PATRIARCHAL	PRIDE	NARCISSISM - MIRRORS		
	RELIGIONISM	FIGHT - ANGER, RAGE	BLIND FURY		
	MOCKERY/ RIDICULE	FLIGHT - RUNNING AWAY – AVOIDANCE			
	SCORN	FREEZE - DOING NOTHING – PASSIVE	"PLAYING DEAD"		
	JOKING	FEELING OF "WRONG" BEING (AS OPPOSED TO "WRONG" DOING IN GUILT)			
	TEASING				
	BEING CALLED STUPID	WANTING TO DISAPPEAR			
	MOCKERY - RIDICULE - SCORN – JOKING	CAN GO UP		BADGE OF SHAME	
	JUDGEMENT	CAN GO DOWN			
	EXPOSURE	CLOSING OFF, SHUTTING DOWN	METAPHOR OF SHUTTERS CLOSING		
	TRAUMA				
GROUND LEVEL- AWARE	WOUNDING		METAPHOR OF THE RIPPED BODY		
UNDERGROUND- UNCONSCIOUS	TORTURE				
	REJECTION	FEELING "WRONG" - MISFIT			
	DISGUST	SELF DISGUST	METAPHOR OF FEELING DIRTY		
	CRUELTY				
	BEING CALLED STUPID	WANTING TO DISAPPEAR			

LAYERS OF SEDIMENTARY SHAME	TRIGGERS-OVERT/COVERT	WHERE IT GOES TO - EFFECTS	METAPHORS	ICONS	WORDS
	VIOLATION	WANTING TO BE UNSEEN, HIDE	METAPHOR OF WANTING THE GROUND TO SWALLOW YOU UP AND BE LEFT ALONE		
	ABUSE – VERBAL	SELF-HATRED - WANTING TO DIE	DAMAGE TO CORE SELF		
	ABUSE – PSYCHOLOGICAL	REFLEX/INSTINCT	METAPHOR OF WITHDRAWING - LIZARD BRAIN		THE PRIMORDIAL OOZE
	ABUSE - PHYSICAL	REFLEX/INSTINCT	METAPHOR OF DOG - TAIL BETWEEN LEGS		
		REFLEX/INSTINCT TO WITHDRAW	HARLOW'S MONKEYS-LICKING WOUNDS AT BACK OF CAGE		
		INSTINCT TO FREEZE IN HEADLIGHTS	METAPHOR OF FRIGHTENED RABBIT		
	ABUSE - PHYSICAL	WITHDRAWAL	METAPHOR OF ANIMAL REFLEXES - ZEBRA STEPPING BACK		
	ATTACK – ONSLAUGHT	SELF PROTECTION	METAPHOR OF DEFENSIVE ARMOUR		
	ATTACK – ONSLAUGHT	WITHDRAWAL	METAPHOR OF COLD - FROZEN		
		PARALYSIS	METAPHOR OF SILENCE, VOICELESSNESS		
	FEELINGS OF INCREASING INTENSITY	LOSS OF VOICE			
	EMPTINESS		METAPHOR OF TOILET CISTERN		
	ISOLATION	GREATER EMPTINESS	SHUTTERED, HIDING BEHIND DOORS		
		DESIRE TO BE SWALLOWED UP			YOU DON'T HAVE TO INTERACT

LAYERS OF SEDIMENTARY SHAME	TRIGGERS-OVERT/COVERT	WHERE IT GOES TO - EFFECTS	METAPHORS	ICONS	WORDS
	MISERY	MORE ISOLATION	HARLOW'S MONKEYS		
	SUICIDAL FEELINGS/THOUGHTS	MORE MISERY			
SHAME CYCLE REPEATING	CONFUSION	SUICIDAL THOUGHTS/FEELINGS	MUDDLED WIRES IN TELEPHONE BOX		
		CONFUSION			
		LOSS OF SENSE OF IDENTITY	I SHUT DOWN MY PERSONALITY		
		LOSS OF SENSE OF SELF - AGENCY ETC.	FREEZE TO YOUNGER PLACE		
	ABANDONMENT	ABANDONING SELF	DISCONNECTIO N		
		SUFFOCATION			
		DEADENING			
		DYING			
		DEAD	MUMMIFICATI ON		
		WHEN A CHANGE BEGINS - TO START THE PROCESS OF GETTING OUT OF THE PRIMORDIAL OOZE			
	TRIGGERS	WHERE IT GOES TO - POSITIVE EFFECTS	METAPHORS OF UNSHAMING		
	MOVEMENT	A BIT OF ENERGY TO FLEX MUSCLES	GETTING OUT OF THE PRIMORDIAL OOZE		
	HEARING LOVING KINDNESS IN A VOICE	FEELING OF KINDNESS	CONNECTION		
	BREATH	FEELING OF BREATHING			
	WARMTH	FEELING OF WARMTH	WARMTH RETURNING		
	TIME	FEELING OF MORE SPACE	TIME OUT		
	SPACE	FEELING OF LESS PRESSURE, FREEDOM	RELEASE		
	HUMOUR	FEELING OF RELAXATION, PRESSURE OFF	RELIEF		

LAYERS OF SEDIMENTARY SHAME	TRIGGERS-OVERT/COVERT	WHERE IT GOES TO - EFFECTS	METAPHORS	ICONS	WORDS
	A NON-JUDGEMENTAL THERAPIST	FEELING UNJUDGED			
	SAFE BOUNDARIES	FEELING SAFE	SAFE HARBOUR		
	VALIDATION	FEELING OF VOICE RETURNING			
	PERMISSION TO SAY ANYTHING	FEELING OF BEING ABLE TO BE SILLY			
	PERMISSION TO BE QUIET	PERMISSION TO HAVE SPACE TO HEAL			
	THE VOICE RETURNING	FEELING OF WANTING TO TALK			
	GROWING SENSE OF COMMUNICATING	FEELING OF SHARED COMMUNICATION			
	VOCABULARY FOR THE FEELINGS	IMPROVEMENT IN FEELING OF AGENCY			
	GETTING POWER BACK	IMPROVEMENT IN FEELING OF POTENCY			
	STRETCHING	FEELING OF EXPANDED CONFIDENCE			
	THINKING	FEELING OF BEING MORE IN CONTROL			
	BALANCE	FEELING STEADIER			
	MORE AUTO-REGULATION	GREATER FEELING OF AUTONOMY			
	KNOWING WHERE I AM	GREATER FEELING OF WELL-BEING			
	KNOWING WHO I AM	MORE SENSE OF SELF			
	ASKING WHO CAN I TRUST NOW?	TRUST FOR OTHERS DEVELOPING SLOWLY			

LAYERS OF SEDIMENTARY SHAME	TRIGGERS-OVERT/COVERT	WHERE IT GOES TO - EFFECTS	METAPHORS	ICONS	WORDS
	DEVELOPMENT OF BETTER RELATIONSHIPS				

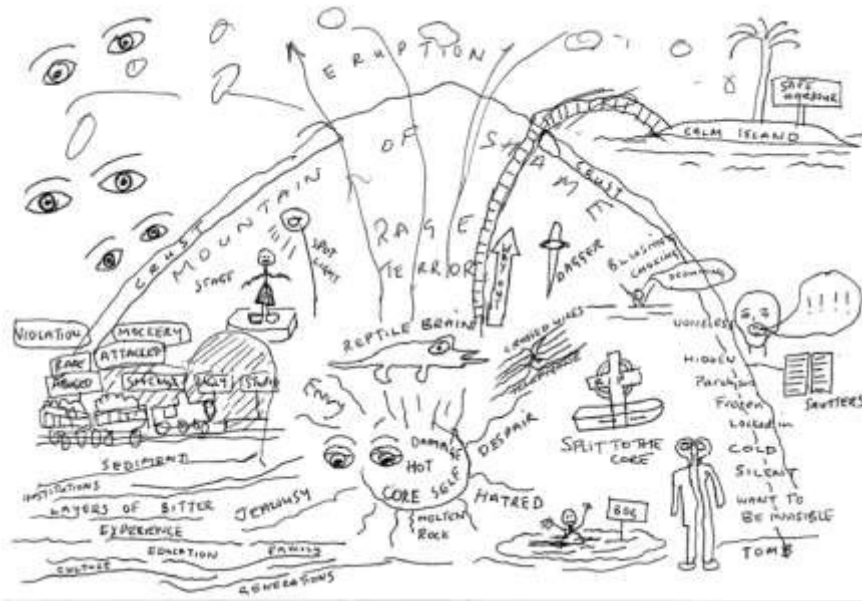
PEP APPENDIX 9: GRID OF SHAME METAPHORS

The strongest metaphors of shame that arose out of these interviews cluster into the following 10 themes:

METAPHORS	THEMES
Ripping body, cutting	Woundedness
Freezing, coldness, lizard brain, paralysis	Visceral shut down, powerlessness
Animals pulling back, zebra, rabbit, lioness, shuttered	Withdrawal, hiding, self-protecting
Heat	Fight, anger
Spiral	Repetitive, inescapable
Bowled over, knocked over, no win	Battle, conquest, conflict, agonistic
Silence, Orphan Annie	Broken, lost, voiceless, loneliness, separation
Assassination, crucifixion, poisoning, mummification	Death – violence
Sarcophagus, locked, stuck, paralysis	Entrapment
The shame journal, badge of shame	Exposure, mockery, judgement

This is an early draft showing that thematic analysis of the metaphors is an evolving process. The metaphors do not fit neatly into one particular obvious category.

PEP APPENDIX 10 MOUNTAIN OF SHAME



PEP APPENDIX 11

Poetry can be a powerful way of expressing strong emotion, which sometimes cannot easily be expressed in words. Poetry can offer a vehicle for acknowledging difficult feelings, for moving forwards out of shame.

POEMS AS HEURISTIC INNER THOUGHTS FOR PART 1 PEP

SHAME (1)

I feel unable to complete the PEP

Cannot find a way to fix it,

Can't make it tidy enough to send.

I am a telephone box with all the wires mixed up.

I am a muddle of other people's madness and worst bits.

I am my own imperfection and struggle.

I am my own loss and my own worst alone.

I am not good enough to self, man, woman or beast,

Not best, second best, even worse, or worst.

*

I now know voicelessness and powerlessness

Go together as a category of shame

I had put them as separate

So I am wrong again

*

If part 1 is a low note, description of shame,

It needs to end on a low note,

Wrong again, I made it high.

How mixed up I am. I ended on a high!

Only one way to go, down.

The hope of part 2 is that it will end on a high note.

The hope is it will come to some useful conclusion

About the dilemma of shame.

*

I have been living through the pride/shame doctoral split

For the last 3 years, not believing I can do it.

Still don't know, I can but I can't.

Having an argument with myself, an inner feeling

Expressed as an outer thought, an ought.

*

The dilemma situation is the splitting.

Can't bear to expose myself - but I will

It would be such a good bit of work,

If only I could get it right!

*

But language itself is an approximation

Only a metaphor itself.

Bullet points and categories and codes let us down.

Don't capture the essence, the whole lived story,

The lived, the lame and the lied.

The flow runs on and on, too long,

Smooth, connecting words, spontaneous,

But the integration will only come when the opposite forces

Come together, shame and pride,

Non-words and too many words.

My deadline is when the flow stops.

*

The analysis is split.

In the lived emotional experience the categories don't fit.

So there's bound to be shame at the heart of this.

So I will just send it off and be damned, not dammed, damn it!

Meriel 3/8/12

and again, 20/11/12

SHAME (2)

When the heart is ripped and wounded

It needs compassion and holding

The hurt one stops "dead"

Knocked breathless, sideways

Needs space and quiet, time out

No more suffocation

Needs comfort and support

No more bullying self bullying

Needs a golden thread of connection, to feel capable of intelligence,

No more harsh critical words raining down again

Lost and alone in the primordial ooze

To join Gollom, a lost hobbit self.

What I need now in this lonely place

Is time to process what has happened.

A kindly wise therapist to hold it together.

A good friend to support.

A structured tutor/mentor to provide a frame

An interesting piece of research to excite the intelligence and give hope.

These are some of the ingredients in the healing of shame

To connect self back from disconnected self

And say goodbye to shame.

Meriel 7/8/12 and again 20/11/12

PEP APPENDIX 12:

Insight, Resources, Development

This section develops the Positive Metaphors in Appendix 7. This is a theme to be developed in the Final Project, that of insight, creativity, resources, new awareness, new directions, hope, learning, determination and growing inner strength in the path towards healing of shame:

The following quotes illustrate the theme:– “those sort of things had quite an impact on the way I was as a teacher .. to try and avoid doing that to anyone else.. to try and avoid shaming children.. one of the things that led me to become a counsellor”. (02/392)

“I have 2 others working for me.. it’s been quite tough but it has been lovely to nurture something and grow something so parts of my nature are still here ... all that anti-oppressive .. rights .. egalitarian stuff is still there..” (01/489)

“It’s a place.. I am not alone in this shamed and shaming place” (01b/400)

“This other nascent creature that’s creeping up out of the primordial ooze”. (01/439)

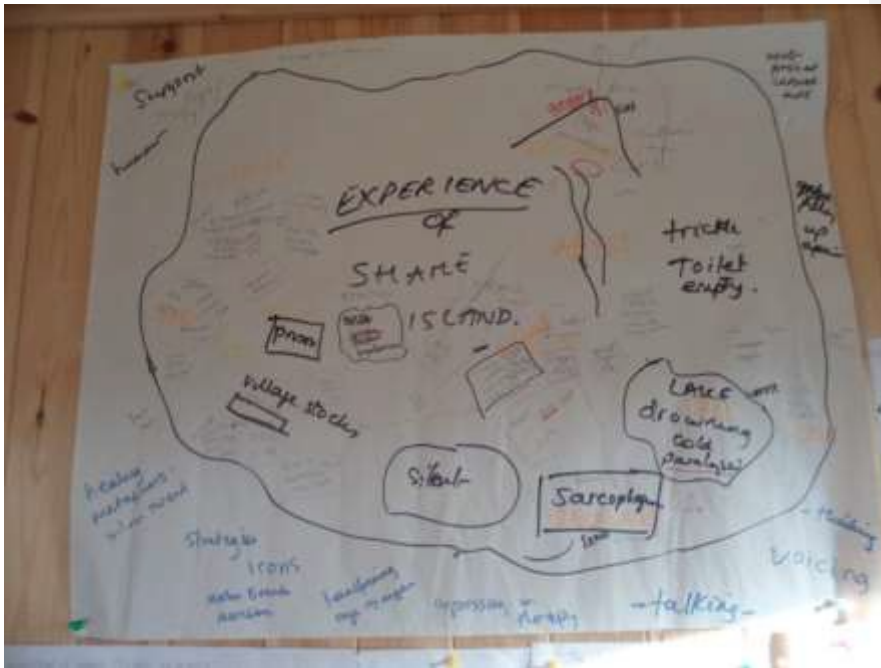
“meant to be quality about it.. opening it up and seeing some parts of me that...I hadn’t realised, when you have a situation, you tend to isolate it, or I do, hide it and freeze it in a younger place. I had not realised there were connections to a younger me.” (01/740)

“they used to call the bards the silver tongues – their tongues have jewels.. they can create beautiful pictures in people’s heads with their words” (01/399)

Figure 9 –Insight, Resources, Development : A Way out of Shame



PEP APPENDIX 13 PHOTOGRAPHS OF DIAGRAMS, MAPS, CROSS SECTIONS
EXPERIENCE OF SHAME ISLAND





CROSS SECTION OF METAPHORICAL JOURNEY THROUGH SHAME



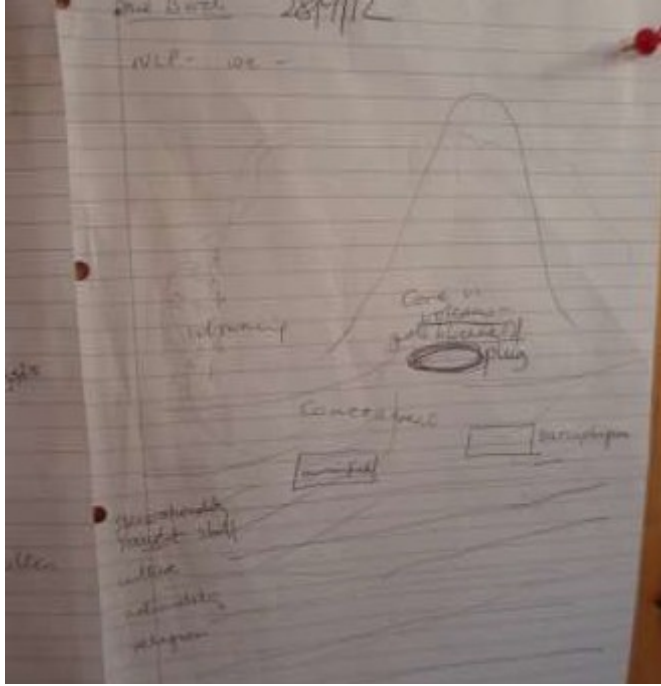
A LANDSCAPE OF SHAME



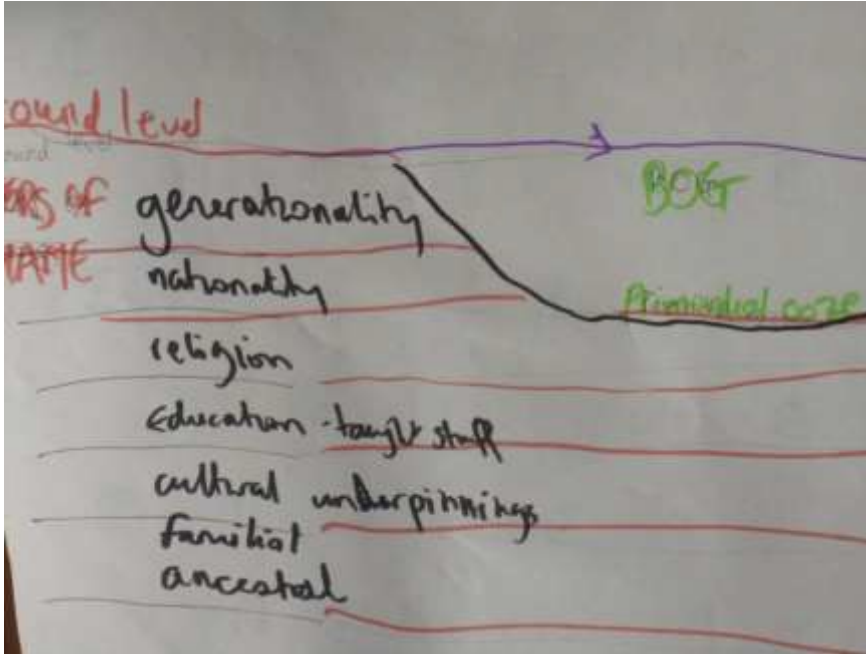
"THE OTHER SIDE OF SHAME"



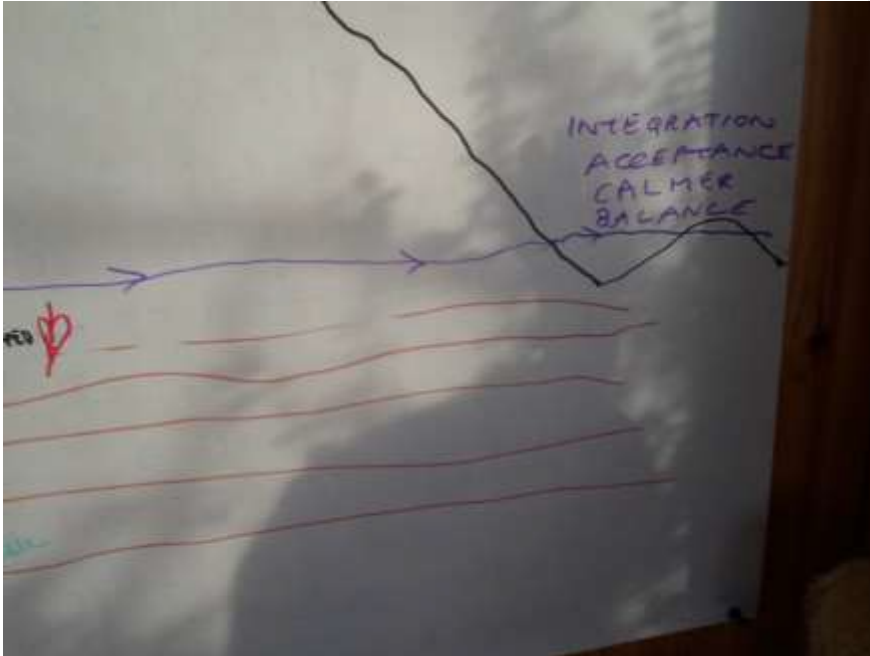
INTEGRATION OF SHAME



THE PROCESS OF HOLDING SHAME AND PLUGGING

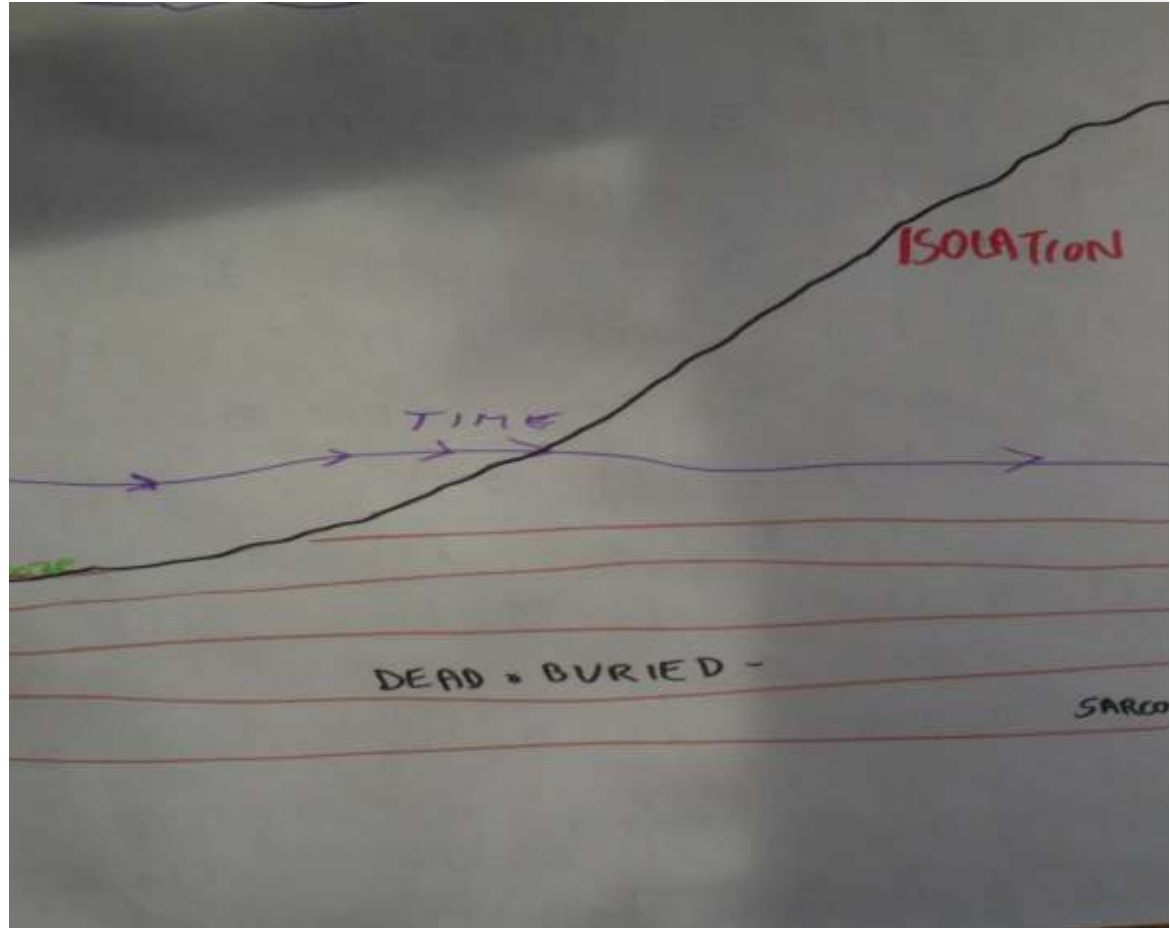


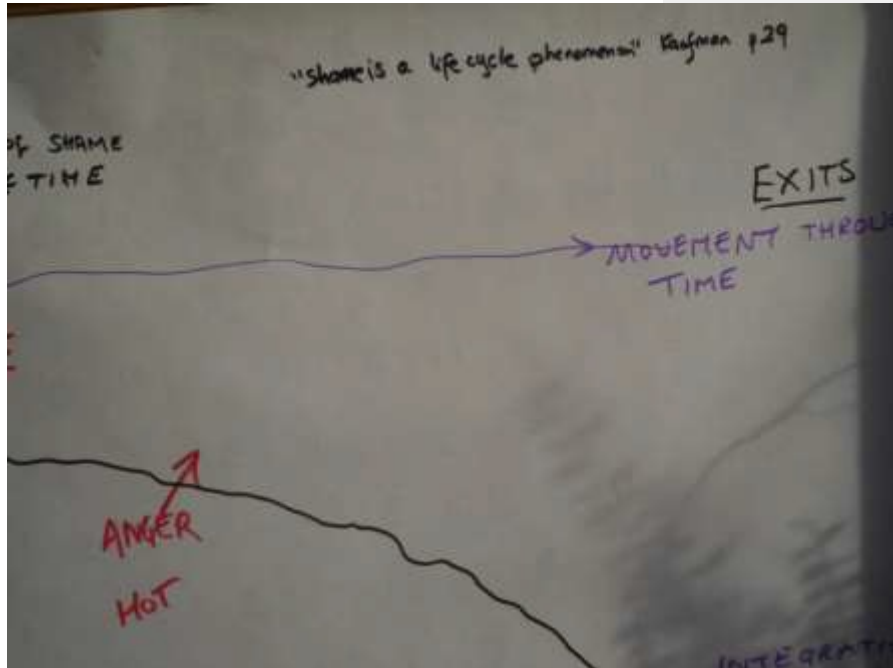
UNDERLYING FEATURES OF SHAME



THE TRIGGERS, EFFECTS OF AND EXITS FROM SHAME – THE PASSING OF TIME ACROSS A LANDSCAPE

FROM PRIDE TO SHAME: TIME PASSES





SHAME IS A LIFE CYCLE PHENOMENON"

HOT SHAME – ISOLATION TURNED OUT AS ANGER AND PRIDE

PEP APPENDIX 14

FURTHER MUSINGS, FOR POSSIBLE DEVELOPMENT IN FINAL PROJECT

I was looking for a description of shame and I think I have found one, not through categories, grids and tables, but through the participants' rich descriptive metaphors – the metaphor of the ripped heart, mummification, the lizard brain, the sense of frozen paralysis, the shuttering off – through the co-creation and sharing in the research endeavour. The metaphor of a shame island or journey serves the future of this research journey well, and can be added to easily. I imagine that the research will go forward by providing co-researchers with a big piece of paper, to map their experience in their own way. It could be through writing narrative, poetry, or drawing. It could be a hidden system, like a circle line in the underground:

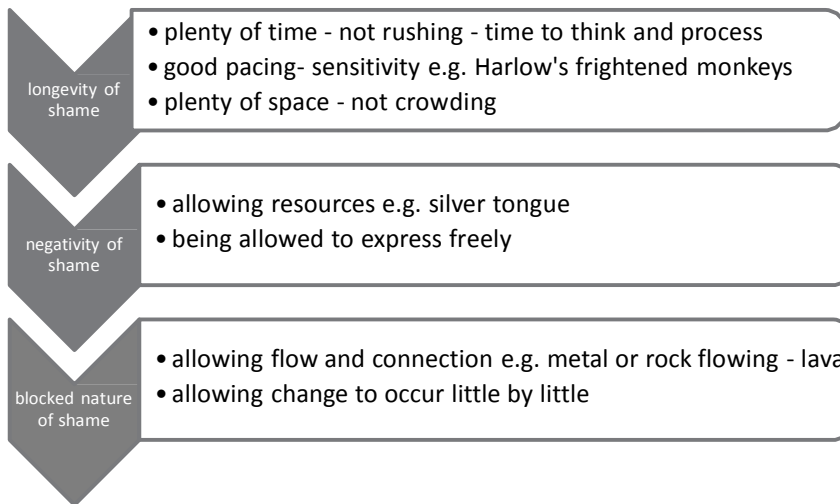


Figure 1 STATIONS ON THE SHAME CIRCLE LINE

In part two, my final project, I hope to offer a means to glimpse the struggle involved in the process of unshaming. I intend continuing with this journey to offer a model investigating how metaphors of shame can be used as resources to work towards the healing of shame. I want to create an accessible lexicon of shame which is able to be painted, drawn, made available to the bodily senses, skin and bones - through metaphors.

WORKING TOWARDS HEALING SHAME THROUGH METAPHOR

Important ingredients for releasing stuck energy and healing of shame :



Appendix 2 FP Information Sheet

Information Sheet for Participants in Research Study at Metanoia, Middlesex University by Meriel Powell

Title of Study : A Phenomenological and Developmental Model of Shame and Recovery from Shame, using Metaphor

Participant Information Sheet Date: _____ Number _____

Thank you for indicating a willingness to be interviewed on the subject of shame and metaphor. You, as a practising psychotherapist/ supervisor, along with up to eight other therapists are being invited to take part in this Doctoral research project which, it is hoped, will enhance professional understanding and be used in workshops for therapists and supervisors on the theme of shame and ways out of shame. Before you decide it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part. Your involvement in the research is entirely voluntary. The researcher can be contacted by mobile on 07772541632 or by e-mail: merielpowell1@yahoo.co.uk.

If you decide to take part you will be given this information sheet to keep and be asked to sign a consent form. You will still be free to withdraw at any time, without giving a reason.

Introduction

This piece of research forms part of the Doctorate in Psychotherapy by Professional Studies at Metanoia Institute, validated by Middlesex University. The study aims to achieve a description of shame, and ways out of shame, by considering images and language arising from seven vignettes taken from a mixture of dreams and real life, imagined scenarios and conversations. These images will be used as a basis in workshops to form a work book for supervisors and therapists around the theme of shame and ways of coming out of shame.

You will not be expected to reveal personal shame events and if you do, these details will be kept anonymous as will any details about client material.

The study format

The aim of the study is to open up ways to talk about shame, a little researched subject, increase awareness of shame, and find ways forward out of shame. Through the interview, participants are being offered an opportunity to hone down a spontaneously arising, deeper understanding of shame, by taking part in a short experience in which shame material is introduced. The hope is that this will lead into further discussion to find ways to bring about greater flow and self-acceptance in human interactions between therapist, client, supervisor, opening up channels of dialogue around shame and finding pro-active ways forward. We hope that participating in the study will help you. However, this cannot be guaranteed.

1. The study will involve an audio-recorded one hour semi-structured interview, (Skype or face to face according to your preference) with the opportunity of a further hour's follow-up within a month of the initial interview to process any underlying issues that may have arisen from the material in the interview or proceed to a deeper level into the subject.
2. Participants will be asked to look at a set of seven vignettes constructed around the theme of shame in varying degrees of intensity. You will then be asked to choose one or two which you feel comfortable to discuss loosely and make free associations from

any standpoint, personal experience or clients' experience. The source does not matter.

3. Open questions, as in a supportive supervisory structure, will be asked about working with a client expressing one or two of these scenarios. Have you had a client with some shame issues and what was the experience like for you? Is anything being triggered now that you want to discuss?
4. A humanistic/integrative supervisory approach will be used, involving gentle open reflecting and questioning to elicit a personal response. A safe boundary will be provided. What arises for you in the here and now around the material? You can use the interview time in any way that feels comfortable for you, loosely working around the vignettes and interview questions.
5. Material and all involvement in the study will be treated with the utmost confidentiality and will be anonymised. Recordings will be destroyed at the end of the study. Safe professional boundaries will be adhered to at all times with a firm intention to maintain a good holding environment for any difficult feelings that might arise.
6. All data will be stored, analysed and reported in compliance with the Data Protection legislation of the U.K. The data will be stored for no longer than 12 months after the end of the study.
7. Participants are free to request a copy of the write up, to check their own data and how it has been analysed and reported prior to the write up being submitted.

Follow up support / interest group

Please note: taking part in an interview / discussion on the subject of shame will possibly stir up some strong personal feelings. A further follow up hour for discussion and processing will be available should the participant so desire/ require. This will also be recorded and can subsequently be erased in the presence of the researcher if that is the participant's desire.

An assumption is made that participants working already as psychotherapists and supervisors will have a fine sensitivity to their own emotional needs and act accordingly, pro-actively and non-defensively if and when shame issues arise, which may need more complex attention. A list of UKCP, BACP and AHPP accredited counsellors and psychotherapists is freely available should this be required and the researcher's supervisor is a point of contact should this be felt necessary.

There will be an opportunity to continue participation in the study in the form of developing a well-boundaried supervision group to be subsequently arranged if a sufficient number of therapists decide they want to be involved. This will in all likelihood be a supportive and creative, highly motivated group for further meetings or Skype sessions around the theme of shame and ways out of shame. This might involve any of the following: therapy/ research/ supervision – to be decided according to the mix of the group and what is arising within the project in terms of new psychotherapeutic knowledge to be disseminated into conferences/ publications/ teaching materials.

Thank you very much for giving your time to this project.

Meriel Powell

Appendix 3 FP Consent Form

Consent form

Participant Identification No:

Title of Project: **A Phenomenological and Developmental Model of Shame and Recovery from Shame, using Metaphor**

Name of Researcher: Meriel Powell : can be contacted by mobile on 07772541632 or by e-mail - merielpowell1@yahoo.co.uk

Please initial

I confirm that I have read and understand the information sheet dated 01/05/2014 for the above study and have had the opportunity to ask questions.

I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason. If I choose to withdraw, I can decide what happens to any data I have provided.

I understand that my interview will be recorded on Skype and subsequently transcribed.

I agree to take part in the above study.

I agree that this form which bears my name and signature may be seen by a designated auditor.

Name of participant

Date

Signature

Name of researcher

Date

Signature

1 copy for participant; 1 copy for researcher

Appendix 4 FP Vignettes

EVERYMAN/ EVERYWOMAN VIGNETTES FROM DREAMS OR REAL LIFE

These were the vignettes which were used as prompts in the PEP to elicit shame material, and which will be used again co-creatively in further interviews:

There are different levels of shame – a broad spectrum between minor embarrassment to deep narcissistic injury (Wurmser, 2004, p. 3) These vignettes are designed arbitrarily across a whole range from 1 (less) to 7 (high) in severity to act as prompts to engender shame material.

The co-researcher can choose from the selection, to talk about whatever feels comfortable and appropriate. There is a crossover in this study between dream and reality so nothing will be identifiable in this study as factual or actual, attributable to one particular suspect! This includes myself too, because I need to cover my shame too and not be recognised.

1. Being rendered a laughing stock or held in judgement:

A memory of something unexpected and shocking happening, physically – trousers/knickers falling down in public place, producing a feeling of: “It happened - and I wish it hadn’t happened” (passive).

2. Being wrong by saying or doing something embarrassing and regrettable that results in being found out and told off and the resultant loss of love and esteem – (so it’s deeper than guilt):

A memory of stealing an exercise book from the school cupboard, my best friend pointing at me and telling the teacher “She’s taken a book from the cupboard”, and being reprimanded in front of the class, producing a feeling of: “I did it – and I wish I hadn’t,(active)” .

3. Being condemned by name calling, cruel remarks, snide mockery, ridicule, verbal bullying, sexual put downs:

A memory of being badly and essentially put down at the core and feeling deskilled, inferior and incompetent. Someone saying, “You are awfully stupid for a teacher. Call yourself a teacher?” or “You are a useless lover – that was no good”.

4. Being disgraced, by exposure of weakness, producing a sense of failure in the feeling of: “I didn’t manage to do it and I really wanted to” :

A dream of hopeless exposure of incompetence. Having to perform on a stage a flute solo, feeling totally unprepared, naked, making a real hash of the performance – leaving the concert hall, hiding my flute in the boot of my car in a black plastic bag, then getting in the boot of the car myself in a black bin bag.

5. Feeling unwanted and unlovable, by exclusion, and discrimination (racial, class, age, sex, religious difference):

An experience of being excluded from the social magic circle. Being told, “You don’t belong, you’re not good enough to join this club.” Resulting in not feeling held, understood, appreciated, cared for.

6. Feeling dirty and disgusting, by public humiliation/exposure of private matters / parts, being stared at, especially at key transitional highly vulnerable times, e.g. at school in a new class, at puberty, menopause, when body is developing/ changing too fast, in an uncontrollable, or frightening way:

An experience of being seen, discovered, essentially uncovered, or caught out especially around a situation of lost body fluids wetting, soiling or a physical thing – eg menstrual blood, semen, faeces, urine, catarrh, farting. Or public exposure of private matters (especially in gossip and the media, whose bread and butter is the delight in shaming people).

7. Being inappropriately treated by sexual abuse, physical force or psychological control:

An experience of being bullied as a child – forced to do a sexual or physical act eg drink urine, take part in inappropriate sex act.

Appendix 5 FP Initial lists of positive, bridging and negative metaphors

Initial long lists of positive, bridging and negative metaphors

710 positive metaphors

1. Had I been in your shoes, I would have done exactly the same
2. She is so well boundaried
3. Making the unconscious conscious
4. I am going into a parallel process
5. Let's bring it up to the light and bring it out without judgement
6. A dandelion and a prize rose at the bottom of the garden
7. You go and water it
8. You want the rose to survive
9. Showing the dandelion it is a rose
10. It is a rose not a dandelion
11. Saying something nice about someone
12. Take it and put it in their body like that
13. Once it has touched the body it is easier to embody it.. the goodness
14. Over time
15. Changing the narrative slightly
16. I am trying to put the nice words on top of the pain
17. Normalising
18. Equalising
19. Cartoons are such fun
20. Funny poem
21. Free associate
22. The flood of water going down
23. Somebody reaching out a hand
24. Saying you know, you are not going to drown in the flood
25. There is a push pull thing you want to disappear but you want contact
26. A wave on a beach
27. Footsteps
28. The waves sort of coming, slowly covering the footprints
29. Getting rid of them
30. Sort of a healing relationship
31. Coming from a place of love
32. I thought there is something weird going on
33. I am not giving her any badness
34. I am not even giving her behaviour badness
35. Exploring
36. Make sure the space doesn't have any footprints
37. We reach out little by little..
38. That can only be done little by little
39. Saying, "You were setting yourself up to be shamed"
40. Takes the onus off in a blaming way
41. Seeing it from a distance, explaining it, or exploring it
42. Unravelling it
43. A little offering of compassion
44. A little taste so they might be able to take it in, digest it
45. To get the self-compassion, it has to go in reverse
46. Getting the stone to be whole again
47. Take our badness out of the shadow, what we call our badness
48. Often it is really good stuff
49. Our anger gets shoved in that shadow quite a lot
50. I said a few things I hadn't thought of before
51. Water
52. Restoring the stone
53. Jack in a box or sponge

54. Letting the sponge relax
55. Not letting it be compressed any more
56. Gently lifting the lid and letting the jack in a box out
57. Slowly grow back
58. Slow, gradual, and preparing
59. Good timing, having space and time
60. 07 Collaboration
61. Coping strategies
62. Therapeutic insights
63. Sounded like a dog barking
64. Felt I touched your heart
65. Parallel process works through the airwaves
66. I started to pick at it with my finger
67. I said to myself, I will never forget being in this corner
68. I will never forget this and I never have
69. There is a connection between... if I am seen I will be put in the dunce's corner
70. My late wife did a very good job of bringing me out
71. Knock knock where have you gone
72. Gently tap me on the chest or the head
73. Allowed myself to open up and come out
74. Allowed myself to lift the dissociation enough to step forward into the relationship
75. made the decision from some remotely healthy place
76. learnt about love over the years
77. some kind of glimmer
78. some little spark of hope or faith
79. I was protecting that little bit of hope and faith
80. I never thought about that
81. A combination of all the senses, seeing, sensing, touching
82. With the benefit of hindsight
83. I can normally use coping strategies such as humour (336)
84. Picking at a nail trying to make some contact with it
85. Connecting, reconnecting
86. I now love them to bits
87. As soon as I could walk and get out into the garden, I found a haven
88. My attachment patterns as soon as I could crawl became linked to nature rather than people
89. Nature was a place of curiosity
90. On a farm I can just feel at home
91. Can hug a tree
92. Lie in the grass
93. Look at water rippling on the stones
94. Feel totally at peace
95. Made this connection (07/423)
96. Lost the person who pulled me out
97. Went back to my early attachment pattern – the fields, the trees
98. Can see a connection (07/452)
99. Lovely memories that nourished me
100. I am only just realising now the connection there
101. In my child ego state I had managed to save her life (also in bridge metaphors)
102. I probably had magical thinking in my child
103. I do work very hard to not deliberately shame anyone
104. Found solace in the garden
105. The recovery process
106. Coming back into that place and being able to bear it
107. Quite passionate in calling me out
108. She could get into that central place
109. I tried very hard to be up front (07/586)
110. I don't think we can ever be cured of shame

111. We can learn how to turn the volume down
112. I can't dig it out like Shylock's pound of flesh
113. Resolving this conflict emotionally and physiologically
114. Appreciated your presence
115. You were alongside me
116. Wouldn't have gone so deep
117. A stroke for you
118. Personal and professional resource is my own acknowledgement of shame
119. My lived experience of it
120. Moving from initial resistance to acknowledging the emotion
121. It has been with them for ever
122. Carefully graded
123. My biggest resource is my own woundedness
124. Stay alongside
125. Provides the possibility to enter into their shame
126. I know the territory experientially and theoretically
127. I know how multi-faceted it is
128. I know how deep and wide it is
129. I know this is not something to dip in and out of and suddenly get cured
130. I am entering into a journey with them
131. My understanding of the territory helps me invite them into this journey
132. The way to manage it is by entering into it as deeply as they can
133. This takes time
134. Then you find the right rhythm for this particular client
135. Adventure
136. Of preverbal origin, so haven't given words to it
137. Help them understand that this is shame
138. Draw on my own experience
139. What you are experiencing is quite common
140. I know it too
141. We call it shame
142. Then the lights go on to a greater or lesser extent
143. That helps establish and deepen the therapeutic alliance
144. You can really only deal with this in relationship
145. Can I share this, can I trust? The sharing is very important
146. Where in your body are you experiencing?
147. I am holding it
148. Giving them a tool
149. Magnifying glass – I am experiencing shame right now
150. Once we say to ourselves, "oh it's shame I am feeling"
151. Then there's a tiny gap between us in terms of our reflection and the experience
152. Sometimes that gap is just enough
153. To allow us to talk about it
154. To share it
155. To understand what's going on
156. Then the gap could widen and we're not so overwhelmed by it
157. It's relational
158. A truly deep understanding of what your experience is
159. People you trust, to share it if it is really huge (07/248)
160. We can heal ourselves by enabling ourselves to turn the volume down so its inaudible
161. Support client to overcome the overwhelming experience of shame
162. Understand how it affects them personally and in relationships
163. A product of the individual therapist / client relationship

164. Mirroring (07/280 and 313)
165. Fine tuning (07/282 and 07/313)
166. Spontaneous emergence between therapist and client (07/308)
167. Precision – putting things under the spotlight or magnifying glass
168. In the service of a specific, particular relationship
169. Collaborative essence (07/317)
170. A very tiny bit
171. Dig deep
172. At a much deeper level they are saying, you know do something different now
173. I call these healing crises, moments of healing crisis
174. My response was to over-react and in doing that I got caught up in repeating your history. I apologise.
175. Sometimes in this tricky, messy business of working with shame we do fuck up
176. Try and be curious rather than judgemental about our
177. Shit let's go back and put it right
178. In every moment of my life, personal or professional, my little boy is always alongside me
179. He is never far away
180. I don't want him to be far away
181. Creative adjustment (07/2/401)
182. In each moment of my life I am at the age I have ever been
183. I want this workshop to be characterised by curiosity not judgement
184. We lose the spontaneity of looking at the world as it is (also in neg section)
185. Seeing the magical things around us
186. Spark
187. Catalyst
188. Catalytic, energetic way of being in the world
189. The light never completely goes out
190. Support of others to shed some light
191. And let the spark grow and develop
192. Shine the light on the experience that is down there, dark and hidden away
193. That spark of light.
194. I am always seeking to be going behind that line trying to touch that small part of them – that lifelessness in them
195. My clients are at every age they have ever been
196. The past becoming more figural than the present
197. We are time travellers, a kind of Dr Who
198. My little 6 year old is here right now
199. Oh good, let's have a conversation
200. The I/thou of dialogical Gestalt for me is the container
201. That's a load of bollocks – the old classical idea was everything in the past is been and gone, the future is not yet, we are in the here and now
202. Develop the capacity to be compassionate towards themselves and others
203. Building up one's ego in order to relate with other people
204. Getting past those moments when they feel bad about themselves, criticise themselves (2/567)
205. Understand what is going on
206. This is their history
207. Reengaging again
208. The past is always with us
209. We can't cut it out from our bodies

210. We have to learn to accept and tolerate it and turn down the volume
211. To do that lovingly and gently
212. At every moment, we are every age we have ever been
213. We can say, okay, let's sort this out
214. Say, hi I can see you are in a bad place
215. I know more than anybody else about this
216. Let's have a conversation
217. We have to work at looking after our little kid
218. Talk about their histories
219. The jungle of their history
220. The dendrite thing ... show them about the brain
221. Neural pathways
222. The script of my own particular route through the pathway
223. Clearing a new pathway
224. Even when it's clear, we have to pay it attention from time to time
225. Like a good gardener would with the weeds
226. Give ourselves some nurturing
227. Maybe we have to make it a garden for our clients
228. Turn a jungle into a garden and then tend to it
229. You can't walk away from your own healing
230. We can be healed enough to not feel ashamed of feeling shame
231. Oh it's that again
232. It's part of who I am
233. Good modelling
234. Therapist's use of self
235. How we use ourself as a resource to understand
236. How we use ourself as a human being with appropriate self disclosure
237. I don't disclose if it's not in the service of contact or the service of knowledge assimilation
238. I do often share things
239. I try and be an emotional and intellectual barometer
240. I want to key in
241. And tune in
242. And to the space between us
243. Realises vulnerability is a huge strength not a weakness
244. To become more self accepting, more open and trusting of themselves
245. Becoming more human
246. Becoming more self-compassionate
247. The positive things you got from shame
248. They have redeemed themselves with their success
249. Professional success
250. Shame gives me enough humility to keep one foot on the ground and not go floating off into grandiosity
251. Sheep shit helps, it is no respecter of status
252. When I have to wipe a sheep's arse,
253. Keeping one foot on the ground in the sheep shit
254. Forward shift
255. With some hesitancy I can now say I am glad it happened
256. It takes a while to go through your basal ganglion and make the story (or pos)
257. Build myself up from the ashes
258. It feels like a phoenix from the ashes
259. There are no fairy tales
260. This is what we have to deal with and get on with it
261. It is what it is
262. Needing to make the story

263. Uncoil yourself
264. Going back in the opposite direction out of shame (06/3/186)
265. I don't think we are in heaven, we are still alive (affiliation) 06/3/307
266. I am curious to know, at that turn around point
267. I remember flailing trying to get her off
268. Then this voice in my head went, stay still
269. Playing possum might have been what saved you
270. I did write a letter – I will be glad when you die you fucking monster
271. There is water round it, with a bridge
272. It was a sea horse
273. I am a fire horse
274. I am hearing you in this amazing place of fire horse, sea horse
275. Being a transformational spiritual experience
276. The water horse transforms every 60 years
277. Ties up with the Bardic stuff
278. And the silver thread
279. I now have a firm foundation to stand on
280. Physis, that wonderful growing edge
281. I am made of earth, I feel grounded
282. A gentle knowing like a voice, "stop struggling now, wait" (06/3/556)
283. the Tao will flow through you
284. Magical thinking, it is that stillness (906/3/582)
285. One of the main stays of my work
286. Tapping into that deeper knowing, that intuitive...
287. Conglomeration of knowing that has happened
288. Coiling it down into that, turn it the opposite way round
289. honouring yourself in the place you have arrived at now
290. A bit of anger in you that is transformationally fabulous
291. I belong here as much as the trees and the stars
292. I like the trees, I planted trees
293. Fruit trees, birch trees, dragon claw trees, all sorts of trees
294. Scottish heritage, substantial
295. Celtic meanings
296. Rowan Silver birch
297. Very tall and elegant, so nothing like me (laughter)
298. The emblem of my counselling practice - the rainbow tree
299. The rainbow tree is a eucalyptus, as it peels the bark goes different colours
300. Blues, reds, yellows, quite stunningly beautiful
301. Change your colours according to what is needed
302. It is something that has happened from the outside in or the inside out
303. It has come about because of the shattering and the remaking
304. Hold them through whatever it is
305. You can't rush it
306. Very very delicate
307. Just learning her armour at the moment
308. Creative side, getting her to draw a picture
309. Coax it out
310. This is me reflecting you as a mirror because you do know it (06/3/813)
311. The art... taps into all that preverbal out of awareness stuff
312. It gives me a voice that I didn't have as that child

313. Naivete became for me a kind of weapon
314. Slowly coming to see that I have enough in my well to give back (06/3/889)
315. The biggest thing for me was learning to say no (06/3/895)
316. She said, I understand and I apologise
317. we are both relational counsellors and I do believe
318. There is a way forward through rupture to repair
319. Even if we repair on just a purely professional level
320. Clear the air
321. The unlocking of the suffocated, drowning, voiceless one
322. Enjoying the substantiality
323. Feel empowered, I feel alive
324. Open and compassionate
325. I can make my life like that in this small pond with the people I touch
326. The privilege of unravelling this phenomenon
327. They start to unravel how they are
328. They have made difficult decisions
329. They are really remarkable underneath
330. Thoughts about how you can make it go the other way, how you could unravel that
331. the runner beans thought (06/3/1021)
332. 06/4 Meeting in the middle
333. Meeting with compassion
334. Resonated
335. Hope embodied as a star
336. Beautiful picture of hope languishing on a hillock
337. Not destroyed that airy fairy hope, but ended her grip on me
338. Nature child
339. Redemption and forgiveness
340. This little voice in my head went, you can forgive yourself
341. The lightness came back
342. A grounded hope
343. The valley of the shadow of death
344. I am starting to bark now
345. Starting to bite back and say
346. Believing in rupture repair
347. INSIGHT REALISATION I was the one who had an unloving mother
348. I was in a group full of people defending themselves as best they could
349. I am beginning to learn when I experience the shame it doesn't belong to me
350. Somehow stand outside
351. See it for what it is I had never been honoured when I said no
352. I didn't just help myself, I did it in such a way I did not shame the other person
353. Understanding your own struggle
354. Not passing the hurt on
355. Didn't pass the pain on
356. The human bond
357. Connective bond between people
358. Radiating spines on a leaf 4/335
359. Little veins
360. Skeleton of a leaf
361. Spider web
362. Like the leaf one better because it is organic and real
363. I am just part of the matrix
364. Rubbing along with the person you are next to
365. The cell you are next to
366. The trick is persuading the other person this is the way the world is
367. Teeny weeny little cells
368. We're all leaves
369. The greater whole, the tree, life

370. Went in softly and gently
371. A gentleness that was more powerful
372. Get back to this place where I feel empowered
373. Learn to drop the pride
374. Accept that is the way the world is
375. The bond has restarted
376. Held out an olive branch
377. Glad that shaming happened
378. Those walls would not have come down as quick and completely
379. I wouldn't have made it without him
380. I am built anew or I am building anew
381. Every brick needs to be measured
382. Take time for me
383. I'm allowed this time
384. This way of being in the world may last me to my death
385. Houses built from the clay of the soil
386. Now I am that building 4/514
387. I have built my foundations with that death of hope
388. The sacrifice for my foundation stone was hope, that childish glimmered, glimmery hope
389. The hope is underneath somehow
390. Crossing from mother archetype to crone
391. You either make the transition or you don't
392. I have got there, onto the land that was the crone
393. I am starting to build my house of self
394. I said I thought it was a rope bridge
395. There was nothing substantial about it
396. I haven't gone back to that either
397. There was a land there
398. Guardian trustee to get you across, underneath
399. The guide with the machete who hacks the path out of the jungle 4/611
400. I just followed him at times
401. A heck of a journey
402. He normalised things
403. That's just the way life is
404. That's just the way people are
405. Equitable
406. My leaf thing –the cell that butts up against me, it's learning to cooperate
407. Mutuality
408. It doesn't have to be all ego and ranking in neg too
409. We all have our Achilles' heels in neg too
410. In my heart (plus body language pointing to heart) 4/674
411. my little house
412. the suspension bridge
413. moment of forgiveness
414. the beginnings of self compassion
415. each brick has been painfully wrought
416. The cycles of giving and taking
417. There had to be a different answer for it to stop the cycle
418. The wheel of fortune
419. The monkey that goes round
420. Trying to find a way to micro- teach her
421. There is a whole land of compassion for yourself, forgiveness and love
422. That is fruitful
423. That will energise and bear you up and carry you on and life
424. You are part of this research and this will bear fruit
425. Compass of shame

426. I am just one of the little cells
in the leaf
427. Laughter – enjoyed moment
4/798
428. Jumped off that bridge and
got back on
429. Thanks sweetheart
430. My crone is doing something else
and going “sod that”
431. We can go on and
develop something together
432. Touch base again
433. Keep me on my toes
434. 05 dark and blue, night blue
435. Womb like also in
medium category
436. Nature
437. Dogs cats pets
438. An ongoing dialogue with
nature and animals
439. Gain comfort
440. Relationship with nature
441. Grandparents – more real
and contactful
442. Sense of contact later
443. Being able to start walking on
the canal
444. Start to make sense of things
445. Recreate the essence and
experience of shame they feel
446. Look at how it is, not just on
the overwhelmed level
447. But also with insight
448. Looking at what they can do
to support themselves
449. Raising support systems
450. Stay with the experience
of shame
451. To witness this – I am in shame
452. Producing a different version
how they can self support
453. Support systems
454. Strengthening
455. Walking towards not
walking away
456. Much of what we fear is fantasy
457. I encourage people to think
and sense how they are feeling
What they are doing Their feelings
around What happens when they
feel shame
458. How they change gear
459. I build up a range of very
thick description
460. I want to build up a core
phenomenological perception of
what they are doing, what happens
when they feel, and how how they
might do something differently in the
future
461. I often talk about my shame
to help them with their shame
462. Better than skirting all around it
463. A co-created way
464. We can't go round it
465. A womb
466. A sort of continuity
467. It made total sense to me
staying with rather than avoiding
468. Going through rather than
walking around
469. Based on an insight
470. A truism for me in my life to
my mind 150
471. Healing that has come to you
in the womb
472. Shame is not something real
473. It is something in our imagination
474. It is our fantasy we do
to ourselves
475. We need to exorcise it in
an exorcism way
476. We turn ourselves
against ourselves
477. We do it to ourselves
478. Laid down before we have
a sense of self in many ways
479. A lot of preverbal stuff

480. A lot of imaginary scenarios
481. A lot of somatisation there too
482. When we realise shame is no big deal
483. Well it is a big deal
484. It's an experience
485. Noone is doing it to us
486. We are doing it to ourselves
487. To see what are the parts of that frozen experience that can be available to them
488. The importance of weighing them up more
489. Making the blind spots more conscious
490. Bringing things up into the light
491. A sort of short hand
492. There are no go areas where we must not go
493. The reality there is that with too many diversions we are going to be imprisoned within the asylum
494. It's about knowing the territory of the relationship 241
495. How trusting is this relationship
496. How safe is this relationship
497. Not running away
498. Shame can be part of one's own inner self at one or at war with the self
499. With the social self telling off the natural self or the organic self
500. The inner social life self at war with maybe the impulsive self or the childlike self
501. My mother was a very good teacher
502. In a perverse sort of way
503. I might wait just to see how it manifests
504. my wisdom is in letting it manifest as opposed to stopping it too soon
505. Staying with the manifestation
506. These days self rejection is worse than public rejection
507. Working through to the conclusion
508. The last cycle of the crisis
IMPORTANT METAPHOR
509. mankind is my kind
510. We are more interdependent than dependent or independent
511. Pearls of your more elderly wisdom
512. Thank you for the elderly ... laughter
513. The antidote to the world swallowing you up is
514. To hold one's own vision whilst being visible
515. Anger with our core self
516. Guilty never being able to get it right In other people's eyes
517. If we are true to ourselves, that shouldn't be so much a thing to do
518. The self image is not the be all and end all
519. If my soul can live with being different, that is what is important for me these days 454
520. I think we have to go through it to learn it
521. Hopefully we can convey our experiential learning for them in some way
522. Sharing our life long shame is very positive]
523. Possible to boil it all down to some clear definitions and hopeful strategies

219 Bridging metaphors

Defences, coping strategies, turning points, the bit in the middle, crisis moments, healing moments

1. 08 You are setting yourself up to be shamed at an unconscious level
2. The addiction is part of the unconscious way of reshaping
3. easy to quickly flip into thinking there is something bad about this person
4. the thing which has been passed down - about bad people and good people
5. the judgement of good/bad
6. see the enemy as bad people
7. his good/bad split
8. not that far away from world wars
9. had to be in that good/bad dynamic to survive
10. Goodness badness split
11. Waves on a beach, muddy footprints
12. The bit in the middle, between the push and the pull (08/922)
13. 07 disassociating – a strategy which sometimes helps me, but sometimes also gets in my way and sometimes doesn't help me 07/193
14. Inside it is like a grey colourless cloud
15. A defence of anger or rage then it becomes big big red
16. Misty grey (07/372)
17. A creative adjustment not a terribly good one
18. I had to learn in my intimate relationships to do the opposite
19. I needed someone to pull me out
20. my spark of hope was well camouflaged, was well defended
21. I wasn't going to let anyone get to it
22. I wasn't going to allow myself to recognise it
23. Children protect that spark
24. It gets smaller and smaller particularly when they have been abused
25. We cut ourselves off from that spark
26. We defend it so heavily against
27. It's all we've got left and we lose touch with it over the years
28. In my child ego state I had managed to save her life (07/470) not sure whether to put this in positives ... defences section
29. I probably had magical thinking in my child (07/475) ditto
30. That reaction which has fuel in it (07/668)
31. It was a cross roads really 907/676)
32. I was feeling so forlorn , I think I was back in that lonely alone place
33. At that moment the dog dropped a really big bloody log on my foot
34. At that moment I thought you have got to get your act back together now
35. Let's build something successful from nothing
36. the ashes
37. it was a wake up call
38. I don't think I will ever forget the dog or the log.
39. He is buried outside in the garden here
40. A flawed human being
41. Definitely flawed (laughter)
42. All of us have this spark somewhere inside us
43. We protect it and lose touch with it
44. In times of real existential threat, of non existence
45. Which my shame ultimately defends against
46. I have come to that place of suicide

47. The possibility of taking my life in that water
48. I am not ready for that non-existence
49. Unconsciously precipitating the crisis
50. Don't be seduced with me into all this shit again (does this need to be in negs or pos or somewhere different ... discuss with Simon)
51. My response was to over-react, and in doing that I got caught up in repeating your history. I apologise.
52. Parallel process (07/2/)
53. Repeating their history in order to get you to react in a negative way(in Psycho ed section)
54. To go through with them their script again
55. Projective identification
56. Sarcastic and humiliated manners in the way they were treated
57. At a superficial level to repeat their history
58. Pressed the pause button
59. How old do you feel inside
60. Oh shit, about 6
61. I needed to show my feelings and not lock them away
62. I am not sharing where I am 441
63. I am not modelling that he can by my self-disclosure from the process
64. The biggest driver- the moment by moment defence against the anticipation of humiliation
65. The past would come right through into the present and that's what happens I the transference (2/520)
66. Through the unconscious transference from the past, the past is more here and now than the here and now (2/542)
67. It's not that they have regressed, it is just their paths have come to meet us, they bring their kids to be healed (2/550)
68. Almost every time I run a workshop, there will come a moment when suddenly I lose my thinking
69. I say to people, I have lost my thinking
70. the creative adjustment 2/670
71. Oh shit, here we go again 2/674
72. I suddenly realised I was in a parallel process 2/679
73. Talk about it laughingly (2/ 691)
74. People always projecting power and authority and idealised transference onto me
75. Something about balancing the shame against the non-shame, and pride in what we do
76. Hell of a journey
77. 06 haven't got enough distance to process it still
78. It takes a while to go through your basal ganglion and make the story (or pos)
79. I had to build myself up from the ashes 3/78 or pos
80. Like a phoenix from the ashes 3/79 or pos
81. Not losing the connection to the original shaming 06/3/178 also in neg
82. Uncoil yourself quicker than.... But you are not quite ready, but maybe nearly
83. One of my defence mechanisms, I just withdraw
84. Maybe put memories in here
85. Trying to connect with the good side of mum (06/3/279)
86. Completely split away from the bad side, didn't want to see that
87. How I adopted my whole life – that it was all positive
88. Reference to fairy tales and being innocent
89. I only saw the good side of life

90. I couldn't cope with seeing that ugly mother side that held my head under water
91. I have my withdrawal mode
92. Survival mechanism
93. Fight flight freeze, and I froze, played possum
94. became silent and played possum
95. turning point (06/3/410)
96. turning point (06/3/890)
97. Stand my ground
98. I didn't trust the crossing
99. There was nothing underneath me
100. I wonder what she has picked up from my shadow side
101. An unanswered pain of ourselves
102. We replay it
103. 4/06 sense of the fairy tale
104. the happy ending
105. didn't want her to be that fairy tale thing any more
106. I wanted it to be more real in the world not something you dream or wish upon
107. Soul cycle through the Tarot, the Arkana, the Major Arkana
108. Death of hope
109. I have loved hope, I have lived for hope, she has broken her bond with me
110. Never never land
111. The morning star
112. Disillusionment
113. In a Buddhist way, accepting
114. No more rose tinted glasses
115. This is the way the world is
116. A bit of a grief process
117. A wiser more accepting self
118. Not a tearing loss, a ripping at the soul, or something so sad you can't bear it
119. Almost a shedding
120. Take your coat off
121. A tree sheds its leaves that it doesn't need, or its branches
122. Moving from one stage to another
123. Death of that shining hope
124. Necessary childhood stage 142
125. Not dead to me, just changed
126. Solid
127. Concrete
128. Not so airy fairy, wishy washy 159 188
129. Penance
130. Living through
131. To achieve the change inside us
132. Find a way of balancing
133. A melting pot
134. Glad that shaming happened
135. Those walls would not have come down as quickly and completely
136. The walls had to come down
137. Choice – to choose not to go down that avenue
138. Letting the neediness go... part of the fantasy
139. Going from one stage, from my older mother archetype to my crone
140. The transition that is happening
141. Swing bridge – precarious transition
142. It doesn't make us bad or good
143. Learnt to defend myself from shame
144. Put the feelings, shame included.. on hold
145. To show you were wounded invited more ridicule
146. Retreated to bedroom – womb- like
147. Natural self
148. Support from nature
149. Particularly dogs cats pets and an ongoing dialogue with nature
150. Retreated into nature

- 151. Walk away from the shame
of mad home environment
- 152. Spend time by water

- 153. Enjoying visual the light
and sensory aspects of nature
- 154. Being able to move

350 negative metaphors

1. your intrinsic being rather than anything you have done - intrinsic core damage
2. something that is not savoury... unsavouriness
3. a bit of badness clinging to me
4. somewhere deep in my body as a core belief
5. past its sell by date
6. soup that has started fermenting, or gone off
7. looks like normal soup but it's bubbling when you look at it closely
8. I am going to be rejected by my peers
9. Something that looks perfect .. soup or cream – it looks as it should be DISGUISE
10. When you taste it you realise
11. Oh my God
12. This isn't good at all
13. An unjust thing
14. The inappropriate words that popped out of my mouth
15. Totally cocked up
16. Terrible defensive shame (end p 8 234)
17. Totally idolised me
18. Totally idealised foster other
19. Totally rubbished birth mother
20. Those 4 months were terrible ... I had to live with that
21. Left with, Oh my God, what could this be
22. Having the boundaries of my body expand into the ether
23. My body unbounded
24. Being outcast by your peers
25. Getting all this crap dumped on him
26. Frozen a stick in an ice cube, when the ice cube melts it loses its balance
27. No containment
28. The rug pulled from under your feet
29. The world you knew no longer exists
30. if my centre of gravity were to suddenly stop
31. The whole world would change
32. The more powerful the shaming figure, the worse it is – Debilitating - Devastating
33. Just the fact that he had gone into shame was very shaming
34. What in the hell is going on here?
35. You are setting yourself up to be shamed at an unconscious level
36. Oh my God
37. The addiction is part of the unconscious way of reshaming
38. Parallel process
39. that process of breaking boundaries
40. I have shown myself to be incompetent
41. we clam up/ the voice clams up
42. Hard to confess it in supervision
43. Somebody who may have power to judge us
44. If something is going wrong
45. Why would people bother to look after themselves if they think they are just a dandelion
46. that is the trouble with getting old
47. tongue tied
48. silly book
49. humour considered to be a defensive manoeuvre
50. don't go into humour when I am there and losing my words
51. like a sexual experience, a powerful rush
52. your thoughts go round and round in your head
53. your thoughts keep going back to the incident
54. the flood you can't stop it, it rushes, it happens

55. there is a push/pull thing you want to disappear but you want contact
56. the push/pull of attachment
57. avoidant attachment
58. desperate to have the mother .. she picks you up... you push her away...
59. once you have pushed her away... you want her back again
60. the badness/goodness split and push/pull
61. once you have been shamed you have taken the badness on yourself
62. then it sort of links up again and then another shaming and it goes like that again
63. muddy footprints in the sand
64. Offering a whole loaf of bread when they need a slice
65. More often that not it is like a little drop on a stone
66. You are so stupid and then life carries on (08/1018)
67. Like a little drop wearing the stone down
68. Not made of acid, just water I think
69. Poison
70. Sucking the water back, drop by drop
71. A river splashing the same bit of stone over and over again,
72. a pebble in the sea
73. Stone getting worn down, so you have no resilience
74. The adult trying to keep you on the right path
75. Definitely water because it is disguised as goodness most of the time
76. Jack in a box or sponge - where you get pressed down
77. So you have denied most of yourself
78. You wouldn't just lift the lid and let the jack in a box out
79. Gremlins get in
80. seen as naked, dirty, disgusting, not good enough
81. people would see me
82. particular concentration in chest and stomach
83. near the heart area
84. you disappeared somewhere
85. empty aloneness, like an isolated cut off
86. nothing inside me, nothing outside me, just a total forlorn..
87. I think in that empty aloneness I am disassociating
88. I can disappear very easily
89. Like you were in a void, a vacuum
90. Remembering hiding, as a child
91. In an airing cupboard (07/207)
92. I wouldn't asphyxiate
93. Needed to hide So I am going to keep very very still
94. And go into this empty secret lonely place where no one can get in and no one can see me
95. I am totally adrift
96. The teacher put me in the dunce's corner
97. I must have got something wrong
98. I saw this nail
99. It had been bent over
100. Over the years this nail had become embedded in the paint
101. And go into this empty secret lonely place where no one can get in and no one can see me
102. In my isolation
103. the nail was covered in paint
104. A freezing response
105. There was always this big hole in the heart
106. I was back in touch with the empty aloneness that she had helped fill (07/460)
107. Back in that early non attached place with my mother

108. Like a heart pain that won't go out
109. The dunce's corner with a vengeance (07/594)
110. In the dunce's corner and propping up the whole wall
111. No creative adjustment to hide in any more
112. Like open heart surgery without an anaesthetic
113. The incision
114. Everyone dining out on it
115. I was firing from this adult in my child ego
116. Nothing I could do to fan the flames
117. Like a burning inside me
118. Like I was on fire inside
119. Fire consuming me
120. Struggling to stay grown up
121. Struggling to maintain some kind of self-worth
122. To stop disappearing down this the hole
123. Like being in a wilderness, a desert
124. The tortured shame or torch of shame (could be either) burning in me
125. Developed a burning sciatic nerve
126. The struggle was how to remain okay on the outside
127. While I was dying on the inside
128. One hundred sheep, if they have been too long in one field they are absolutely covered in shit – that's what shame is like
129. 07/ 2nd interview never easy to talk about shame
130. Want the earth to open up and swallow you up
131. Lose your thinking
132. Feel pretty stupid
133. We tread on egg shells around it
134. When we lose our thinking and don't know what's happening
135. We have a physiological experience
136. This is my physical and emotional experience
137. Fall down the hole
138. Seduced with me into all this shit again 351
139. As children, we are taught to be blind or to look at the world through particular eyes, usually the eyes of others
140. We lose that spontaneity of looking at the world as it is, and seeing the magical things around us
141. Dim their lights in order to survive
142. The light never completely goes out but it goes very very very dim
143. That spark of light, that small child, its curiosity and its yearnings, its longings, are hidden
144. When you are feeling like you are a little shit, 2/533
145. Continuous blame games (07/2/604)
146. It appears more like a jungle than a garden
147. Floating off into grandiosity
148. To go to my head and start floating around and telling them what they should be doing
149. A slight shame response in my belly
150. That dream of hope in a different world shattered 06/3/97
151. It is a terrible thing to shatter naivete or innocence
152. Like a suit of armour
153. The shame has had a very negative effect by becoming big 125
154. The armour becomes more congealed and stuck onto you
155. almost like having a vaccination
156. I'm not sure how it got so convoluted (06/3/179)
157. Allow myself to be shamed sporadically with my bigness

158. I suddenly heard a parental prerogative, which is my attachment style
159. That I had an insecure avoidant attachment style
160. Terribly independent
161. Withdrawn
162. My wounding was so young and early
163. My mother.. so distant
164. It was like an egg, it just cracked open
165. Suddenly I saw memories from the past that I had kept out of awareness for so long
166. Her holding my head under the water
167. Used to say she was a witch and used to hate her
168. They wanted to kill me really
169. These memories came back that I had held at bay
170. It's all your body being held under
171. Feel that sense now of being so unwanted
172. She is trying to bloody well kill you
173. My 14 little mothers
174. They ganged up together
175. Paralysed place of being drowned
176. I am a fire horse
177. She wanted it born in England
178. all the Chinese women were having abortions
179. because they did not want a child born in 1966
180. which is the year of the fire horse
181. the fire horse children are meant to bring calamity
182. every calamity that befell the household was me
183. Even the universe didn't want you, you should have been aborted
184. Trapdoor in my stomach would open up and I would disappear down it
185. I still occasionally get overwhelmed and become out of control
186. I still try to shut it down ... play possum, my old way of managing it
187. Thrashing about (06/3/602)
188. Carrying out the same sort of atrocities
189. It made me more of a ghost (06/3/884)
190. I had never been honoured when I said no (06/3/897)
191. Evil witch
192. Stab hope through the heart
193. Blinded
194. Lute broken with only strings
195. Wilfully damaged
196. Never had a full sense of myself
197. Spiritual nomad,
198. Wanderer
199. Aching
200. Neglected
201. Empty inside
202. Hope dying
203. Found myself losing ground
204. Losing a sense of myself
205. Not getting sucked down the plug hole and disappear 291
206. No grand ego to be the central vein
207. I will be off centre
208. Narcissistic need to be right
209. Defend myself
210. Get stropopy
211. Swear
212. Narcissism to keep me alive
213. Self reliance
214. Survival
215. Still feel the burn of it

216. has had to walk round the cycle with me again and again
217. let people assault the house of myself
218. and pull it down with their shame
219. tongue tied
220. embattled
221. it doesn't have to be all ego and ranking (in pos too)
222. it's not about I am better than you
223. we all have our Achilles' heels
224. 05 Isolate feeling self inside his bedroom
225. Emotional contagion
226. Father's death
227. Hysterical mother
228. Escape into nature
229. Outsider
230. Loss of sense of self
231. Bitter taste of shame
232. It could wipe me out
233. I had to deny it expression in the unsafe short term
234. Reflect and reexperience it alone, some time later
235. Lump of sugar sinking down in a big cup of tea
236. Getting less and less and less
237. More dilute less of a sense of a defined self
238. More part of a merging self
239. Diluting and losing me
240. If I let go I just dilute and lose me
241. Dissolving in a cup of tea in liquid
242. Losing a sense of cohesion
243. Spreading
244. Becoming non-focussed
245. Non actual
246. Shame is becoming non actual
247. Non actual is the disappearing away
248. Being eroded
249. Didn't have any feeling of power or focus or whatever
250. Dissolving before someone's eyes
251. On the overwhelmed level
252. Walking around 1149
253. Core sort of damaging thing
254. The frozen parts of that experience
255. Shame hidden, a secretive thing 202
256. There are no go areas where we must not go
257. A certain taboo
258. There are certain limits over which you should not go
259. The reality there is that with too many diversions we are going to be imprisoned inside the asylum
260. If it's too full blown, it is hard to rectify 291
261. The sugar lump feeling, the sense of spreading 322
262. Lack of clarity
263. Withdrawing into yourself
264. Yes utterly passive
265. Wanting the world to swallow you up
266. The ground swallowing you up
267. Becoming socially invisible

Appendix 6 FP Summary of initial FP themes and sub-themes

In the first analysis when the positive themes were chopped up into piles and placed in cups, the themes were the following, from the largest to the smallest groupings:

Summary of Final Project themes and sub-themes in initial analysis

Theme	Number of chopped metaphors
Psycho-education	157
Love, support	89
Acceptance, building, repair	85
Making sense, common sense	77
Nature	69
Change, turn around, cycles, making new connections, turning points, the bit in the middle, crisis moments, healing moments	37
Unconscious process	34
Coming out of hiding, sight, insight, space and place	30
Fantasy, magic	21
Not obvious – unravelling	21
Time and timing	18
Swearing	10
Body	10
Ambivalence	5

Appendix 7 FP Initial table of rated positive metaphors page

Initial Table of rated positive metaphors

Rating 3 = very strong metaphor Rating 2 =strong

Rating 1 = okay

Rating 0 = not clear, intangible

Sugar lump sinking down in a big cup of tea, becoming less and less, more dilute

I am dissolving before someone else's eyes.

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	Shame is dark and blue, night blue		Hiding	3	
3	Learnt about my natural self	Feeling more connected	Growth	2	
3	Sense of support from nature – dogs, cats, pets	No longer feeling isolated	Support	2	
3	An ongoing dialogue with nature	No longer feeling isolated	Power Conversation/ dialogue	2	
3	Retreat/escape into nature spending time by water	Comfort/solace	Support	2	
3	Being able to move, not frozen		Movement, power	2	
3	Relationship with nature	No longer feeling isolated, frozen	Support	2	
3	Loss of sense of self – outsider	Disconnect	Isolation, unloveability		
3	Bitter taste of shame			3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	Sugar lump sinking down in a big cup of tea, becoming less and less, more dilute I am dissolving before someone else's eyes	Losing a sense of cohesion, diluting, losing me Disappearing, becoming non-actual Diminished, reduced	Powerlessness Invisibility	3	
3	Getting a sense of contact being able to walk along the canal	No longer feeling isolated	Contact Movement Nature		
3	Recreate the essence and experience of shame	Smell, taste, creation, re experience	Strategy power Movement	3	
3	Look at how it is, not just on the overwhelmed level but with insight	See it from the outside and the inside	Power Insight		
3	Think and sense what happens when they feel shame – how do they change gear	Look in detail at the experience of shame – the mechanics of shame	Power Thinking		
3	Build up a core phenomenological perception	Build up a perception of core experience	Power Get right into shame, at a deep level		
3	We can haunt ourselves with shame and we can exorcise it	Can be like a ghost, with power over us, or can control it, take it on	Power Can master shame		
3	An enculturated response laid down before we have a sense of self	Shame is an early response based on culture – the effect of society and others on us	Power Can learn to understand it		

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	What are the frozen parts of that experience that can support and be available to them	Looking into the coldness and stuckness of shame and realising there may be positive self-support within that experience	Power understanding		
3	Explore the story, the importance of a whole range of memories and experiences which have not been tested out	Looking in detail, testing out... Inspecting Stretching Growth	Power Growing in understanding		
3	Therapeutic insight 06/1/118		Moments of enlightenment		
2	The importance of weighing them up more in the light of day	Balancing, measuring, holding up to the light	Power Seeing Developing awareness	3	
3	Making the blind spots more obvious Then the lights go on 06/2/174	Bringing up to the light Normalising	Power Seeing Developing awareness	3	
3	A sort of short hand. There are no go areas where we must not go- a certain taboo we are going to be cut out and won't meet the social rules, will be imprisoned inside the asylum	Positive sides of shame, useful early on in childhood – the social life of shame about life, exposure, sex, being an adult	Power Can learn to understand it and see the positive side of it. Learning the boundaries	3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	This is connected. I was taking the dog out. One of my coping strategies was to work very hard and create something very successful 06/1/660	Recovery from shame through hard work Growth through trauma	The positive side of shame was my way of saving myself Making connections between different experiences apparently unconnected	2	
3	It was like x became the ashes for me Let's build something successful from nothing 06/1/693	Turning things around Growth through traumatic shame	Integration of traumatic memory	3	
3	I had to build myself up from the ashes. It feels like a phoenix from the ashes, it feels like something stronger, more resilient, more able to cope, manage 07/1/78	Growth through traumatic shame	Integration of traumatic memory	3	
3	It was the cross roads .. the dog dropped a really bloody big log on my foot ... at that moment I thought, "you have got to get your act back together" now We cried together on the bank of the river	A sense of another failure experienced as a terrible shaming, leading to a decision to walk into the moonlight on the river and drown himself – key moment of recognition	Shock Humour Laughter Swearing Presence of the dog – companionship	3	
3	It was a wake up call 06/1/700	Moment of life changing experience	Turning point	3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	I did write a letter on email, but I didn't send it to my mum, I sent it to me, and this email was a part of me I had never seen before and it was saying, I will be glad when you die you fucking monster 07/389 If I was to put a word on my mother I would call her a classic sociopath, terribly charming 07/407	It's going into your own woundedness, hitting back... that is really important I terms of the shame process isn't it... we have to go there... we can't uncoil until you have expressed that furious bit. .You lived to tell the tale in a really powerful way 07/411	Shock Telling the tale in a very powerful way – finding the words Swearing A turning point		
3	I've been hard wired wanting to know where the boundaries are, pushing, pushing, pushing – on a motorbike, at a certain speed or angle, how does it feel on a corner before it starts to drift away - Knowing that tip point	Finding a sense of self Getting outside comfort zone exploring the edges of self learning to find out where the edge is	Power Movement Pushing the boundary Power Getting a sense of boundaries experiential learning	1.5	
3	I've never felt safe in relationships till I found out where the boundary is in order to find out where the edge is... make friends with it	Testing the edges of a relationship Stretching	Relationship Power Boundaries	1.5	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	Shame is part of one's own inner self, the social self at war with the natural self or the organic self or the impulsive self or the childlike self	Shame is conflictual, so different parts of the self are fighting	Warring, fighting, splitting	2	
3	Shame comes from the social self 05/ Shame comes from other people because it is something you have done 07/1/148 Healing comes from sharing with another human being or human beings 06/2/205	Shame is relational You can only really deal with this in relationship	Relationship	3	
3	The last cycle of the crisis – working to the conclusion that mankind is my kind – you don't have to be this or that...or different - just accept	Time passing, like the leaf metaphor too	Support Belonging Acceptance	1.5	
3	Toying with the idea of shame being like wanting the world to swallow you up and become socially invisible ... the antidote to that is to hold one's own vision whilst being visible	Being true to self – holding our own vision Staying visible Accepting we can never get it right in other people;s eyes	From wanting to be Invisible with shame, to becoming visible and holding Being true to ourselves	3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	Anger with our core self, towards ourselves	Anger turned in	Core damage	2	
3	they have redeemed themselves with their success.... needed professional success to feel good about myself. I thank God for my shame because it gives me enough humility to keep one foot on the ground and not go floating off into grandiosity	Middle ground between grandiosity and narcissistic pride and going right down into the depths of shame The territory	Benefits of shame – good outcome Knowing the territory of shame	3	
	I have got over 100 sheep, if they have been too long in one field, they are absolutely covered in shit – that is what shame is like 06/1/763 Sheep shit helps .. wiping a sheep's arse. It is no respecter of status 06/2/750	Achieving a balance between extremes of pride and shame – balancing shame against non-shame	Swearing Practical ways of bringing ourselves down to earth – levellers in between recovering from shame and becoming too proud – pride in achievement	3	
38					
			Loveability, relationship, therapeutic alliance in therapy, supervision, and training		

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	Collaborative essence: from precision, putting things under the spotlight or magnifying glass, this fine tuning of our mirroring with the client is an individual thing, always about a specific relationship rather than too much technique 06/2/314		New understandings of shame emerging spontaneously between therapist and client	3	
3	Metaphors of affiliation, for example, let's sort this out, let's have a conversation, let's bring it up to the light, let's shine a light on it		Affiliation	3	
3	Had I been in your shoes I would have done exactly the same 08/417		Support, Normalising Empathy	3	
3	Somebody reaching out a hand, saying you are not going to drown in the flood		Connection Contact	3	
3	I used to call them my 14 little mothers, because they were so cruel and they had ganged up together	So you went into that paralysed place of being drowned? How can you fight back?	Holding with empathy whilst questioning for strengths	1	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	Funnily enough, you said, how did I break free? When I was a child, I became an excellent swimmer.. I used to win gold medals for it ..	(Then the phone rings giving her a bit of a breather, time to respond)	Technology invades! Co-creation	2	
3	I wasn't a fish, it was a sea horse actually	Being proud of your horse-dom!	Reconstructing, reframing from magic to the reality that she can swim and survive		
3	I am a fire horse.. the fire horse children are meant to bring calamity to those people around them - unwanted child	The fire horse represents her fury, which can be converted from rage into anger and expressed clearly and appropriately	Reconstructing the story from an ancient Chinese culture – the fire horse transforms every 60 years and survives		
3	I now have a firm foundation to stand on. I occasionally get overwhelmed and become out of control but that lasts for about an hour now.	She can feel more grounded and can measure or predict the length of time she will be out of control for	Developing a sense of being grounded in control	3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	One of the main stays of my work is that I hold them while they are stressed, anxious, thrashing about ... separate out different things that are bothering them... let's deal with one thing at a time... introduce some art work, creativity		Holding Timing	2.5	
3	Knowing the terrain 05		Land, territory	3	
3	Tending a garden You go and water it You want the rose to survive We have to work at looking after our kid 06/2/589 Like a good gardener would with the weeds Keeping the weeds at bay 06/2/623 Turning a jungle into a garden 06/2/637	Paying attention, tending Valuing Bringing out the best Tender loving care Getting rid of the wild elements, replacing with something more manageable	Nurturing Caring, working Keeping at it Working hard to create compassionate caring attitude towards self	3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	When they are able to get out of continuous blame games with other people 06/2/604 and talk... explore, dig around in the jungle of their history and see life as it really was, not just how the defences created it 06/2/607		Recognising a readiness to really work at taking responsibility	3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	<p>I do the dendrite thing – 06/2/610 I show them about the brain and how the neural pathway is on the script of my own particular pathway. It's very overgrown, it's difficult, so we have to chop a new way through the jungle. As we are working more and more, we are clearing a new pathway, and even when it's clear, we have to pay it attention from time to time like a good gardener would with the weeds, and go back and give ourselves some nurturing and some time because it can grow over very quickly and grow back 06/2/623</p>	<p>I show them about the brain</p>	<p>Psycho-education</p>	3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	I said, maybe we have to make it a garden for our clients? The interviewee replied, Yes, that's nice, turn a jungle into a garden and then tend to it 06/2/637	This idea was created in the discussion about jungles having wild animal that might come out and bite you, and the interviewee saying that feels more poignant, the experience of shame feels more like a jungle than a garden. You know, to stop it being so frightening	Co-creation Collaboration	3	
3	That's nice, turn a jungle into a garden and then tend to it		Caring		
3	I was thinking more of the Cistine chapel	Picturing finger picking at a nail, and wanting to connect with a positive feeling	Co-creation		
3	Showing the dandelion it is a rose - a prize rose		Prizing	3	
3	The bedroom I would retreat to was womb-like		Containment, security, natural	3	
3	As soon as I could walk and get out into the garden, I found a haven, and my attachment patterns from the age of about 2 as soon as I could crawl became very linked to nature rather than people	A haven is a place of sanctuary for the young child to escape to away from feeling psychological danger	Haven Safety, Attachment	3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	Stepping out on a farm, buying a farm	Positive coping strategy	Healthy and natural		
3	Nature was a place of curiosity exploration and wonder .. I feel at home – I can hug a tree, or lie in the grass, or look at water rippling on stones, and I feel totally at peace	A useful creative adjustment	Connecting with self through nature	3	
3	Touching the body with a rose and embodying the goodness		Embodiment	2	
3	I seek to touch that small part of them – the child's curiosity and yearnings that have been hidden for so long... that lifefulness in them	Reawakening some dormant part Spiritual touch?	Drawing out the physis	3	
3	Put a photograph in a transparent wallet.. next to your heart when you are feeling like "a little shit" 06/2/583	Reconnecting with love to self	Touch, self-compassion	1.5	
3	Exploring the edges on motorbike We tread on egg shells around it because we are scared of shaming them	Be brave, face it head on, deal with it by going through it	Boundaries Talk about it		

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	Best for me to face it head on 06/1/80			3	
3	I couldn't cope with seeing that ugly mother side that held my head under the water ... These memories came back that I had held at bay for 30/40 years 07/296	Researcher : we are talking about it now. I am curious to know, that at that turn around point, whether there is part of you that can speak – it's all your body being held under 07/317	Co-creation through interaction between interviewer and interviewee	2	
3	Yes, I loved that , when you said it, something lit up inside me.... That's exactly right, I am substantial now	There is a bit of anger that I thik is in you which is transformationally fabulous	Healing Transformation	2.5	
3	I found this artist .. it's the emblem of my counselling practice, the rainbow tree 07/737	Creativity Colour Variety	Creating something new out of the ashes	2	
2.5	It was my husband who called it a rainbow tree, and that is the name of my counselling practice, and we found out the rainbow tree is a eucalyptus, as it peels, the bark goes different colours... blues, reds, yellows... quite stunningly beautiful 07/753	Change Variety Involving colourful growth	Creative outcome Growth Co-creation, collaboration	2	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	my little boy is always alongside me – he is never far away – I don't want to leave him behind any more- I will rely on him to tell me when I am feeling things my adult doesn't want to know and he will rely on me to bale him out intellectually 06/2/391	Talking between child self and adult self – a form of self-therapy through shame	Self-compassion Deepening awareness Self dialogue	3	
3	You can soften your voice and speak to that child and my clients begin to realise, my little 6 year old girl is here right now. Oh good, let's have a conversation 06/2/587		Caring and nurturing relationship		
3	The I/thou of dialogical Gestalt for me is the container	Respect, dialogue, containment	Containment Safety Communication		
3	Turn down the volume by entering into it as deeply as they can – it takes time – they can be overwhelmed if you go too fast or too slow Gradually you learn to get the right rhythm for this particular client 06/2/131	We have to learn to do that lovingly and gently	Like music or a lullaby - Soothing, quiet, gentle, pacing in the relationship Emotional attunement	3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	How old do you feel inside? Where in your body are you experiencing some sensation? If there is a tiny gap in us between our reflection and our experience, then the gap could widen and we are not so overwhelmed by it 06/2/232	The unsaid but felt	Developing fresh insight through the collaborative process – slowing down and looking in micro-detail at, and talking about, what is happening in the here and now around shame – awareness, expansion	2	
3	Gentle, little by little We reach out little by little, that can only be done little by little A little taste so they might be able to take it in 08/1006		Penetration in a respectful way without harming Empathy	3	
3	I appreciated your presence – I felt your were alongside me 06/2/76 Stay alongside someone	Feeling accompanied on the journey	Presence	3	
3	In my child ego state I had managed to save her life – I probably had magical thinking in my child ego state	Magical thinking protects us from existential agony and despair in the shame of not being good enough	Defence of magical thinking Theory – metaphor enables us to make a story through unusual use of words – like child ego state		
			Powerfulness – cognition - knowledge		

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	I want this workshop to be characterised by curiosity not judgement 06/2/448	Non-judgemental attitude	Teaching core conditions of worth Awareness and an open attitude – honesty and transparency with self and others around shame	3	
3	My own biggest resource is my own woundedness, my own experience of shame		Resources	3	
3	The therapist's use of self as a resource to understand but also as a human being with appropriate self disclosure can really make a difference to people 06/2/701		Resource in therapy and teaching	2.5	
3	Looking at shame with a magnifying glass Fine tuning 06/2/281 Mirroring 06/2/280 Where in your body are you experiencing some sensation? 06/2/215 Getting a grip on it 06/2/212	Giving them a tool for close observation	Micro teaching Inspecting closely	3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	If I fall down the hole I now can get out more quickly. But I do still sometimes fall down the hole	Recognising the process – shame can never be cured	Time and experience – can teach us, but shame is inevitable and we have to live with it	3	
3	“You were setting yourself up to be shamed”		Recognising and naming the phenomenon of shame		
3	I try and be like an emotional and intellectual barometer .. I really want to key in and tune in to what is happening for the client and me, and the space between us	Being transparent and sensitive as a trainer, therapist and supervisor	Measuring Fine tuning Enabling Facilitating	3	
3	I build up a range of very thick description		Describing richly in language	1	
3	Waves on a beach, slowly covering the muddy footprints Smooth them over, make sure the space doesn't have any footprints08/837		Explaining, seeing a situation from a distance, does not reshape the supervisee – a healing relationship Clear the transference	3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	I know the territory of shame experientially and theoretically – it is multi-faceted, deep and wide, not something to dip in and out of and suddenly get cured. I am entering into a journey with them My understanding of the territory helps me to invite them into this journey06/2/122	Have done a journey of exploration into the phenomenon, through experience and learnig theory	Acquiring knowledge Understanding Exploring A journey of discovery into the nature of shame – its variety, depth and width	3	
3	Every time I run a shame workshop, there will come a moment when suddenly I lose my thinking... I told you I might 06/2/662	Normalising	Modelling Teaching Psycho education		
3	I model being present and being open and vulnerable. Eventually the other people realise that vulnerability is a huge strength	Openness, presence, vulnerability – modelling	Modelling Teaching Psycho education Enabling Facilitating	3	
3	Drawing on my own experience Perhaps you are not yet aware but what you are experiencing is quite common	Not sharing directly but obliquely Normalising	Using experience to develop understanding and self-acceptance around shame	3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	I only use the ones that work for me 06/1/109 Humour	Engagement in the process	Developing coping strategies	1.5	
3	Let's bring it up to the light and bring it out without judgement	Shining a light to illuminate something shameful	Illumination Bringing out into awareness	3	
3	As children we are taught to be blind, to see the world through the eyes of others	So we lose the spontaneity of looking at the world as it is, and seeing the magical things around us	Re-learning to see for ourselves and work out our own version of the reality we want	2	
3	Children can lose this spark, this spontaneity, this catalytic way of being in the world 05/	It is an inevitable part of growing up		3	
3	Some dim their lights more than others in order to survive... for most people the light never completely goes out, but it grows very very very dim. They have learnt to put it away for so long 06/2/492	Then we need the support of others to help shed some light and let that spark grow and develop	The therapist shines the light on the experience that is down there, dark and hidden Making visible	3	
3	I think somewhere inside me inside this empty aloneness, there is some kind of glimmer, some little little spark of hope or faith 06/1/291	An inner physis	Hope that does not quite go out – survival, physis, energy, spiritual life force	3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	All of us have this spark somewhere inside us which we protect and often lose touch with..	Teaching to show people there is a way	The learning that our shame ultimately defends us against		
3	Suit of armour – I am inside here somewhere as this fat person		Protective function – recognising and naming – being real	3	
3	Camouflage – shame is not what it appears		Letting go of pretending	3	
3	This voice in my head went, stay still... and I .. what is our survival mechanism... fight, flight, freeze, and I froze ... played possum... I just became silent and played possum 07/341	So you pretended you were gone. Staying completely still might have been what saved you	Visceral response - a survival mechanism	3	
3	My attachment patterns from the age of 2 as soon as I could crawl became linked to nature rather than people - I found solace in the garden 06/1/406		Insecure attachment pattern	2	
3	A heart pain that won't go out	Naming the agony is important	Recognising the body elements of the anguish of shame	2	
3	I hold the intuition in my guts	Where is the conglomeration of intuitive knowledge felt?	Body awareness		

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	Soup or cream that looks good 08/166	Not what it appears – it is fundamentally bad	Deceptive appearance of shame Recognising how confusing shame is	3	
3	Making the unconscious conscious 08/466		Spotting parallel process		
3	We walk on egg shells and allow it to intimidate our capacity to talk about it in a kind of parallel process	Becoming aware of the unconscious processes operating in shame	Spotting parallel process Raising the unconscious shame into awareness, naming it and facing it	3	
3	It is almost like they are unconsciously precipitating the crisis to repeat their history, but at a much deeper level they are saying, do something different now – don't be seduced with me into all this shit again – give me a different response	A moment in healing crisis, healing crises – an opportunity for change	Recognising shame in projection and projective identification – recognising when they behave towards us in sarcastic and humiliated manners in the way that they were treated The power of apology		
3	Jack in a box – gently lifting the lid and letting the jack in a box out		Gentle care Takes time	3	
3	You could crest the summit and come down the other end	The journey through shae to the other side – movement	Transformative experience	2	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	The dog dropped a bloody big log on my foot		Transformative experience Turning point, shift, moment of realisation		
3	Turning a jungle into a garden		Change	3	
3	To keep the connection with my original shaming, not losing the connection, needing to make the story. Part of me was shattered and rebuilt	Rallying and carrying on in spite of all the difficulties keeping continuity in spite of her history of shaming atrocities and loss of self worth	Building / rebuilding Integrating a real acceptance Telling the story	3	
2	Dealing with the world as it is – it is reality. There are no fairy tales. It doesn't hold monsters	Getting rid of the fantasy	Ordinary magic Rewriting the story. Acceptance	3	
3	I will be glad when you die you fucking monster	Writing a letter expressing strong feelings – finding the words strong enough to convey the inexpressible shame of wanting to hit back at her mother, to repay the psychic wounding	Confessing the worst feelings of revenge Coping strategy/creative adjustment		

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	The teacher put me in the dunce’s corner, I must have done something wrong. I saw this nail, it had been bent over, and over the years the nail had become embedded in the paint, and I started to pick at it with my finger, and I said to myself, I will never forget being in this corner, I will never forget this and I never have. There is a connection between being seen and being put in the dunce’s corner, so I am going to keep very very still and go into this empty secret lonely place where no one can get in and no one can see me.	“I think that was a coping strategy, a creative adjustment, not a terribly good one because I had to learn to do the opposite and with more success in later years”. The meaning here is that the interviewee withdraws from contact, controls his breathing, hides. He needed someone to pull him out. His wife would lovingly draw him out, and a lot of the time this would be enough to lift the disassociation. He would then step forward back into the relationship.	Coping strategies/ creative adjustments around isolation and disassociation – needing connection and relationship to do so Creative adjustment Connection Relationship	2	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	The nail was covered in paint, and my spark of hope was covered... was well camouflaged, was well defended... I think I was protecting it in my isolation.. I was protecting that little bit of hope and faith	"I wasn't going to let anyone in .. I wasn't even going to allow myself to recognise it.. Defence	The life force – protecting He has remembered this significant shaming event and has now put important words around the experience	2	
3	With the benefit of hindsight I do understand now	Making sense of the experience later	Memory and power of reconstructing		
3	I was thinking more of the painting on the Cistine chapel .. can see now .. the fingers touching ... I guess I am picking at a nail trying to make some contact with it You have put your finger on the nail 08/185		Connecting, reconnecting Relationship, making sense of shame	2	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	We can learn how to turn the volume down 06/1/749 We can heal ourselves of shame by enabling ourselves to turn the volume down sometimes, almost so it's inaudible 06/2/258 It's part of us. I can't dig it out like Shylock's pound of flesh	Learning to tolerate it, accept it, resolve the conflict emotionally and physiologically	The territory of shame Learning about it and accepting the reality that we cannot remove shame	3	
3	We are time travellers 06/2/525 The past is always with us – we can't cut it out from our bodies 06/2/572 It's like our past has come along right through into the present, swoosh, and overwhelms the present.. that's what happens in the transference of course	The passage of time to help us process and understand the experience. We have to learn to accept and tolerate it.	Time – the passage of time for processing, understanding experience, healing	3	
3	I don't think I will ever forget the dog or the log. He is buried outside in the garden here	Poignant moment of meeting Memory Time passing	Acceptance Integration Gratitude love compassion		
86					

Commented [SB1]: Formerly 122
This and next new total tally with the number of rows in the tables in the version I started with.
So I don't think I have lost any.

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	This creative side, getting her to draw a picture..just trying to get underneath ... I need to coax it out	Encouraging creative expression by going underneath	Nurturing creativity and confidence	2.5	
3	This is just me reflecting you as a mirror because you do know it	Encouraging confidence	Nurturing confidence	1	
3	Artwork taps into all that preverbal, out of awareness stuff .. it gives me a voice that I didn't have as a child 07/1/851	A means of finding a voice	Art work, creative interventions	2.5	
3	I still have enough in my well to give back		Hanging on to good things	1	
3	We are both relational counsellors and I do believe there is a way forward through rupture to repair 07/1/917 We should be able to resolve this be believing in rupture repair... professional relationship 07/2/255		Repair	2	
3	I can make my life like that .. (open and compassionate) in this small pond, with the people I touch		Connection Touch Influence	1	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	Once you start to talk to them they start to unravel how they are... they are really remarkable underneath 07/1/984	The privilege of unravelling this phenomenon	Co-creation	2.5	
3	I especially liked your... thoughts about how you can make it go the other way, how you could unravel that	Humour – runner bean thought, winding them the wrong way round	Co-creation	1	
3	Part of me still resonated with him		Music Connection		
3	I still have a sense of the fairy tale.. once upon a time, long long ago, there was an evil witch... when does the happy ending come? 07/2/34	Staying in fantasy as a protection from hard reality	Magic	1	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	... it is not a tearing loss, a ripping at the soul, or something so sad you can't bear it... but there is a natural... it's almost like shedding, as you take your cloak off, or your coat, or a tree sheds its leaves that it doesn't need, or the branches.... I experience myself as moving from one stage to another, and I think the death of that shining hope was a part of that 07/141	Growing up	Reality – moving from stage to stage	2	
3	When I had ended her grip on me (of that airy fairy hope) the most paradoxical thing I found, was I am starting to gain a sense of me... being a kind of nature child		Gaining sense of self		
3	I am starting to bark now... to bite back and say...		Communication	2	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	It's the shame that drags you down, and pulls you, and sucks you in, but once you realise that, if you have been down this road, thousands of others have as well, it's just part of the human bond.. we have all been here in some way or another...	Links with mankind is my kind	Connective bond between people Shared experience	3	
3	Do you see the radiating spines on a leaf? We are all connected with each other .. I am happy that I am only one of the tiny little parts of the skeleton of the leaf. I have no grand ego that I have to be the central vein or anything like that.. I am just a part of that matrix and happy to be so 07/2/348	Links with 06 – theme of grandiosity and 08 – theme of normalising and equalising	Humility Nature	1	
3	We're all leaves... part of the greater whole, the tree, life...		Nature		
2.5	I went in softly and gently and held my ground and said,"I did find that letter forceful"...		Soft and gentle	2.5	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	That kind of see-saw, I had to find a way of balancing it, and what it did was to allow me to accept that is the way the world is, rather than the way I wanted it to be 07/438		Communication Co-operation Agreement Acceptance	2.5	
3	It was a melting pot – and in some ways I am glad that shaming happened – I'm not because I can still feel the burn of it, but a part of me is thinking, those walls would not have come down as quick and as completely unless that had happened, and the walls had to come down 07/2/460		Acceptance – traumatic growth	2	
3	I wouldn't have made it without him, I would have cracked and broken		Support	2	
3	He has had to walk round the cycle with me again and again		Cyclical nature of shame	1	
3	I am built anew or I am building anew.. every brick has to be measured, and it is important to take time for me		Careful tending	3	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	I have built my foundations – my foundations were built with the death of hope 07/2/521		You have to be strong to be a builder and kind of robust	2	
3	Yes you are right there is a sense of me going from one stage, crossing from my older mother archetype into my crone. That's perhaps the transition that is happening	Fantasy	Transition Renewal Acceptance	1	
2.5	I'm not sure instead of bricks, there was a swing bridge, no one of those little bridges made of rope and slats of wood 'cause it was such a precarious transition	Flimsy and precarious Imaginary picture A difficult transition		2.5	
3	I have got there, onto the land that was the crone and I am starting to build my house of self 07/2/589		Creating a safe secure self	2	
3	I was so embattled, and so desperate to believe there was something there, and so grateful to find there was a land there		Co-creation	1	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	In fact he was more.. you know, the guide with the machete who hacks the path out of the jungle and I just followed him at times 07/2/610		Co-creation Humour and energy	2.5	
2	Parts of the path I made myself, 'cause I didn't agree with the way he wanted to go, so I went off in a different direction		Creation Journey	2.5	
3	It goes back to my leaf thing, it's not just the people, it's the cell that butts up against me, it's learning to co-operate.		Co-operation Affiliation Mutuality	1	
2	We all have gifts. We all have our Achilles' heels, and it doesn't make us good or bad, it just makes us who we are, it has been a lovely piece of learning .. in my heart, it's made sense		Learning in the heart	2	

Researcher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	There is a sense of repleteness at the moment – my little mud hut, and the suspension bridge... I didn't trust it. When I was talking about that moment of forgiveness the other day, there was the beginnings of self-compassion and I am learning that each brick that I erect, I was going to say resurrect, but erect, has been painfully wrought by me and is of worth now	Personal worth Self compassion	The beginnings of self compassion	1	
3	How can I get this person to understand that there is this possibility that there is this whole land of compassion for yourself, forgiveness and love, that is necessary, that is fruitful, that will energise and bear you up and carry you on and lift	Fruitfulness then introduced by interviewee, which I then pick up to tie win with the doctoral fruit to come in the future		3	

The positive metaphors are interestingly more connected to powerfulness, making sense and meaning, finding language to describe the phenomenon and contain the difficult emotions around the experience of shame. Finding words, developing a story, expressing the awfulness of the experience in itself provides a kind of structure as a way forward, reducing and removing some of the impact of shame. Shame can never be cured but these metaphors provide a language to diffuse the intensity of the isolation and alienation in shame. The metaphors around defences of shame highlight the way defence is built into the experience of shame. Shame in itself is a defence against extinction because it alerts us to times when we have gone too deeply into shame.

"We need other people to pull us out when it gets that bad".

The metaphors were rated both by the researcher and 2 independent raters, with ratings of 3 for very good, 2 for good, 1 for okay, 0 for not clear, intangible. Metaphors in the list of 269 were only kept in the new amended list, to strengthen the data and make it more manageable, if they were rated at 3 by either one of the 2 raters, or scored a combined rating of no less than 5 from both raters.

Anything where one of the raters puts a 3 gets included because there is something in the metaphor which has had an effect on the rater and there are some omissions of ratings where the metaphor is not striking to one person but is to another...e.g. "thick description", "core perception"... or the metaphor of the well, "I still have enough in my well to give back", which the independent rater rated at 3, but the researcher assigned 1 as not particularly striking. It suggests that the rating process is faulty and not to be relied on in a qualitative piece of research.

The reasoning in this is that the researcher has a full experience of having lived with the data for a long time... what is not immediately obvious at the time of interview becomes clearer, the experience gets richer as I have lived with the metaphors for a long time and come to apply them in supervision sessions e.g. an understanding of the self boundary in shame.... – overlapping circles of confluence and isolation in Gestalt theory....the client getting a fuller sense of where he/she begins and ends.

Appendix 8 FP Initial table of rated negative and bridging metaphors

Initial table of rated negative and bridging metaphors

Resear-cher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	Like a suit of armour. I am in here somewhere erm in this fat person 07/1/125	Defensive function of suit of armour – hiding in fatness - self- protection from shame being exposed	Defence	3	
3	Then this voice in my head went, stay still... and I ... possum, you know ... what is our survival mechanism? fight, flight, freeze, and I froze ... played possum 07/1/341	Defensive function of freezing – withdrawal from shame – hiding	Defence	2	
3	Shame as a sort of short hand - there are no go areas in shame, where we must not go. A certain taboo. The reality there is that with too many diversions we're going to be imprisoned inside the asylum, we will be cut out and won't meet the social rules.	Shame is a short hand, placing a taboo on certain behaviours Imprisonment by shame	Function of shame – restraint	3	
3	Bitter taste of shame	Experience of shame – unpleasant taste	Taste of shame	2	
3	The trap door in my stomach would open and I would disappear into it	Experience of shame – disappearing	Powerlessn ess Falling down a hole Loss of self withdraw	3	
3	Sugar lump sinking down in a big cup of tea, becoming less and less, more dilute I am dissolving before someone else's eyes	Experience of shame – disappearing	Powerlessn ess Sinking down Loss of self Withdraw	3	

Resear-cher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	If I don't say my truth, if I betrayed my truth – if I go along with the collusion, I lose my sense of self – the sugar lump feeling	Keeping quiet, not coming out and saying it like it is, avoiding telling a deep truth, my truth	Powerlessn ess Loss of sense of self	3	
3	The valley of the shadow of death, even though I walk through the valley of the shadow of death	Darkness, shadow, death, valley She has not come through the journey of shame, is still in it	Powerlessn ess The territory of shame	3	
3	I let people assault the house of myself and pull it down with their shame and give me their shame 07/2/511	Violent assault on herself – could not fight back – passive – contaminated by other people's shame	Powerlessn ess Allowing other people to project their shame onto her. Couldn't fight back	3	
3	I couldn't cope with seeing that ugly mother side that held my head under the water... these memories came back that I had held at bay for 30/40 years 07/296	Traumatic memory – not ready to deal with that trauma until a safe time to bring up the memory	Defences Repression Stuckness and powerlessn ess	2	
	I was lumped together with this terrible mother, and I remember him saying to me I am going to take out a complaint to BACP I was left for 4 about months while he wrote to BACP that was four months of sitting there thinking God have I done something wrong even though I didn't know what it could be But that was 4 months "whatever could it be?" what had he been upset by or a bad experience.. I kept going through my mind, I had this	Nothing she could do to alleviate the distress, had to give in to it	Powerlessn ess, stuckness	1	

Resear-cher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
	conversation with him and that conversation, whatever could it be that he had been upset by or experienced in a bad way... but it was terrible, those 4 months I had to live with that				
	Yes, I remember at the time flailing to get her off but she was too strong 07/330	Mother trying to kill her	Powerlessn ess Rising anger to defend herself		
2	My brother abandoned me because he knew that survival meant siding with mum and being like her, and carrying out the same kind of atrocities	Abusive relationship	Isolation, abandonment		
3	We walk on egg shells and allow it to intimidate our capacity to talk about it I a kind of parallel process	Shame inhibits us, scaring us into a sense of fragility and stopping us talking about it – in a parallel process, because shame shuts us up	Powerlessn ess Hard to talk about our shame Withdraw Unconsciou s process	3	
3	As a child it is a knee jerk defence whereas as an adult I knew it was happening.. it was like open heart surgery without an anaesthetic	The agony of being exposed as an adult, subjected to the knowledge of the heart being cut open in a surgical operation. Incision – cutting into the body	Powerlessn ess in the face of the experience of shame Core self pain of incision Embodimen t of pain	3	

Resear-cher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	The dunce's corner with a vengeance 06/1/594 instead of looking into the dunce's corner and seeing the nail, I was in the dunce's corner and propping up the whole wall ... everyone dining out on it	The agony of exposure – being in the dunce's corner, but not passively being able to look down at the nail, instead actively being seen by colleagues and the establishment prop up the whole wall, and everyone talking about it	Agony of humiliation, exposure (Also in pos. as poetry)	2	
3	The torch of pain was burning inside of me I developed a burning sciatic nerve	The body feeling the burning shame inside Entrapment	Agony Somatisatio n of shame	3	
3	Anger with our core self, towards ourselves	Experience of core shame, in the form of anger turned in	Core self shame Anger turned in	3	
3	A heart pain that won't go out	Knowing the pain that won't go away	Core self pain, inside	3	
3	I will be glad when you die you fucking monster 07/389	The need to swear and vent fury	Core self pain, fury turned out	3	
3	He has had to walk round the cycle with me again and again	Cyclical nature of shame – repeats over and over again until it can be articulated and dealt with differently	Powerlessn ess to escape	3	
3	Recurring dream	Repeats over and over until it can be articulated and dealt with differently	Powerlessn ess to escape	3	
3	Jack in a box or a sponge. Where you get pressed down, so that you're , you have denied most of yourself, 08/1093	Compressed	Powerlessn ess	3	

Resear-cher rating	METAPHOR – the words spoken by interviewee	MEANING – co-created between interviewee and researcher	THEME – decided by researcher	Independent ratings	
3	These women, in this second shaming I had.. in therapy I used to call them my 14 little mothers, because they were so cruel and they had sort of ganged up together, erm.. they just reminded me of her...absolutely	Transference of mother onto 14 female members of group on a training course which was very shaming	Isolation Cruelty	2	

Appendix 9 FP Codes table of initial codes in Roman numerals

Table of complex codes for initial draft data analysis (using Roman numerals)

Main theme: Relationship as a way out of SHAME - from Disconnection to Connection, because shame is experienced relationally so needs to be undone through relationship. I'm OK through connecting and belonging – feel more real – not so alone

MAIN THEME: R	SUB THEME CODING	SUB THEME – WAYS OUT OF SHAME	DESCRIPTION/ CODING UNITS	NUMBER OF OCCUR- RENCES
RELATION -SHIP	i.	Relationship with nature		
	ii.	Therapeutic relationship - through the senses – touch, taste, smell		
	iii.	Therapeutic relationship – working alliance	Core conditions - congruence, empathy, respect, warmth	
			Timing and pacing	
			Gentle holding	
			Affiliative “we”	
			Normalising	
			Working with young hurt child – ambivalent child	
			Containment – establishing a sense of safety	
			Attunement, resonance	
			Good timing and pacing	
			Mirroring	
			Humour	
			Curiosity not judgement	
			Prizing, nurturing	
			Connecting language with “I” experience	
			Vocalisation, dialogue	
	iv.	Relationship with core subjective self		
			Self-soothing	

MAIN THEME: R	SUB THEME CODING	SUB THEME – WAYS OUT OF SHAME	DESCRIPTION/ CODING UNITS	NUMBER OF OCCUR- RENCES
	v.	With significant others- grandma, spouse, friend		
	268.		Boundaries	
			Love	
			Protection	
	vi.	Research relationship		
			Co-creation	
			partially therapeutic	
			Use of metaphor and visualisation	
	vii.	Professional relationship		
			Being adult	

THEME: KNOWLEDGE ABOUT SHAME as a way out of shame – from Powerlessness to Empowerment – because shame is experienced as a sense of loss of power, so needs to be undone through a gain in power – knowledge being an aspect of feeling powerful through the voice, technique, normalising, growth of awareness, insight – making a connection – gaining self-understanding ... I'm not so bad, I'm not so defective, shame (mine or other people's) is understandable.

MAIN THEME: K	SUB THEME CODING	SUB THEME – WAYS OUT OF SHAME	DESCRIPTION/ CODING UNITS	NUMBER OF OCCUR- RENCES
KNOW- LEDGE	i.	Activity – remembering and speaking words	Recognising, naming, describing, reporting, voicing, remembering	
	ii.	Activity – sight	Exploring, inspecting, illuminating, showing, insight, seeing core detail	
	iii.	Activity – teaching – theory – experience – awareness – educational vocabulary - knowledge of the nature of shame	Teaching the knowledge of the territory of shame	
	iv.	Knowledge of the nature of shame – body awareness/ boundaries	Sense of cohesion, body knowledge - getting a sense of where the self begins and the other ends, “the gap”	

MAIN THEME: K	SUB THEME CODING	SUB THEME – WAYS OUT OF SHAME	DESCRIPTION/ CODING UNITS	NUMBER OF OCCUR- RENCES
	v.	Co-creation	Visualisation, using imagery, metaphor	
	vi.	Activity – drawing a person out of silent shame, putting shame experience into words – non-censored, flowing language, unstilted	Encouraging the voice to come out and take responsibility – a creative healing, expressing words... use of energetic language – humour, easy dialogue, colloquialism, swearing	
	vii.	Activity with a theoretical basis – considering unconscious process	Addressing and challenging transference, avoidance, defensiveness, inhibition, denial, use of humour.	

Main theme: Creativity as a way out of shame - from Self-consciousness, invisibility, withdrawal and avoidance into a sense of Coming out of hiding into creativity and a sense of renewal , developing an adult sense of agency and responsibility. I'm okay through creativity and action - channelling and using shame – redemption through positive action

MAIN THEME: C	SUB THEME CODING	SUB THEME – WAYS OUT OF SHAME	DESCRIPTION/ CODING UNITS	NUMBER OF OCCUR- RENCES
CREAT- IVITY	i.	Creative adjustment In childhood children can adapt and respond creatively /playfully to shame situations	Play, games, spontaneity	
	ii.	Creative adjustment	Physis, spark, visibility	
	iii.	Creative adjustment	Magical thinking	
	iv.	Art work, creating something solid	Using imagery	

MAIN THEME: C	SUB THEME CODING	SUB THEME – WAYS OUT OF SHAME	DESCRIPTION/ CODING UNITS	NUMBER OF OCCUR- RENCES
	v.	Coping strategies Adults can adapt and respond creatively and cognitively to shame situations	Building, renewal, rupture repair, success, creation, co-creation, being grounded	
	vi.	Writing, use of spoken word, creative dialogue, making sense, transformation of negative shame into a positive	The self emerging through story, voice, poetry, metaphor, developing humour, expressing feelings, voicing	
	vii.	Complex submerged metaphor - – the “star quotes”	Turning points, wake up calls, healing crises, moments of critical choice	

Main theme: Acceptance as a way out of shame– from Woundedness, agony, misery, fighting, to Reconciliation, a sense of calm arrival. Being able to tell the story – self-narrative and to others; being kind and compassionate to self; possibly being able to laugh about our shame story or at least retell the narrative more positively

MAIN THEME: A	SUB THEME CODING	SUB THEME – WAYS OUT OF SHAME	DESCRIPTION/ CODING UNITS	NUMBER OF OCCUR- RENCES
	i.	Fixing a significant memory	Memory, icon, picture	
	ii.	Words	A healing vocabulary	
	iii.	Dialogue Co-creation	Connective human bond – the affiliative “we”	
	iv.	Trusting time as a healer, getting older	Natural process, the passing of time	
	v.	Self-belief, not blaming self	Sense of solidity	
	vi.	Not blaming self or others – positive attitude	Compassion and forgiveness towards self and others – a softening of the defences	

MAIN THEME: A	SUB THEME CODING	SUB THEME – WAYS OUT OF SHAME	DESCRIPTION/ CODING UNITS	NUMBER OF OCCUR- RENCES
	vii.	Sayings, clichés, jokes, mantras, catch phrases	Existential acceptance of reality through words	
	viii.	Relationship with core subjective self	Capacity to accept self	

Different people have different ways of dealing with shame, there is no absolute consensus, but these were the main common strands and striking ideas and pictures from the metaphors that came up in the data.

Initial data analysis - These were the main common strands and striking ideas and pictures from the metaphors that came up in the first analysis of the data. The numbers of occurrences have been placed at the bottom of each table as a rough total, but do not necessarily add up numerically because where metaphors occur with themes crossing a number of categories, they are counted twice, three or four times.

Tables with initial complicated codings - 4 Tables - Summaries of occurrences of metaphors of ways out of shame : themes of Relationship, Knowledge, Creativity, Acceptance

Table 1 Relationship as a way out of shame – from disconnection to connection, because shame is experienced through relationship, relationally, so needs to be undone, through relationship, relationally.

MAIN THEME: R	SUB THEME CODING	SUB THEME	DESCRIPTION	NUMBER OF OCCUR- RENCES as major sub-theme	NUMBER OF OCCUR- RENCES as minor sub-theme
RELATION- SHIP – establishing sense of safety	Ri	Relationship with nature		10	24
	Rii	Through the senses – touch, taste, smell		9	10
	Riii	Therapeutic relationship – working alliance		37	58
			Core conditions		
			Gentle holding		

MAIN THEME: R	SUB THEME CODING	SUB THEME	DESCRIPTION	NUMBER OF OCCURRENCES as major sub-theme	NUMBER OF OCCURRENCES as minor sub-theme
			Affiliative “we”		
			Normalising		
			Working with young hurt child – ambivalent child		
			Containment		
			Attunement, resonance		
			Mirroring		
			Humour		
			Curiosity not judgement		
			Prizing, nurturing		
			Connecting language with “I” experience		
			Vocalisation, dialogue		
	Riv	Relationship with core subjective self		0	22
			Self-soothing		
	Rv	With significant others		5	13
			Boundaries		
			Love		
			Protection		
	Rvi	Research relationship		6	15
			Co-creation		
			Use of metaphor and visualisation		
	Rvii	Professional relationship		2	2
			Being adult		
TOTAL				69/62	146

Table 2 MAIN THEME : KNOWLEDGE ABOUT SHAME – from powerlessness to empowerment – because shame is experienced as a sense of loss of power, so needs to

be undone through a gain in power – knowledge being an aspect of feeling powerful through the voice, technique, growth of awareness

MAIN THEME: K	SUB THEME CODING	SUB THEME	DESCRIPTION	NUMBER OF OCCURRENCES as major sub-theme	NUMBER OF OCCURRENCES as minor sub-theme
KNOW-LEDGE	i.	Activity – words	Recognising, naming, describing, reporting, remembering	1	1
	ii.	Activity – sight	Exploring, inspecting, illuminating, showing, insight, seeing core detail	19	27
	iii.	Activity – teaching – theory – experience – awareness – educational vocabulary	Teaching the knowledge of the territory of shame	11	68
	iv.	Knowledge of the nature of shame -	Boundaries, sense of cohesion	4	12
	v.	Co-creation – the star quotes	Visualisation, using imagery, metaphor	9	25
	vi.	Encouraging the voice	A creative healing, using vocabulary	6	20
	vii.	Use of strong language	Use of energetic language - humour and/or swearing/challenging transference	21	29
	Viii	Activity with a theoretical basis	Unconscious process, avoidance, defence, inhibition, denial, humour as avoidance	0	
TOTAL				71/83	181

Table 3 MAIN THEME : CREATIVITY - from invisibility, withdrawal and avoidance into a sense of coming out of hiding into creativity and a sense of renewal , developing an adult sense of agency and responsibility.

MAIN THEME: C	SUB THEME CODING	SUB THEME	DESCRIPTION	NUMBER OF OCCURRENCES as major sub-theme	NUMBER OF OCCURRENCES as minor sub-theme
CREATIVITY	i.	Creative adjustment In childhood children can adapt and respond creatively /playfully to shame situations	Play, games, spontaneity	13	14
	ii.	Creative adjustment	Physis, spark, fire, visibility	1	8
	iii.	Creative adjustment	Magical thinking	6	6
	iv.	Art work	Getting a sense of where the self begins and the other ends, "the gap"	4	5
	v.	Coping strategies Adults can adapt and respond creatively and cognitively to shame situations	Building, renewal, success, creation, co-creation	7	14
	vi.	Writing, use of spoken word, creative dialogue, making sense	The self emerging through story, voice, poetry, developing humour, expressing feelings	8	33
	vii.	Complex submerged metaphor		6	23
TOTAL				42/45	103

Table 4 MAIN THEME : ACCEPTANCE – from agony, misery, fighting, to reconciliation, a sense of calm arrival

MAIN THEME: A	SUB THEME CODING	SUB THEME	DESCRIPTION	NUMBER OF OCCURRENCES as major sub-theme	NUMBER OF OCCURRENCES as minor sub-theme
	i.	Fixing a significant memory	Memory, icon, picture	2	9
	ii.	Words	A healing vocabulary		8
	iii.	Dialogue Co-creation	Connective human bond – the affiliative “we”	1	6
	iv.	Trusting time as a healer	Natural process, the passing of time	6	9
	v.	Self-belief, not blaming self	Sense of solidity	2	2
	vi.	Not blaming self or others – positive attitude	Compassion and forgiveness towards self and others – a softening of the defences	1	6
	vii.	Sayings, clichés, jokes, mantras, catch phrases	Existential acceptance of reality through words	11	18
TOTAL				23/ 30	58

Appendix 10 FP Draft Data Analysis table with complicated initial codings (Ri, Rii, etc)

Draft data analysis of ways out of shame

Table with initial complicated codings – 215 positive metaphors

In the Final Project I was seeking to find ways forwards, out of the negativity of shame.

So from the 215 positive metaphors arising from the 5 Final Project participants, I formed 4 new themes initially as opposites to these 4 negative themes in the PEP, weaving the negative themes from the PEP into positive themes in the FP.... So 1. Isolation or Disconnection turns into Relationship or Connection; 2. Powerlessness turns into Knowledge or Empowerment; 3. Self-consciousness/invisibility/withdrawal turns into Creativity or Voicing or Coming out visibly; 4. Visceral wounding or Agony turns into Acceptance.

In this Final part of the Shame Project, I was looking out for resources that participants feel they have built up through their years of experience, professionally and in life. Several themes appeared over and over again in the wide ranging metaphors, which I have placed into four distinctive categories.

4 main positive themes have emerged from the analysis as ways out of shame :- 1) relationship 2) knowledge 3) creativity 4) acceptance

I coded these themes as follows: R for Relationship and Connection

K for Knowledge and Empowerment

C for Creativity and Adjustment

A for Acceptance and Reconciliation

Any particularly strong and striking metaphors, which spanned all the themes and fitted into many coded units, I have named “complex or submerged metaphors”, which are given particular emphasis in the discussion in chapter 5.

In this section, I display 4 tables of themes based on positive metaphors for ways of coming out of shame:

table 1 Relationship, table 2 Knowledge, table 3 Creativity, table 4, Acceptance.

In addition, following on from these 4 tables of ways out of shame, I have displayed 1 table of themes based on the new negative metaphors in this Final Project, which supports the findings in my Practice Evaluation Project which will be found in its entirety in Appendix 1.

MAIN THEME 1 : RELATIONSHIP, CONNECTION, SUPPORT AS A WAY OUT OF SHAME

One of the necessary and vital ingredients for working with shame (because it is different and more difficult to recognise and work with than the other affects) appears to be connected with establishing a safe relationship through a strong therapeutic alliance. Until there is a sense of safety within a safe relationship, work with shame is unlikely to progress. In both the PEP and FP, a frequent reference was made to the importance of good support and trustworthy connectivity to nature, others (particularly professional therapists, supervisors, family members and friends) and objects. And also an emerging

sub-theme around working with shame appears to be establishing a strong relationship with self, getting connected with our core self through dialogue with others or linking up parts of ourselves through self-dialogue.

There were 62 strong metaphors falling into this theme. The sub-themes were:

Therapeutic relationship 43 including

Therapeutic contact 7

Therapeutic working alliance – calming and affiliation 6

Therapist use of self – normalising 9

Therapist working in dialogue with hurt inner child – I /thou 5

Therapist fine tuning 6

Therapeutic non-judgementalism, curiosity 1

Conversational style 1

Relationship with significant others 6

Research relationship 8

Professional relationship 2

Table with original codings of main theme of relationship: “A sense of support” : Connection/support/contact as a way out of shame

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF	Rating
R	THERAPEUTIC RELATIONSHIP – WORKING ALLIANCE - TOUCH - HEART CONNECTION - CORE CONDITIONS - SHARING – FACING IT – SLOWLY			
Rii		Recreate the essence and experience of shame	05	
Rii	Therapeutic relationship – contact	Touching the body with a rose and embodying the goodness	08	
Rii	Therapeutic relationship - contact	I can make my life like that (open and compassionate) with the people I touch	07	
Rii Riv	Therapeutic relationship - contact	Somebody reaching out a hand, saying you are not going to drown in the flood	07	
Rii Riii Cii	Therapeutic relationship – contact	I seek to touch that small part of them – the child's curiosity and yearnings that have been hidden for so long.. that liveness in them	06	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF	Rating
Rii Rvi	Therapeutic relationship - contact	You have put your finger on the nail	08	
Rii	Therapeutic relationship - contact	Put a photograph in a transparent wallet ... next to your heart	06	
Rii Rvi Kvi	Therapeutic relationship - contact with a deep truth around shame through the relationship	I think it touched my fear of failure	09/68 0	
Riii	Therapeutic relationship - calming and holding	One of the main stays of my work is that I hold them while they are stressed, anxious, thrashing about	07	
Riii Kiii	Therapeutic relationship - calming and holding, slow and gentle, delicate, good timing, giving plenty of time and space	A jack in a box or a sponge. When you get pressed down...[with shame] so that you're.. you have denied yourself ... so it would be about letting the sponge relax, not letting it be compressed any more. And the same with the jack in a box, but you wouldn't just lift the lid and let the jack in a box out, because that would be too traumatic wouldn't it.. so it would be about gently lifting the lid and letting the jack in a box slowly grow back up	08	
Riii	Therapeutic relationship - calming and holding, slow and gentle	We reach out in such a way, little by little... and I think that can only be done little by little	08	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF	Rating
Riii Kvi	Therapeutic relationship - calming and holding, slow and gentle – soothing, steady voice, sounding casual, relaxed and informal A further sub-theme here of easy dialogue / colloquialism as metaphor – tentative, searching, soothing....	A little taste of something, so they might be able to take it in and actually digest it.. but it is just getting that taste of something different so if they had a very shaming parent or were shamed by who knows, a school teacher or whatever, you know they just get that little taste of something different so they know that there is that possibility out there...And then I think the next time you just give them a bit more and a bit more and a bit more and I think gradually.. because I think that's how shame is, you know, I mean, sometimes it is one big shaming incident but more often than not it is like a little drop on a stone isn't it	08	
Riii Kvii	Therapeutic relationship – sharing a hunch, an interpretation... gentle, calming and holding, normalising, slow and gentle – steady voice, sounding casual, relaxed and informal A further sub-theme here of colloquialism as metaphor	I pop something on the table	09/63 0	
Riii Kiii	Therapeutic relationship - calming and holding, slow and gentle	Going with kid gloves around shame... a very slow process	09/65 1	
Riii Kiii Aiii	Therapeutic relationship - self-compassion, connective human and therapeutic bond – noticing when a client is ready to face the self and do deeper work around shame	You know it is not too difficult to see and feel when clients are moving more towards a greater capacity for self compassion ... when they are able to talk about their histories	06/	
Riii	Therapeutic relationship - calming and holding through affiliation, using the word, "let's"	I separate out different things that are bothering them, "let's deal with one thing at a time"	07	
Riii	Therapeutic relationship - calming and affiliation through use of the word, "we" or "let's"	Let's sort this out Let's have a conversation Let's bring it up to the light Let's shine a light on it	06	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF	Rating
Riii	Therapeutic relationship - use of self - openness, normalising	Drawing on my own experience, "Perhaps you are not yet aware but what you are experiencing is quite common"	06	
Riii Kiii	Therapeutic relationship - use of self - openness, normalising	The therapist's use of self as a resource to understand shame but also as a human being with appropriate self disclosure can really make a difference to people	06	
Riii Kiii	Therapeutic relationship - use of self - openness, normalising	Facing it, "best for me to face it head on"	06	
Riii Kiii	Therapeutic relationship – use of self	This deep ball of blackness in the pit of my stomach.. nasty and hard.. I can feel it rising.. I am trying to stay with it	09/80	
Rii Kiii i	Therapeutic relationship - use of self – openness, normalising	My own biggest resource is my own woundedness, my own experience of shame	06	
Riii Kiii	Therapeutic relationship - use of self – openness, normalising	I model being present and open and vulnerable. Eventually the other people realise that vulnerability is a huge strength	06	
Riii Kiii	Therapeutic relationship - use of self – openness, normalising	I only use the ones that work for me	06	
Riii Kiii	Therapeutic relationship - use of self – openness, normalising	If I fall down the hole, I now can get out more quickly. But I do still sometimes fall down the hole	06	
Riii Kiii	Therapeutic relationship - use of self – openness, normalising	I just know my story, and if I can offer that to you and if that is of help to you, then great	07	
Riii Kiii	Therapeutic relationship - use of self – openness, normalising, empathy	Had I been in your shoes I would have done exactly the same	08	
Riii Kvii Cvi	Therapeutic relationship - alliance – talking, working and playing with the spontaneous child – sub-theme of being light hearted	You can soften your voice and speak to that child and my clients begin to realise, my little 6 year old girl is here right now. Oh good, let's have a conversation	06	
Riii Kiii	Therapeutic relationship – alliance – working with the hurt inner child for nurturing	They bring their kids to be healed	06	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF	Rating
Riii Kiii	Therapeutic relationship – alliance – working with the hurt inner child for nurturing	We have to work at looking after our kid	06	
Riii Riv Kvi	Therapeutic relationship - alliance– dialogue – technique –working with the inner child - relationship with self	My little boy is always alongside me – he is never far away – I don't want to leave him behind any more – I will rely on him to tell me when I am feeling things my adult doesn't want to know and he will rely on me to bale him out intellectually	06	
Riii Kiii Cvi	Therapeutic relationship – alliance – dialogue – technique	I am entering into a journey with them. My understanding of the territory helps me invite them into this journey	06/2/ 122	
Riii Kiii	Therapeutic relationship - alliance– dialogue – image of container – holding	The I/thou of dialogical Gestalt for me is the container	05	
Riii Kiii	Therapeutic relationship - alliance – attunement	Part of me still resonated with him	07	
Riii Kiii	Therapeutic relationship - alliance – attunement – fine tuning to shame	Turn down the volume by entering into it as deeply as they can – it takes time – they can be overwhelmed if you go too fast or too slow Gradually you learn to get the right rhythm for this particular client	06	
Riii Kiii	Therapeutic relationship - alliance – attunement – fine tuning to shame	I try and be like an emotional and intellectual barometer.. I really want to key in and tune in to what is happening for the client and me, in the space between us	06	
Riii Riv Kiii Kiv	Therapeutic relationship - alliance –attunement - fine tuning to body process	I ask... Where in your body are you experiencing some sensation? Do you know when you woke up where in your body you were feeling that sensation most in your body... of the shame? I am giving them a tool in a way.	06	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF	Rating
Riii Riv Rvi Kiii Kiv	Therapeutic relationship - alliance –attunement - fine tuning to body process	Yeah, I think it was it was a general all over feeling but there was a particular concentration um er in my er chest and and my stomach really . I think there both there and in my stomach, but I think probably yeah probably it was an... near the heart area	06	
Riii	Therapeutic relationship - alliance – fine tuning, mirroring	This fine tuning of our mirroring with the client is an individual thing, always about a specific relationship rather than too much technique	06	
Riii	Therapeutic relationship - alliance – fine tuning, mirroring	This is just me reflecting you as a mirror because you do know it	07	
Riii Kii Kiii Kv Kvi Kvii Cvii	Therapeutic relationship – alliance – essence – understanding ambivalent attachment and modelling something steady around shame Maybe this needs to go in therapeutic techniques? Or in unconscious process? I am really not sure what to do with this. Maybe in submerged metaphors as a separate theme?	I was thinking that actually there is a push/ pull thing isn't there... that is, as you feel shame you want to disappear but you also want contact and that made me think about erm... attachment M mm R the push/pull of attachment M very good, tell me about push/ pull what that's like R well I can't remember which attachment one it is now, but I think it is avoidant attachment isn't it, where you are desperate to have the mother but then the minute she picks you up you know, you want to push her away... and then once you have pushed her away you want her back again... Maybe that's what this push/pull thing is about	08	
Riii Rv Cvi	Therapeutic relationship – alliance – core conditions - warmth Also in submerged metaphors	An inner sort of warmth... solid ... as opposed to shame that is cold – she [grandma] gave me the warmth that I didn't get from my mother	09/36 4/ 377	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF	Rating
Riii Rv Cvi Ai	Therapeutic relationship – alliance – core conditions - love also in submerged metaphors	She wouldn't even have known what she was doing... that knowledge comes from love .. it feels to me as though love is a really important part of the antidote to shame, that unconditional love, that kind of purity of love	09/48 4- 491	
Riii Kiii	Therapeutic relationship – working alliance – teaching – non-judgementalism, curious playfulness	Working from curiosity not judgement - I want this workshop to be characterised by curiosity not judgement... so you monitor your capacity to judge others and monitor your capacity to judge yourself	06	
Riii Kiii Kvii	Therapeutic relationship – use of humour – use of self a further sub-theme here of humour used to enable clients, supervisees, students to relax through their experience of shame by adopting a light hearted, informal conversational style - metaphors of colloquialism	I do it in my teaching, you know, like almost every time I run a workshop, there will come a moment when suddenly I lose my thinking .. and now I say to people ...oh I have lost my thinking, and sometimes, because I have already predicted it I say. Oh I told you I might (laughter)	06	
	RELATIONSHIP WITH SIGNIFICANT OTHER/S			
Rv	Relationship with others	Healing comes from sharing with another human being or human beings	05	
Rv	Relationship – secure trusted marital relationship – strength and guidance	He was... the guide with the machete who hacks the path out of the jungle and I just followed him at times	07	
Rv	Relationship – secure trusted marital relationship – strength and guidance	I wouldn't have made it without him, I would have cracked and broken	07	
Rv	Relationship – secure trusted grandparental relationship	My sort of strongest memories of her, she was probably knocking on 80 – so if she was big breasted at any point they had kind of gone south ... sitting in the armchair, with me either sitting on the arm, or slithered in next to her, with the dog sitting at my feet... it feels absolutely heavenly	09/39 3	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF	Rating
Rv	Relationship – secure trusted grandparental relationship	I would go to granny's house after school and stay with her... I would be safe with her	09/43 2	
Ri Rv	Relationship – secure contact through grandparents	Grandparents on my father's side were country folk – more contactful	05/	
	RESEARCH RELATIONSHIP			
Rvi	Research relationship – dialogue – co-creation	I especially liked your thoughts about how you can make it go the other way.. how you could unravel that	07	
Ri Rvi Kv Cvi	Research relationship – co-creation – image of jungle to garden	That's nice, turn a jungle into a garden and tend to it	06	
Kv Cvi	Research relationship – co-creation	It was a good picture, I liked the fact there was a summit and you could crest the summit and come down the other end M well, this is my.. the second bit of the research I think, is fascinating because coming over the crest and out of that experience.. either through, or round or whatever... .different people do.. and then finding there is a bridge across or an island – and there is a continuation beyond shame	07	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF	Rating
Rvi Cvi Cii	Research relationship – co-creation – image of connecting up – lit up illumination – humour, energy Not sure how these fit in – maybe a separate chapter on co-creation in research?	I think you have something there, there is a connection with my weight.... I love what you just said and it is absolutely that – it is about being substantial... or grounded. M it is that word substantial then, I am a substantial person actually, so “to hell with you, you can call me what you like”, A yes M and I think there is a bit of anger that I think is in you which is transformationally fabulous (laughter) A yes, I loved that, when you said it, something lit up inside me, I thought, that’s that’s that’s it... that’s exactly right, I am substantial now, M yep A I can feel it in myself, I have arrived... I am here...I belong here as much as the trees and the stars	07/1/ 661 693	
Rvi	Research relationship – presence	I appreciated your presence – I felt you were alongside me	06	
Rvi Cvi	Research relationship – co-creation – shared humour, relaxed easy language	I have a picture of a big breasted, rounded, matriarchal woman, with big boobs, lovely embrace, lots of breast, that’s the picture I have got	09	
Rvi Cvi	Research relationship – co-creation – shared humour, relaxed easy language	Talking about shame at the dinner table might put you off your food	09/62 9	
Rvi	Research relationship – co-creation -staying with the pain of shame in an effort to face it, talk about it, integrate it	This deep ball of blackness in the pit of my stomach.. nasty and hard.. I can feel it rising.. I am trying to stay with it	09/18/ 27/80	
	PROFESSIONAL RELATIONSHIP			
Rvii Cv Aiii	Professional relationship, affiliation, leading to rupture repair	We are both relational counsellors and I do believe there is a way forward through rupture to repair.. we should be able to resolve this by believing in rupture repair...this is a professional relationship	07	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF	Rating
Rvii	Professional support	I remember I explained to my colleagues when I offered my resignation... and to my surprise and delight, they unanimously refused it and that helped a lot... a great deal...	06	

MAIN THEME 2 : KNOWLEDGE AS A WAY OUT OF SHAME : “GETTING TO KNOW THE TERRITORY” : PSYCHO-EDUCATION – EXPERIENCE - THERAPEUTIC ACTIVITY – EXPLORATION AND AWARENESS - STRUCTURING

There are 83 strong metaphors in this section. The sub-themes are:

Recognising, naming, describing and reporting shame (see PEP for this theme, in full ... to be incorporated)

Exploring / inspecting shame / gaining understanding - Showing and illuminating shame 18

The nature of shame – deep, hard work - finding out the territory – teaching the knowledge 4

Finding and setting boundaries – exploring the edges 3

Visualisation 14

Encouraging the voice 5

Teaching about unconscious process (including challenging) 8

n.b. Challenge as a sub theme has gone into this main theme of knowledge/ therapeutic technique around unconscious process, because the use of challenge as a relational intervention has to be used very carefully so as not to undermine trust in the relationship and potentially reshape the client.

Table with original codings of main theme of Knowledge: “Getting to know the territory” as a way out of shame

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	EXPLORING, INSPECTING, GAINING UNDERSTANDING			
Kii	Therapeutic technique – exploring and inspecting closely	Think and sense what happens when they feel shame – notice how they change gear	05	
Kii	Therapeutic technique – exploring and inspecting closely	Recreate the essence and experience of shame	05	
Ki	Therapeutic technique – exploring and inspecting closely	I build up a range of very thick description of the shame experience	05	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Kii	Therapeutic technique — exploring – inspecting closely	I build up a core phenomenological perception of what they are doing, what happens when they feel shame and how they might do something differently in future	05	
Kii	Therapeutic technique – exploring - inspecting closely – precision	Putting things under the spotlight or magnifying glass	06	
Kii	Therapeutic technique – exploring and highlighting closely – precision	As children we are taught to be blind, to see the world through the eyes of others... making the blind spots more obvious – then the lights go on	06	
Kii	Therapeutic technique – exploring - bringing shame out of hiding	Let's bring it up to the light and bring it out without judgement	06	
Kii Kiv Kvii	Therapeutic technique – exploring - bringing shame out of hiding	The importance of a whole range of experiences which haven't been tested out and the importance of weighing them up more. So probably making the blind spots more conscious...	05	
Kii Kiii Cii Cvii	Therapeutic technique – exploring – encouraging bringing shame out of hiding	Toying with the idea of shame being like wanting the world to swallow you up and becoming socially invisible .. the antidote to that is to hold one's own vision whilst being visible	05	
Kii Cii Cvii	Therapeutic technique – exploring – encouraging bringing shame out of hiding	Some dim their lights more than others in order to survive.. for most people the light never completely goes out, but it grows very very very dim. They have learnt to put it away for so long	06	
Kii Cii	Therapeutic technique – exploring – encouraging bringing shame out of hiding	All of us have this spark somewhere inside us which we protect and often lose touch with	06	
Kii Cii	Therapeutic technique – exploring – encouraging bringing shame out of hiding	Children can lose this spark, this spontaneity, this catalytic way of being in the world	06	
Kii Kiii	Therapeutic technique – exploring – fine-tuning - relationship with self	Then there is a tiny gap inside, in between us - in terms of our reflection and the experience	06	
Kii Kiii	Therapeutic technique – exploring - relationship with self	Then the gap could widen and we are not so overwhelmed by it	06	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Kii Kiii	Therapeutic technique – exploring - relationship with self	We can learn how to turn the volume down	06	
Kii Kiii	Therapeutic technique – exploring - relationship with self	We can heal ourselves of shame by enabling ourselves to turn the volume down sometimes, almost so it's inaudible	06	
Kii Kiii	Therapeutic technique – exploring - relationship with self – insight	Look at how it is, not just on the overwhelmed level, but with insight		
Kii Kiii	Therapeutic technique – exploring - relationship with self – hindsight	With the benefit of hindsight I do understand now		
Kiii	GETTING TO KNOW AND TEACH THE NATURE OF SHAME			
Kiii	Therapeutic technique – teaching the knowledge of the nature of shame	It's part of us. I can't dig it out... like Shylock's pound of flesh	06	
Kiii	The nature of shame	With shame, I think it's something you dip in and out of	09/728	
Kiii	Therapeutic technique – teaching the knowledge of shame	We are time travellers... the past is always with us – we can't cut it out from our bodies	06	
Kiii Avii Aii	Therapeutic technique – teaching the knowledge of shame – knowledge of the territory – rises up, cannot get rid of it	I think it will never go away – it comes up and I manage it, and push it back down again. But I don't think it will ever go away because I have talked and talked a lot about it in different places. Maybe that is the part that is human.	09/116	
Kiii	Therapeutic technique – teaching the knowledge of shame	Sort of evolving – that we go through life taking lots of different shame	09/120	
Kiii	Therapeutic technique – teaching the knowledge of the nature of shame – getting to know the territory - (contradictory nature of shame)	We can haunt ourselves with shame and we can exorcize it ... it is a fantasy	05	
Kiii	Therapeutic technique - teaching about shame - knowledge of the territory- function of shame is restraint, inhibition	Shame as a sort of short hand - there are no go areas in shame, where we must not go. Shame places a taboo on certain behaviours	05	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Kvii	unconscious process in supervision/ therapy	It sounds like you might be defending against some shame with what happened	09/551	
Kvii Cvii Rv W Kiii	269. Co-creation Visceral wounding – making the unconscious conscious	270. There is something about visceral wounding with shame – NB this is my intervention but needs to be brought in because the material is very difficult for the therapist dealing with a client on the subject of manslaughter and violence and needs to be addressed “I think it touched my fear of failure”	09/680	
	BOUNDARIES – PUSHING, EXPLORING, THINKING THROUGH			
Kii Kiv	Awareness of boundaries. Exploring shame experience – pushing boundaries of comfort	Explore the story, the importance of exploring a whole range of memories and experiences which have not been tested out	05	
Kii Kiv Riv	Awareness of boundaries. Exploring shame experience – pushing boundaries of comfort – encouraging clients to think creatively, kinaesthetically, and outside the box	I’ve been hard wired wanting to know where the boundaries are, pushing, pushing, pushing – on a motorbike, at a certain speed or angle, how does it feel on a corner before it starts to drift away. Knowing that tip point. Exploring the edges	05	
Kiv Riv	Awareness of boundaries. Exploring the boundary – befriending the boundary	I’ve never felt safe in relationships till I found out where the boundary is, in order to find out where the edge is ... make friends with it	05	
Kiv Kvii	Awareness of boundaries. Exploring the boundary with a client – recognising when a client is pushing the boundary too hard, leaving therapist in an uncomfortable counter-transference	Clients can be quite gamey with shame	09/583	
Kiv	Awareness of boundaries. Firm handling of boundaries around shame	Making sure the boundaries are strong, not all wavy	09/714	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Kiv Kvii	Awareness of boundaries. Making the unconscious conscious	He pushes and pushes and pushes the boundary until they end the relationship	09/716	
	VISUALISATION			
Kv Riii	Therapeutic technique – using visualisation -clearing away judgementalism	Smoothing muddy footprints – making sure the space (in between) doesn't have any footprints	08	
Kv Riii	Therapeutic technique - using visualisation and imagery (in particular ways with particular clients) to clear away judgements, not judging	Waves on a beach, slowly covering the footprints. I could get rid of the footprints so I am not giving her any badness	08/939	
Kv Riii	Therapeutic technique - using visualisation and imagery (in particular ways with particular clients) to be nurturing, prizing in the relationship – embodying the goodness	Showing the dandelion it is a rose – a prize rose	08	
Kv Riii	Therapeutic technique - using visualisation and imagery (in particular ways with particular clients) to be nurturing	Like tending a garden You go and water it You want the rose to survive	08	
Kii Kiii Kv Riii Cvi Cvii	Therapeutic technique - using visualisation and imagery (in particular ways with particular clients, to be nurturing	I do the dendrite thing – I show them about the brain and how the neural pathway is on the script of my own particular pathway. It's very overgrown, it's difficult, so we have to chop a new way through the jungle. As we are working more and more, we are clearing a new pathway.	06	
Kii Kiii Kv Riii Cvi Cvii	Therapeutic technique - using visualisation and imagery (in particular ways with particular clients, to be nurturing)	Even when the garden's clear, we have to pay it attention from time to time like a good gardener would with the weeds and go back and give ourselves some nurturing and some time because it can grow over very quickly and grow back... we need to keep the weeds at bay	06	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Kv Riii Cvii	Therapeutic technique - using visualisation and imagery (in particular ways with particular clients, to be nurturing) also in co-creation	That's nice, turn a jungle into a garden and then tend to it	06	
Kii Kiii Kv Kvi Cvii Avi	Therapeutic technique - using visualisation and imagery (in particular ways with particular clients), to be nurturing	When they are able to get out of continuous blame games with other people... and talk, explore, dig around in the jungle of their history and see life as it really was, not just how the defences created it	06	
Kiii Kv	Therapeutic technique - teaching about shame - using visualisation and imagery (in particular ways with particular clients) to be nurturing - the experience of shame as a journey of co-creation	It's about knowing the territory of the relationship, knowing the terrain	05	
Kiii Kv Riii Cvii	Therapeutic technique - teaching about shame - using visualisation and imagery (in particular ways with particular clients) to be nurturing- the experience of shame as a journey of co-creation	I know the territory of shame experientially and theoretically – it is multi-faceted, deep and wide – not something to dip in and out of and suddenly get cured. I am entering into a journey with them. My understanding of the territory helps me invite them into this journey 06/2/122	06	
Kv Rv	Therapeutic technique - teaching about shame - using visualisation and imagery (in particular ways with particular clients) to be nurturing – the importance of finding a safe haven	Using me as her safe haven (from PEP) So the harbour for me is not a dead place, it's where life happens	01/1/3 56	
Ri Kv Cv	Therapeutic technique – using imagery of being grounded in reality- solidity and security	Stepping out on a farm	06/1/4 14	
Ri Kvi Cv	Therapeutic technique – using imagery of being grounded	I have got there onto the land	07	
Ri Kvi	Therapeutic technique – using imagery of finding a safe haven – making a story	I was so embattled, and so desperate to believe there was something there, and so grateful to find there was a land there	07	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Kv Riv Cvii	Therapeutic technique – co-creation of a picture of grandmother, in an armchair, with shared humour Maybe move this section to Creativity theme	M I have a picture of a big breasted, rounded, matriarchal woman, with big boobs, lovely embrace, lots of breast, that's the picture I have got 09 My sort of strongest memories of her, she was probably knocking on 80 – so if she was big breasted at any point they had kind of gone south ... sitting in the armchair, with me either sitting on the arm, or slithered in next to her, with the dog sitting at my feet... it feels absolutely heavenly	09/386	
Kv Riv Cvii A	Co-creation of therapeutic relationship/alliance – co-creation of a sense of safety - a picture of grandmother, in an armchair, with shared connection of the shameful or hideous experience – and acceptance by the other.	I guess it's remaining constant with them, and showing them that unconditional love...that whatever they have told you, however hideous they feel, it's okay... thinking about it now, it sounds like being in the room with you, is like being in that chair with the arms round you	09/439	
Cvii Riv Kv A	Co-creation of staying with the pain Relationship with other Knowledge of therapeutic alliance	I guess it is kind of metaphorically creating that bubble and that warmth... it's almost something you want to do naturally from every aspect of ourselves – it's something we learn to naturally ooze – it is about the aspects of our being, how we sit, how we speak, our tone of voice, how we look at a person that never changes, whatever that person has told us, however hideous they feel about themselves, we might be the only person who stays constant and still cares about them... nothing is ever too much	09/444 453 458 468	
Cvii Kiii Kv Riv A	271. Relationship 272. Unconditional love Core conditions	She wouldn't even have known what she was doing... that knowledge comes from love .. it feels to me as though love is a really important part of the antidote to shame, that unconditional love, that kind of purity of love	09/484 -491	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	ENCOURAGING THE VOICE – AWARENESS, TAKING RESPONSIBILITY, BECOMING MORE ADULT, EMERGING SELF			
Kvi Riv Cvi	Therapeutic technique - encouraging verbal expression of a compassionate kindly voice	If I can just be quiet enough to hear that sort of... phew... voice, you know, that says, "Stop", .. it gives me a voice that I didn't have as that child	07/1/ 593	
Kvi Kiii Riv Cvi	Therapeutic technique - encouraging verbal expression of shaming rage, suicidal ideation, extreme feelings	Writing feelings in a letter mailed to self : I will be glad when you die, you fucking monster.	07/1/ 388	
Kvi Kiii Riv Cvi	Therapeutic technique – expressing - sending oneself a letter ventilating strong feelings	I did write a letter on email, but I didn't send it to my mum, I sent it to me, and this email was a part of me I had never seen before	07/1/ 386	
Kvi Riv Cvi	Therapeutic technique – encouraging assertive expression	I am starting to bark now .. to bite back and say....	07/2/ 110	
Kvi kiii Riv Cvi	Therapeutic technique – expressing, talking to self to survive trauma	I had to talk to myself a lot to stop disappearing down the hole. It was like being in a wilderness, in a desert	06/1/ 628	
Kv Kvi Civ Cvi	Therapeutic technique – encouraging expression of something shameful - difficult to express ... using imagery of shame being unleashed ... to take responsibility	There is a kind of chain reaction... once you have done it you can't stop it. I have let the tiger out ... it is out of its cage. I am the person who let it out	09/96	
	TEACHING/SUPERVISING ABOUT UNCONSCIOUS PROCESS	A lot more work needed here to sort out themes on defences against shame		
Kvii	Therapeutic technique – teaching about unconscious process	Making the unconscious conscious	08/466	
Kvii	Therapeutic techniques – teaching about unconscious process	It's like our past has come along right through into the present, swoosh, and it overwhelms the present.... That's what happens in the transference of course	06/2/ 527	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Kvii Kiii Riii	Therapeutic techniques – teaching about unconscious process	Every time I run a shame workshop, there will come a moment when suddenly I lose my thinking...I say, " I told you I might "	06/2/ 679	
Kvii Kiii	Therapeutic techniques – teaching about unconscious process	We tread on egg shells around it because we are scared of shaming them	06/2/1 85	
Kvii Kiii	Therapeutic techniques – teaching about unconscious process	I think shame is the biggest driver, not the sex instinct, not the death instinct, but the moment by moment defence against the anticipation of humiliation	06/2/ 470	
Kvii Kiii	Therapeutic techniques – teaching about unconscious process – knowledge-nature of shame – culture	For so many people we work with in therapy, the root is shame... but it's one of those things in our culture we rarely talk about.. we try and dance round it... and in our culture (I don't mean in therapy) but outside in our culture, when someone is feeling shame we do anything to dispel it	09/619	
Kvii Kiii	Therapeutic techniques – teaching about unconscious process – knowledge-nature of shame – culture	Shame needs to be something that is more every day, that we all acknowledge, that we have all got it, we carry it	09/631	
Kvii Kiii	Therapeutic techniques – teaching about unconscious process 273.	We walk on egg shells and allow it to intimidate our capacity to talk about it in a kind of parallel process	06/2/ 185	
Kvii Kiii Riii Rvii	Therapeutic techniques – teaching about unconscious process	It is almost like they are unconsciously precipitating the crisis to repeat their history, but at a much deeper level saying, do something different now – don't be seduced with me into all this shit again – give me a different response ... and I call these moments of healing crisis	06/2/ 367	
Kvii Kiii Riii	Therapeutic techniques – teaching about unconscious process – defences - the nature of shame and our unconscious need for protection against experiencing very uncomfortable realities of abuse, core self wounding	Protecting herself against the shame – she was so special to him	09/164	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Kvii Kiii	Therapeutic techniques – teaching about unconscious process – defences	How can we so desperately defend – so we don't have to experience it	09/196	
Kvii Kiii	Therapeutic techniques – teaching about unconscious process – therapist taking charge, taking charge around client defences in the transference	[as a therapist] You've got to cut through the dense oppressiveness, otherwise it's too tortuous	09/222	
Kvii Kiii Riii	Therapeutic techniques – supervising about unconscious process	"You were setting yourself up to be shamed"	08955	
Kvii kiii	Therapeutic techniques – challenge – timing - unconscious process in therapy/supervision	It sounds like you might be defending against some shame with what happened	09/551	
Kvii	Therapeutic techniques – challenge – timing - making the unconscious conscious in therapy – therapist bringing out what is going on underneath in the transference – metaphor of aggression/ war/ force	His passing shot ... he was trying to shock me. It was a real hand on the doorknob [moment]	09/535 566	
Kiii Kvii	Therapeutic technique – therapist use of self - self disclosure – timing - Careful challenge of unconscious material bubbling up in client	I said to him, "I was intrigued by the last thing you said to me last session" ... he then started talking more seriously ... it felt we had cut away a bit of the crap 09/276	09/570	
Kvii	Therapeutic thinking and applying technique – therapist use of self – need for careful timing	I just wanted to be real in the room with him – I said to him I felt uneasy ... is that how you wanted me to feel?	09/576	
Kvii	Therapeutic thinking and applying technique – therapist use of self – need for careful timing	Clients can be quite gamey with shame... I stepped off the game and I was real... after I had challenged him things became more grounded ... prior, it felt like a dump... masking his shame	09/581	
Kvii	Defence – narcissistic pride. Therapeutic thinking and applying technique – therapist use of self – need for careful timing and not being over-challenging to a point of reshaping the client who is highly defended, over-proud and narcissistic	His defence against shame – all those violent things he'd done against women, holding them up like trophies... rather than what he was really feeling which was a deep sense of shame	09/599	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Kvii	Therapeutic thinking and applying technique – therapist use of self – need for careful timing	I pop something on the table	09/637	
Kvii	Therapeutic awareness of boundaries – making the unconscious conscious - careful timing of challenge	He pushes and pushes and pushes the boundary until they end the relationship	09/714	

MAIN THEME 3 : CREATIVITY AS A WAY OUT OF SHAME

There are 42 strong metaphors in this section.

creative adjustments total 27 : including childhood - retreat to place of safety, distractions 8

magical thinking 4

creativity in art and language 4

hard work, success, renewal, building something up 7

turning fantasy into reality, fiction into non-fiction, beginning to integrate shame 6

use of submerged metaphors 5

MAIN THEME – CREATIVITY, ADJUSTMENTS, STRATEGIES, NEW AWARENESS

TABLE OF MAIN THEME OF CREATIVITY AS A WAY OUT OF SHAME

Table with original codings of main theme of Creativity: “being a kind of nature child wanting to be more creative” as a way out of shame

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	CHILDHOOD CREATIVE ADJUSTMENTS, PHYSIS, A SPARK, RELATIONSHIP WITH NATURE, CONNECTION			
Ci Ri	Creative adjustment – relationship, support from and connection with nature	I had a sense of support from nature – dogs, cats, pets	05	
Ci Ri	Creative adjustment – relationship, dialogue with nature	I had an ongoing dialogue with nature	05	
Ci Cvii Ri Kv Ai	Creative adjustment - relationship - vocalisation through nature – important moment of ventilation of strong shameful feelings	We cried together on the bank of the river, the dog and I. It was a wake-up call	06	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ci Ri	Creative adjustment – relationship, connection with nature	I learnt about my natural self through going into nature	05	
Ci Ri	Creative adjustment – self soothing – retreat to place of safety	The bedroom I would retreat to was womb-like	05	
Ci Ri	Creative adjustment – self-soothing through nature – going out to place of safety	Nature was a place of curiosity exploration and wonder... I feel at home – I can hug a tree, or lie in the grass, or look at water rippling on stones, and I feel totally at peace	06	
Ci Ri	Creative adjustment – through nature – retreat to place of safety	As soon as I could walk and get out into the garden, I found a haven	06	
Ci Ri	Creative adjustment – through nature – attachment to place of safety	My attachment patterns from the age of about 2 as soon as I could crawl became very linked to nature rather than people	06	
Cvii Ai Kvi	Creative adjustment - through inanimate object – and making sense of the experience of shame – unravelling a deep meaning around the shameful memory maybe a transitional object	06 yeah, I was thinking more of the painting on the Cistine chapel yes I can see that now with the fingers touching - yes I can see that - I guess I am picking at a nail trying to make some contact with it M something about connecting, reconnecting ? 06 yeah, yeah	06	
Ci Ri	Creative adjustment – self-soothing through movement in nature	Getting a sense of contact ... being able to walk along the canal	05	
Ci Ri	Creative adjustment – self-soothing around water, movement	I retreated and escaped into nature, spending time by water	05	
Ci Cv Ri Riii	Creative adjustment – self-soothing around water, movement – and success	Funnily enough, you said, how did I break free from it? (the shame) When I was a child, I became an excellent swimmer... I used to win gold medals for it	07	
Ci Cvi Ri	Creative adjustment – through nature	Being a kind of nature child, wanting to be more creative, so there is something that has been released	07	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ci Ri	Creative adjustment – through nature/dog	I used to do my escaping as a child with my dog. I'd put the lead on my dog and I would go and walk and walk... I used to sit somewhere in one of the fields near the house	09/308	
	MAGICAL THINKING			
Ciii	Creative adjustment – self-soothing through use of poetical words, story and magical thinking around imagery of animals (making a preferred version for herself out of a negative cultural Chinese superstition that was foisted on her)	I was born a fire horse, fire horse children are meant to bring calamity to those people around them....I wasn't a fish, it was a sea horse actually	07/2/4 90	
Ciii	Creative adjustment – self-soothing through use of poetical words, story and magical thinking	I still have a sense of the fairy tale.. once upon a time, long long ago there was an evil witch ... when does the happy ending come?	07	
Ciii Rv	Creative adjustment through magical thinking	In my child ego state I had managed to save her life – I probably had magical thinking in my child ego state	06	
Cii	Creative adjustment through Illumination, central belief in a spark	I think somewhere inside me in this empty aloneness, there is some kind of glimmer, some little little spark of hope or faith	06	
Ciii	Creative adjustment – through imagination	As a child I often wanted to float away, off the planet	09/302	
Ciii Riv	Creative adjustment – through imagination	After my grandmother died – I used to imagine I was floating off with her.	09/320	
Ciii Ci Riv Rv Kiv Kv Ai	Creative adjustment – through a feeling of unconditional love and acceptance – relationship with another significant person, relationship with self	The antidote part of it is that that person loves you unconditionally – so when you are in their presence none of that horribleness exists. The confidence in myself and sense of self that I hang on to was thanks to her... I would have been much more fragile without her	09/346 / 358/ 360	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	ART WORK			
Civ Kiii Kiv	Creative adjustment – self-soothing through art, story making, magic, writing, poetical words	I am just going to introduce some art work, some creativity. M mm A and just say to them, you know, you don't have to be a greater drawerer, do it with your eyes closed. Just make marks on the page that makes you ... that gives some feeling of your client and then we are going to talk about it. So it is just tapping into that deeper knowing, that erm ... other ... that intuitive – you know, intuition to me isn't just a wild guess. It is about... it's about a conglomeration of knowing, that has happened M mm A that you can't... your rational mind can't take in all at once M mm, do you know where you hold that intuition? Can you locate it in your body? A in my guts, definitely M right down here in your solar plexus?(pointing)	07/1/6 07	
Civ Cvi	Creative adjustment – finding a voice through art, story making, magic, writing, poetical words	Art work taps into all that preverbal, out of awareness stuff ... it gives me a voice that I didn't have as a child	07	
Civ	Creative adjustment – finding a significant emblem through art, story and meaning making, magic, writing, poetical words	I found this artist ... it's the emblem of my counselling practice, the xxx ...	07	
Civ	Creative adjustment – finding a significant emblem through art, story and meaning making, magic, writing, poetical words	We found out the xxx is a eucalyptus, as it peels, the bark goes different colours... blues, reds, yellows... quite stunningly beautiful	07	
	SUCCESS, REBUILDING, ADULT COPING STRATEGIES			
Cv	Creative adjustment through success – transformation	Many of my shame based clients are highly successful people – they have redeemed themselves with their success	06	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Cv	Creative adjustment through success - building something - a successful new self out of the ashes of shame – transformation	So I then went into this coping strategy of - let's build something successful from nothing .. I needed professional success to feel good about myself So it was like x became the ashes that was me - Me a shame –based director	06	
Cv	Creative adjustment - building something - a successful new self out of the ashes of shame – transformation	I had to build myself up from the ashes. It feels like a phoenix from the ashes, it feels like something stronger, more resilient, more able to cope, manage...	07	
Cv	Creative adjustment - building something - a successful new self out of the shame experience – careful transformation	I am built anew or I am building anew.. every brick has to be measured, and it is important to take time for me	07	
Cv	Creative adjustment - building something - a successful new self out of the shame experience – careful transformation	And I am learning that each brick that I erect ... has been painfully wrought by me and is of worth now	07	
Cv	Creative adjustment through working hard, building	One of my coping strategies was to work very hard and create something very successful.. the positive side of shame 06/1/660	06/1/660	
Cv Kiii Aiv Riii	Creative adjustment through new awareness	But my awareness of the black ball [of shame] as I get older becomes greater... I think as time goes on I can see all the ramifications	09/1/	
	TURNING FANTASY INTO REALITY, FICTION INTO NON-FICTION, BEGINNING TO INTEGRATE SHAME			

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Cvi Ri Aiv Avii	Creative adjustment through use of poetical words, story and magical thinking - remaking the story to be real – feeling more grounded 274.	I found this beautiful picture of hope and she was languishing on a hillock and she was blinded and her lute was broken.. I thought that was my hope now because I didn't want her to be that fairy tale thing any more... I wanted hope to be more grounded, more earthy, more real in the world	07	
Cvi Ri	Creative adjustment through use of poetical words, story and magical thinking - remaking the story to be real – feeling more of a sense of self	When I had ended her grip on me (of the fairy tale hope) the most paradoxical thing I found, was I am starting to gain a sense of me... being a kind of nature child	07	
Cvi Kvi	Creative adjustment through use of poetical words, making a story, connecting, reworking and rebuilding the shame experience into a new story, making order, making sense	To keep the connection with my original shaming, not losing the connection, needing to make the story. Part of me was shattered and rebuilt	07	
Cvi	Creative adjustment - building a new start for self out of the shame experience – transformation of loss into gain	I have built my foundations – my foundations were built with the death of hope	07/2/2 35	
Cvi	Creative adjustment-building a new start for self out of the shame experience – transformation of loss into gain	That was the crone and I am starting to build my house of self 07/2589	07	
Cvi	Creative adjustment – transformation - vocalisation Coming out - voicing a transition into standing up for herself and not being further shamed	My crone is doing something else and going, "Sod that!"	07	
Cvi Rvi	Creative adjustment – through humour	The image of the humour is energetic ... like bubbles .. with bubbles you can float away.. by being able to laugh about it, it feels as though you could just float up and .. and go away from it and the shame doesn't matter	09/275 / 293	
Cvi Rvi	Creative adjustment – through humour - co-creation	Talking about shame at the dinner table might put you off your food	09/629	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	USE OF COMPLEX METAPHORS WITH SUBMERGED LAYERS OF MEANING AROUND THE EXPERIENCE OF SHAME – GOLDEN QUOTES			
		<p>I never felt secure till I know at that moment where that tip point was like having a new motorbike (indistinct)</p> <p>M where that tip point did you say?</p> <p>P yes, drifting away from the road, then I feel a certain angle boundary I can't go</p> <p>M yes so you wouldn't go quite over the edge - you'd be able to pull yourself back</p> <p>P in order to find out where the edge is.</p> <p>M right</p> <p>P and I've never felt safe in relationships till we fell out and extend a bit, and I had found out where the boundary is in order to find out where the edge is .. make friends with it</p>	05/231	
Cvii Cvi Kii Riii Ri Ai Aii	Voicing a memory of a deeply shaming experience becoming a symbol – a creative adjustment	<p>The teacher put me in the dunce's corner, I must have done something wrong. I saw this nail, it had been bent over, and over the years the nail had become embedded in the paint, and I started to pick at it with my finger, and I said to myself, I will never forget being in this corner, I will never forget this and I never have. There is a connection between being seen and being put in the dunce's corner, so I am going to keep very very still and go into this empty secret lonely place where no one can get in and no one can see me.</p>	06	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Cvii Cvi Cii Kii Riv Rvi Ai Aii	Voicing a sophisticated creative adjustment – making meaning out of a deeply painful shaming experience the nature of shame is camouflage – to be explored in discussion section	The nail was covered in paint, and my spark of hope was covered... was well camouflaged, was well defended... I think I was protecting it in my isolation... I was protecting that little bit of faith and hope	06	
Cvii Cvi Rv Rvi	Voicing a deeply shaming experience- making meaning out of it	The dunce's corner with a vengeance Instead of looking into the dunce's corner and seeing the nail, I was in the dunce's corner and propping up the whole wall... everyone dining out on it	06	
Cvii Cvi Kvi Riv Rvi Aii Avii	Voicing a deeply shaming experience which is still traumatic and "live" in some ways, and contradictory – reconciling to the agony of experience at some deep level.	It was a melting pot – and in some ways I am glad the shaming happened – I'm not because I can still feel the burn of it, but a part of me is thinking, those walls would not have come down as quick and as completely unless that had happened, and the walls had to come down	07/2/2005	
Cvii Cvi Ri Kii Ai	Voicing a sophisticated creative adjustment – making meaning out of a deeply painful shaming experience. Moment of illumination. Healing crisis	It was the cross roads... in the moonlight by water... the dog dropped a bloody big log on my foot.. at that moment I thought, "you have got to get your act back together".	06	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Cvii Cvi Riii Rv Kvi	Voicing a memory of a highly significant non-judgemental relationship – warmth, unconditional love, support, humour	If ... I was not allowed out because I had been naughty, or whatever, she would always say, oh no, no I'm sure she wasn't (laughter) ... I would go to granny's house after school and stay with her .. I would be safe with her An inner sort of warmth... solid ... as opposed to shame that is cold – she [grandma] gave me the warmth that I didn't get from my mother She wouldn't even have known what she was doing... that knowledge comes from love .. it feels to me as though love is a really important part of the antidote to shame, that unconditional love, that kind of purity of love	09	

MAIN THEME 4 : ACCEPTANCE

There are 30 strong metaphors in this section. The sub-themes are:

Iconic significance – turning points 2 (there are others under other themes, but don't want to count them twice)

acceptance of natural processes – life stages 5

affiliation/ connective human bond 7 acceptance of reality 4

TABLE OF MAIN THEME OF “ACCEPTANCE” AS A WAY OUT OF SHAME

Table with original codings of main theme of Acceptance : “it’s just part of the human bond ” as a way out of shame

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	ACCEPTANCE, GRATITUDE, COMPASSION, SYMBOL, REDEMPTION, TRANSFORMATION			
Ai Aiv Ri Riv Cvii	Iconic significance - multiple layers of meaning – symbolism, love, connection, memory, gratitude, compassion, iconic significance – transformation	Tom, the working sheepdog ... I don't think I will ever forget the dog or the log. He is buried outside in the garden (This might belong in submerged meanings)	06	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ai Aiv Ri Riv Cvii	Iconic significance - multiple layers of meaning - making sense of the painful shaming experience and the incident taking on symbolic significance –transformation	I said to myself, I will never forget being in this corner, I will never forget this and I never have. (This might belong in submerged meanings)	06	
Aiv Avii	Acceptance, humans as part of nature, freedom from pride, humility	Do you see the radiating spines on a leaf? We are all connected with each other... I am happy that I am only one of the tiny little parts of the skeleton of the leaf. I have no grand ego that I have to be the central vein or anything like that.... I am just a part of that matrix and happy to be so	07	
Aiv	Acceptance, natural processes	We're all leaves ... part of the greater whole, the tree, life...	07	
Aiv	Acceptance, natural processes	It goes back to my leaf thing... it's the cell that butts up against me, it's learning to co-operate	07	
Avii	Acceptance of natural process of change, life stages – sense of calm	It is not a tearing loss, a ripping at the soul, or something so sad you can't bear it... but there is a natural... it's almost like shedding, as you take your cloak off, or your coat, or a tree sheds its leaves or branches that it doesn't need.. I experience myself as moving from one stage to another, and I think the death of that shining hope was a part of that	07/141	
Avii	Acceptance, life stages, transition, fantasy	There is a sense of me going from one stage, crossing from my older mother archetype into my crone. That's perhaps the transition that is happening.	07	
Avii	Acceptance, affiliation	We are all in it, this is it, life is messy, we are all in it together	07	
Avii Aiii Riii Kiv	Acceptance, connective human bond, affiliation	It's the shame that drags you down, and pulls you, and sucks you in, but once you realise that, if you have been down this road, thousands of others have as well, it's just part of the human bond, we have all been here in some way or another	07	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Avii Aii	Acceptance of flaws, connective human bond, affiliation	We all have gifts. We all have our Achilles' heels and it doesn't make us good or bad, it just makes us who we are. It has been a lovely piece of learning in my heart, it's made sense	07	
Avi Riii	Acceptance of self, self-compassion	The ultimate thing about shame is self-compassion... which is to do with self-love... the ultimate is to do with the heart	08/595	
Avii Aiii Rvii	Acceptance, forgiveness, connective human bond	The bond has restarted – I have held out an olive branch	07	
Avii	Acceptance, forgiveness, connective human bond	The last cycle of the crisis – working to the conclusion that mankind is my kind – you don't have to be this or that .. or different – just accept	05	
Avi Riii Riv Kvi	Acceptance, forgiveness, self-compassion, connective human and therapeutic bond – noticing when a client is ready to face the self and do deeper work around shame	You know it is not too difficult to see and feel when clients are moving more towards a greater capacity for self compassion ... when they are able to talk about their histories	06	
Avi Ri Riv Kvi	Acceptance, forgiveness, self-compassion, connective human and therapeutic bond – noticing when a client is ready to face the self and do deeper work around shame	There is a sense of repletteness at the moment.. my little mud hut and the suspension bridge.. I didn't trust it. When I was talking about that moment of forgiveness the other day, there was the beginnings of self-compassion... and I am learning that each brick that I erect has been painfully wrought by me and it is of worth now ... and nobody now has the right to take them down, it is about me saying so... the beginnings of worth, the beginnings of self-compassion	07	
Avii Kiii Kv H	Acceptance, coming to terms with reality – the way it is	I have got over 100 sheep, if they have been too long in one field they are absolutely covered in shit – that is what shame is like. Sheep shit helps – wiping a sheep's arse. It is no respecter of status	06	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Avi Kvi Cvi H	Acceptance through humour	Making light of it	09/253	
Avii Kvi H	Acceptance through humour	The way I think about it now, it's [humour] an antidote to shame... it makes me laugh, it takes me up into my head into a logical place		
Avii Kiii H	Acceptance of reality, the nature of shame	I don't think shame has any logic – no matter how many times I try and unravel it, it's still there	09/267	
Avii Kiii	Acceptance – knowledge – shame needs to be talked about not hidden away	Shame needs to be something that is more every day, that we all acknowledge, that we have all got it, we carry it		
Av Avi	Arrival at a true sense of self-solidity	I now have a firm foundation to stand on. I occasionally get overwhelmed and become out of control but that lasts for about an hour now	07/1/5 35	
Av Avii	Acceptance of reality	I thank God for my shame because it gives me enough humility to keep one foot on the ground and not go floating off into grandiosity	06	
Avii	Acceptance of reality, communication, co-operation, agreement, balance	That kind of seesaw, I had to find a way of balancing it, and what it did was allow me to accept that is the way the world is, rather than the way I wanted it to be	07/2/1 95	
Avii Riii Kiii Cv	Acceptance of reality – awareness	I think it will never go away – it comes up and I manage it, and push it back down again. But I don't think it will ever go away because I have talked and talked a lot about it in different places. Maybe that is the part that is human.	09/116	
Aiv Riii Cv Kiii	Acceptance of reality – awareness	My awareness of the black ball as I get older becomes greater	09/133	
Aiv Cv Kv	Acceptance of reality – awareness	I can see all the ramifications	09/136	
Aiii Avii	Acceptance of reality – normalising – affiliative we – therapeutic technique ?	Shame is something we have to live with. It is just part of being alive	09/738 757	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Avii Aiii	Acceptance of reality – awareness – benefit	It is uplifting, it is normal – we have all got it, we are all carrying some.... shame is part of me, part of my evolution	09/741 / 763	
Aiv	Acceptance of reality – awareness – benefit	It's part of that wisdom of getting older	09/773	
Avii	Acceptance of reality – awareness	It's all part of the mix	09/778	

Appendix 11 FP Draft Data Analysis of Ways out of Shame with simplified codings (Ra, Rb, Rc, etc.)

Draft data analysis – tables with simplified codings ways out of shame

In this section, the metaphors of the 4 main themes of ways out of shame are displayed in 4 separate tables, marked 3a, 3b, 3c, 3d for ways forward out of the negativity of shame:

Table 1 Relationship, Table 2 Knowledge, Table 3 Creativity, Table 4 Acceptance.

MAIN THEME: RELATIONSHIP, CONNECTION, SUPPORT AS A WAY OUT OF SHAME

There were 68 strong metaphors in this section. The sub-themes were: safe therapeutic relationship with 43, broken down further for clarification into 6 sub-sub sections, as it was a large section - touch, calm, therapist use of self, working alliance, fine-tuning, core conditions; safe relationship with significant 'other' with 16; and professional / interview relationship with 9.

There were 6/17 complex metaphors on the theme of relationship out of a total of 68. These are highlighted in yellow on the table. The strongest most visual ones showed that safety and continuity of relationship is at the heart of healing shame, since insecurity and broken relationship is at the heart of shame and needs to be reversed.

These complex metaphors cluster around the sub-themes of a strong therapeutic alliance offering safety, constancy, a strong ally, therapeutic presence, travelling alongside the shamed person as a firm, guiding presence with a macheté; providing core conditions of non-judgemental respect and genuineness; the I/thou of dialogic encounter is important as a safe container for shame work to be done. Love, empathy, "armchair containment", strong trustworthy relationship and comfort are important warming aspects for healing of shame. There needs to be gentle but firm handling, steadily, little by little, drop by drop, for doing shame work. Careful timing and pacing are essential. Enabling a client to experience a strong supportive consistent relationship to hold them through their shame is important as the client begins to get a sense of a trustworthy relationship with self.

Trusting relationship: One of the necessary and vital ingredients for progressing with shame (because it is different and more difficult to recognise and work with than the other affects) appears to be connected with establishing a safe relationship through a strong therapeutic or personal alliance. Until there is a sense of containment within a safe relationship, work with shame is unlikely to progress. In both the PEP and FP, a frequent reference was made by participants to the importance of good support and trustworthy connectivity to nature, others (particularly professional therapists, supervisors, family members and friends) and the co-created research relationship.

What came across in the data applies to all categories of relationships, therapeutic, personal and professional, was that it is vital to establish a secure, trusted, non-judgemental, containing relationship, before shame can be approached and dealt with.

Ra) Therapeutic relationship 43 including:

Therapeutic touch / contact 7

Therapeutic working alliance – calm and gentle affiliation 8

Therapist use of self – normalising 9

Therapist working alliance in dialogue with hurt inner child 6

Therapist fine tuning 8

Therapist - core conditions 4

Rb) Relationship with significant others 16

Rc) Interview/ professional relationship 9

**MAIN THEME OF RELATIONSHIP : “A SENSE OF SUPPORT” :
CONNECTION/SUPPORT/CONTACT AS A WAY OUT OF SHAME**

The best quotes: I am entering into a journey with them. My understanding of the territory helps me invite them into this journey

I guess it's remaining constant with them, and showing them that unconditional love....that whatever they have told you, however hideous they feel, it's okay... thinking about it now, it sounds like being in the room with you, is like being in that chair with the arms round you

Table 1 Main Theme of Relationship

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	THERAPEUTIC RELATIONSHIP – WORKING ALLIANCE - CORE CONDITIONS - SHARING CONNECTION – FACING IT – SLOWLY			
	TOUCH/CONTACT			
Ra	Therapeutic relationship – touch - contact	Touching the body with a rose and embodying the goodness ... when you are telling someone they are a rose, or you know, you are saying something nice about someone, instead of it just going in there .. in one ear.. and out the other ... I get them to sort of take it and to sort of put it in their body like that – can you see what I am doing? M yes .. embracing it .. to incorporate it 08 because once it has touched the body it is easier to embody it...if you if you take it and actually touch your body... while you are trying to take it in, it is much easier ... to embody it, the goodness..	08/56 1	1
Ra	Therapeutic relationship - touch – contact	I can make my life like that (open and compassionate) with the people I touch	07/1/5 91	2

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ra	Therapeutic relationship - touch - contact	Somebody reaching out a hand, saying you are not going to drown in the flood	08/760	3
Ra	Therapeutic relationship – touch – contact	that small part of them – the child's curiosity I seek to touch and yearnings that have been hidden for so long.. that lifestfulness in them	06/2/514	2
Ra	Therapeutic relationship - contact	You have put your finger on the nail	08/191	3
Ra	Therapeutic relationship - contact	Put a photograph in a transparent wallet ... next to your heart	06/2/598	3
Ra	Therapeutic relationship - contact with a deep truth around shame through the relationship	I think it touched my fear of failure	09/680	3
		TOUCH Total 7		
	CALM AND GENTLE			
Ra	Therapeutic relationship - calming and holding	One of the main stays of my work is that I hold them while they are stressed, anxious, thrashing about	07/1/598	2
Ra	Therapeutic relationship - calming and holding, slow and gentle, delicate, good timing, giving plenty of time and space	A jack in a box or a sponge. When you get pressed down...[with shame] so that you're.. you have denied yourself ... so it would be about letting the sponge relax, not letting it be compressed any more. And the same with the jack in a box, but you wouldn't just lift the lid and let the jack in a box out, because that would be too traumatic wouldn't it.. so it would be about gently lifting the lid and letting the jack in a box slowly grow back up	08/1093	3
Ra	Therapeutic relationship - calming and holding, slow and gentle	I am not saying it is going to change people immediately, but you know, over time..We reach out in such a way, little by little... and I think that can only be done little by little ...	08/564/ 928	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ra	Therapeutic relationship - calming and holding, slow and gentle – soothing, steady voice, sounding casual, relaxed and informal , giving a little at a time A further sub-theme here of easy dialogue / colloquialism as metaphor – tentative, searching, soothing....	A little taste of something, so they might be able to take it in and actually digest it.. but it is just getting that taste of something different so if they had a very shaming parent or were shamed by who knows, a school teacher or whatever, you know they just get that little taste of something different so they know that there is that possibility out there...And then I think the next time you just give them a bit more and a bit more and a bit more and I think gradually.. because I think that's how shame is, you know, I mean, sometimes it is one big shaming incident but more often than not it is like a little drop on a stone isn't it	08/98 1	3
Ra	Therapeutic relationship – sharing a hunch, an interpretation... gentle, calming and holding, normalising, slow and gentle – steady voice, sounding casual, relaxed and informal	I pop something on the table	09/63 0	0
Ra	Therapeutic relationship - calming and holding, slow and gentle	Going with kid gloves around shame... a very slow process	09/65 1	3
Ra	Therapeutic relationship - calming and holding through affiliation, using the word, "let's"	I separate out different things that are bothering them, "let's deal with one thing at a time"	07/1/6 02	3
Ra	Therapeutic relationship - calming and affiliation through use of the word, "we" or "let's"	Let's sort this out Let's have a conversation Let's bring it up to the light Let's shine a light on it	06/2/5 93	3
		CALM AND GENTLE, AFFILIATION Total 8		1
	THERAPIST USE OF SELF – NORMALISING			2
Ra	Therapeutic relationship - use of self - openness, normalising	Drawing on my own experience, "Perhaps you are not yet aware but what you are experiencing is quite common"	06/2/1 72	1

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ra	Therapeutic relationship - use of self - openness, normalising	The therapist's use of self as a resource to understand shame but also as a human being with appropriate self-disclosure can really make a difference to people	06/2/7 18	3
Ra	Therapeutic relationship - use of self - openness, normalising	Facing it, "best for me to face it head on"	06/1/8 1	2
Ra	Therapeutic relationship - use of self - openness, normalising	My own biggest resource is my own woundedness, my own experience of shame	06/2/1 18	3
Ra	Therapeutic relationship - use of self - openness, normalising	I model being present and open and vulnerable. Eventually the other people realise that vulnerability is a huge strength	06/2/7 35	3
Ra	Therapeutic relationship - use of self - openness, normalising	I only use the ones that work for me	06/1/1 10	3
Ra	Therapeutic relationship - use of self - openness, normalising	If I fall down the hole, I now can get out more quickly. But I do still sometimes fall down the hole	06/2/2 62	3
Ra	Therapeutic relationship - use of self - openness, normalising	I just know my story, and if I can offer that to you and if that is of help to you, then great	07/1/8 40	1
Ra	Therapeutic relationship - use of self - openness, normalising, empathy	Had I been in your shoes I would have done exactly the same	08/40 3	1
		THERAPIST USE OF SELF, NORMALISING Total 9		
	THERAPIST – WORKING ALLIANCE			
Ra	Therapeutic relationship - alliance – talking, working and playing with the spontaneous child –being empathic and caring – affiliation	You can soften your voice and speak to that child and my clients begin to realise, my little 6 year old boy is here right now. Oh good, let's have a conversation	06	3
Ra	Therapeutic relationship – alliance – working with the hurt inner child for nurturing, caring	They bring their kids to be healed	06	1
Ra	Therapeutic relationship – alliance – working with the hurt inner child – nurturing,caring	We have to work at looking after our kid	06	1

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ra	Therapeutic relationship - alliance– dialogue – technique –working with the inner child - relationship with self	My little boy is always alongside me –he is never far away – I don't want to leave him behind any more – I will rely on him to tell me when I am feeling things my adult doesn't want to know and he will rely on me to bale him out intellectually	06	1
Ra	Therapeutic relationship – alliance – dialogue – technique	I am entering into a journey with them. My understanding of the territory helps me invite them into this journey	06/2/122	3
Ra	Therapeutic relationship - alliance– dialogue – image of conscious containment – verbal holding	The I/thou of dialogical Gestalt for me is the container	05	1
		THERAPIST – WORKING ALLIANCE Total 6		
	THERAPIST – FINE TUNING TO BODY PROCESS			
Ra	Therapeutic relationship - alliance – attunement	Part of me still resonated with him	07	3
Ra	Therapeutic relationship - alliance – attunement – fine tuning to shame	Turn down the volume by entering into it as deeply as they can – it takes time – they can be overwhelmed if you go too fast or too slow Gradually you learn to get the right rhythm for this particular client	06	3
Ra	Therapeutic relationship - alliance – attunement – fine tuning to shame	I try and be like an emotional and intellectual barometer.. I really want to key in and tune in to what is happening for the client and me, in the space between us	06	3
Ra	Therapeutic relationship - alliance –attunement - fine tuning to body process	I ask... Where in your body are you experiencing some sensation? Do you know when you woke up where in your body you were feeling that sensation most in your body... of the shame? I am giving them a tool in a way.	06	2

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ra	Therapeutic relationship - alliance –attunement - fine tuning to body process	Yeah, I think it was it was a general all over feeling but there was a particular concentration um er in my er chest and and my stomach really . I think there both there and in my stomach, but I think probably yeah probably it was an... near the heart area	06	3
Ra	Therapeutic relationship - alliance – fine tuning, mirroring	This fine tuning of our mirroring with the client is an individual thing, always about a specific relationship rather than too much technique	06	3
Ra	Therapeutic relationship - alliance – fine tuning, mirroring	This is just me reflecting you as a mirror because you do know it	07	3
Ra	Therapeutic relationship – alliance – fine tuning to body process to be nurturing	I think what I am trying to do is put the... the nice words, if you like, on top of the pain ...that's probably what I am trying to do ...at an unconscious level ...not conscious M it is an area here, R yeah M it's below the voice box R yeah, above the heart	08/54 9/ 591	1
		THERAPIST FINE TUNING Total 8		
	THERAPIST – ATTACHMENT – CORE CONDITIONS			
Ra	Therapeutic relationship – alliance – essence – understanding ambivalent attachment and modelling something steady around shame – not judging Maybe this needs to go in therapeutic techniques? Or in unconscious process? I am really not sure what to do with this. Maybe in submerged or extended metaphors as a separate theme? Therapeutic relationship - using visualisation and imagery (in particular ways with particular clients) to clear away judgements, not	I was thinking that actually there is a push/ pull thing isn't there... that is, as you feel shame you want to disappear but you also want contact and that made me think about .. attachment...where you are desperate to have the mother but then the minute she picks you up you know, you want to push her away... and then once you have pushed her away you want her back again...Maybe that's what this push/pull thing is about... I am seeing it as something moving towards and then moving back, I don't know if you can see it (raises hands to make	08/76 4 - 939	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	judging - clearing away judgementalism using powerful imagery	<p>the movement) moving towards and back yes that sort of movement...I think that one stays still and then I think what probably happens is this, that you get closer and closer till it feels safe and then it sort of links up again and then another shaming and it goes like that again.</p> <p>What I am seeing is a wave on a beach, and this bit in between being footsteps on it. Smoothing muddy footprints – making sure the space (in between) doesn't have any footprints...</p> <p>Waves on a beach, slowly covering the footprints. I could get rid of the footprints so I am not giving her any badness.. it's sort of flat, you know, it's a very still sea but having waves.. and here being the muddy footprints, but they are not footprints they are footprints in the sand but you know, this is the disruption or the bad thing that has happened if you like... and the waves sort of coming, slowly covering them...do you see what I mean, getting rid of them.</p> <p>M so what's... .. Is this another person here? R so it is sort of a healing relationship</p>		
Ra/Rb ?	<p>Therapeutic relationship – alliance – core conditions - warmth</p> <p>Also in submerged metaphors</p> <p>Really not sure whether to have this as Ra Or Rb</p>	<p>An inner sort of warmth... solid ... as opposed to shame that is cold – she [grandma] gave me the warmth that I didn't get from my mother</p>	09/36 4/ 377	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ra/Rb	Therapeutic relationship – alliance – core conditions – love - unconsciousness also in submerged metaphors not sure either Ra or Rb	She [grandma] wouldn't even have known what she was doing... that knowledge comes from love .. it feels to me as though love is a really important part of the antidote to shame, that unconditional love, that kind of purity of love	09/48 4- 491	3
Ra	Therapeutic relationship – working alliance – teaching – non-judgementalism, curious playfulness	Working from curiosity not judgement - I want this workshop to be characterised by curiosity not judgement... so you monitor your capacity to judge others and monitor your capacity to judge yourself	06	3
		THERAPIST CORE CONDITIONS - STEADINESS, WARMTH, NON JUDGEMENT, LOVE Total 4		
		Ra - THERAPEUTIC RELATIONSHIP Total 43		
	RELATIONSHIP/ SUPPORT FROM SIGNIFICANT OTHER/S- RELATIVES, FRIENDS, COLLEAGUES			
Rb	Relationship with others – sharing	Healing comes from sharing with another human being or human beings	05	3
Rb	Relationship – secure trusted marital relationship – persistence and care	"knock knock where have you gone" she would gently tap me on the chest or the head and say "where are you... where have you gone?"	06/1/2 69	2
Rb	Relationship – secure trusted marital relationship – strength and guidance	He was... the guide with the macheté who hacks the path out of the jungle and I just followed him at times	07	3
Rb	Relationship – secure trusted marital relationship – strength and guidance	I wouldn't have made it without him, I would have cracked and broken	07	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Rb	Relationship – secure trusted grandparental relationship – alliance – improved relationship with self, through a feeling of unconditional love and acceptance –	The antidote part of it is that that person loves you unconditionally – so when you are in their presence none of that horribleness exists. The confidence in myself and sense of self that I hang on to was thanks to her... I would have been much more fragile without her	09/34 6/ 358/ 360	2
Rb	Relationship – secure trusted grandparental relationship – alliance - core conditions - warmth Also in submerged metaphors	An inner sort of warmth... solid ... as opposed to shame that is cold – she [grandma] gave me the warmth that I didn't get from my mother	09/36 4/ 377	3
Rb	Relationship – secure trusted grandparental relationship – safety Co-creation of a picture of grandmother, in an armchair, with shared humour	M I have a picture of a big breasted, rounded, matriarchal woman, with big boobs, lovely embrace, lots of breast, that's the picture I have got 09 My sort of strongest memories of her, she was probably knocking on 80 – so if she was big breasted at any point they had kind of gone south ... sitting in the armchair, with me either sitting on the arm, or slithered in next to her, with the dog sitting at my feet... it feels absolutely heavenly	09/39 3 432	3
Rb	Relationship – secure trusted grandparental relationship Voicing a memory of a highly significant non-judgemental relationship – warmth, unconditional love, support, humour	If ... I was not allowed out because I had been naughty, or whatever, she would always say, oh no, no I'm sure she wasn't (laughter) ... I would go to granny's house after school and stay with her .. I would be safe with her	09/43 2	0
Rb	Relationship– co-creation of a sense of safety - a picture of grandmother, in an armchair, with shared connection of the shameful or hideous experience – and acceptance by the other.	I guess it's remaining constant with them, and showing them that unconditional love....that whatever they have told you, however hideous they feel, it's okay... thinking about it now, it sounds like being in the room with you, is like being in that chair with the arms round you	09/43 9	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Rb	Relationship – repair through normal contact	when I was a child with my mother – you know she gave me up, I felt quite isolated but then once I had had normal contact with her again, I could drop that incident ... you know because all the fear of being abandoned or whatever.. at that point had gone ... I could tell it was going to be alright between us	08/76 5	2
Rb	Relationship - co-creation of staying with the pain Relationship with other Knowledge of therapeutic alliance	I guess it is kind of metaphorically creating that bubble and that warmth... it's almost something you want to do naturally from every aspect of ourselves – it's something we learn to naturally ooze – it is about the aspects of our being, how we sit, how we speak, our tone of voice, how we look at a person that never changes, whatever that person has told us, however hideous they feel about themselves, we might be the only person who stays constant and still cares about them... nothing is ever too much	09/44 4-468	3
Rb	Relationship – secure trusted grandparental relationship - alliance – core conditions - love also in submerged metaphors	She wouldn't even have known what she was doing... that knowledge comes from love .. it feels to me as though love is a really important part of the antidote to shame, that unconditional love, that kind of purity of love	09/48 4-491	3
Rb	Relationship – secure contact through grandparents	Grandparents on my father's side were country folk – more contactful	05/29	0
Rb	Professional relationship, affiliation	We are both relational counsellors and I do believe there is a way forward through rupture to repair.. we should be able to resolve this by believing in rupture repair...this is a professional relationship	07/1/9 13	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Rb	Professional support, affiliation	I remember I explained to my colleagues when I offered my resignation... and to my surprise and delight, they unanimously refused it and that helped a lot... a great deal...	06//1/725	3
Rb	Professional support, affiliation, love	I think it was out of fear that somehow she was clinically responsible and if something went wrong...and so I think, out of fear, she just sort of, dumped everything on me. Actually I have had that happen before by another supervisor, out of fear they said oh, you have got to do this, and then I went to another supervisor who said, Oh no, I would never do that - that is really going to, you know, upset the relationship. That supervisor was definitely coming from a place of love M mm R and the other one was coming from a place of – if this goes horribly wrong I will be culpable and ... M so that's fear.. R yeah M one you are talking about is coming from a place of defensiveness R yeah, So I do think, I do think that is something that is very difficult isn't it, when you are a supervisor not to go into fear That supervisor was definitely coming from a place of love	08/908	3
		Rb - RELATIONSHIP WITH SIGNIFICANT OTHERS Total 16		
	RELATIONSHIP BETWEEN RESEARCHER AND RESEARCH PARTICIPANT – CO-CREATION – WARMTH			

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Rc	Research relationship – dialogue – co-creation	I especially liked your thoughts about how you can make it go the other way.. how you could unravel that	07	1
Rc	Research relationship – co-creation – image of jungle to garden	<p>06 yeah, that probably feels more more poignant actually – more as to how the experience of shame is ... it appears more like a jungle than a garden, I have to say for me</p> <p>M maybe we have to make it a garden for our clients? You know to stop it being so frightening....</p> <p>06 yes that's nice turn a jungle into a garden and then tend to it..</p> <p>M turn it into something benign rather than malevolent, actually...</p> <p>06 yeah, good idea</p> <p>M so how might we... I mean ... and so creatively how might we go about doing that... it is an interesting idea..</p> <p>06 yes, and also the.. the idea of that is that when you have a beautiful garden, you still have to tend to it and look after</p> <p>M well the weeds are malevolent, you have ivy and stuff coming in</p> <p>06 yeah, so just as you can't walk away from the garden and just enjoy it all the time, so you can't walk away from our own healing you know ... it's like, the difference between cure and healing is that er we can be healed enough to erm er... to not feel ashamed of feeling shame</p>	06/65 4	

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Rc	Research relationship – co-creation	It was a good picture, I liked the fact there was a summit and you could crest the summit and come down the other end M well, this is my.. the second bit of the research I think, is fascinating because coming over the crest and out of that experience.. either through, or round or whatever... ..different people do.. and then finding there is a bridge across or an island – and there is a continuation beyond shame	07	3
Rc	Research relationship – co-creation – image of connecting up – lit up illumination – humour, energy Not sure how these fit in – maybe a separate chapter on co-creation in research?	07 I think you have something there, there is a connection with my weight.... I love what you just said and it is absolutely that – it is about being substantial... or grounded. M it is that word substantial then, I am a substantial person actually, so “to hell with you, you can call me what you like”, 07yes M and I think there is a bit of anger that I think is in you which is transformationally fabulous (laughter) 07 yes, I loved that, when you said it, something lit up inside me, I thought, that’s that’s that’s it... that’s exactly right, I am substantial now, M yep 07 I can feel it in myself, I have arrived... I am here...I belong here as much as the trees and the stars	07/1/ 661 693	3
Rc	Research relationship – presence	I appreciated your presence – I felt you were alongside me	06	3
Rc	Research relationship – co-creation – shared humour, relaxed easy language	I have a picture of a big breasted, rounded, matriarchal woman, with big boobs, lovely embrace, lots of breast, that’s the picture I have got	09	0
Rc	Research relationship – co-creation – shared humour, relaxed easy language	Talking about shame at the dinner table might put you off your food	09/62 9	1

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Rc	Research relationship – co-creation -staying with the pain of shame in an effort to face it, talk about it, keep it in the room and not avoid it	This deep ball of blackness in the pit of my stomach.. nasty and hard.. I can feel it rising.. I am trying to stay with it	09/18/27/80	3
Rc	Research relationship – co-creation – shared humour	To get some poetry moving between us if we can get into that	08/27	1
		Rc - RESEARCH RELATIONSHIP Total 9		
		TOTAL FOR THEME OF RELATIONSHIP – 68		

MAIN THEME: KNOWLEDGE AS A WAY OUT OF SHAME : “GETTING TO KNOW THE TERRITORY” : PSYCHO-EDUCATION – EXPERIENCE - THERAPEUTIC ACTIVITY – EXPLORATION AND AWARENESS – STRUCTURING

There were 74 strong metaphors in this section. The sub-themes were: Ka – exploring, insight, awareness, experience; broken down further for clarification as it was a large section into 3 sub-sections, recognising shame, exploring and setting boundaries; Kb – visualising; Kc – encouraging the voice; Kd – making the unconscious conscious, understanding defences.

Ka	Exploring, insight, awareness, experience
Kb	Visualising
Kc	Encouraging the voice
Kd	Making the unconscious conscious, understanding the defences

Acquiring knowledge about shame is helpful for people in shame as they gain in strength through dialogue - recognising it, seeing it, coming out of hiding and being seen and heard; learning about it: that shame is common and normal; it is all around us but well camouflaged, the 'secret emotion'; defensiveness is a natural part of shame, which can gradually be exposed; therapeutic use of visualisation, non-judgementalism, appropriate therapeutic self-disclosure particularly of vulnerability to shame, and provision of nurturing non-shaming core conditions all go a long way to help people address shame and work on it.

There were 6/11 complex metaphors on the theme of knowledge out of a total of 74. These were highlighted in yellow on the table. The strongest most visual ones showed the importance of not judging, and getting to know shame in fine detail, with a therapeutic helpmate, a fellow-traveller, who knows the territory of the relationship ("It's about knowing the territory of the relationship, knowing the terrain"⁰⁵) inspecting shame with precision, and becoming familiar with the difficult and convoluted territory of shame and its unexpected twists and turns, especially gently lifting shame up out of its own area of unconscious shame material that has been suppressed. Learning about shame is seen as a powerful tool. This is achieved through opening up uncomfortable, painful, challenging communication about shame, being heard and being seen. Acquiring knowledge of shame itself and embracing shame are seen as means of empowerment to get through shame and move in a forwards direction. Examining, exploring, achieving

some understanding, particularly understanding of self, and acquiring a sense of personal boundaries, are considered as important for moving forwards through shame.

There were 74 strong metaphors in this section. The sub-themes were:

Ka) Exploring, insight, awareness, experience - total 34 including:

recognising, naming, describing and reporting shame; exploring / inspecting shame / gaining understanding; showing and illuminating shame 17

getting to know the territory and teach the knowledge of the nature of shame – deep, hard work - 10

finding and setting boundaries – exploring the edges 6

Kb) Visualisation 10

Kc) Encouraging the voice 9

Kd) Need to self protect/ withdraw Teaching about unconscious process (including challenging) 22

N.B. Challenge as a sub theme has been placed in Kd in this main theme of knowledge/ therapeutic technique around unconscious process, because the use of challenge to uncover shame as a relational intervention has to be used very carefully so as not to undermine trust in the relationship and potentially re-shame the client.

MAIN THEME OF KNOWLEDGE : “GETTING TO KNOW THE TERRITORY” AS A WAY OUT OF SHAME

The best quote: I know the territory of shame experientially and theoretically – it is multi-faceted, deep and wide – not something to dip in and out of and suddenly get cured.

Table 2 Main Theme of Knowledge

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	EXPLORING, INSPECTING, GAINING UNDERSTANDING			
Ka	Therapeutic technique – exploring and inspecting closely	Think and sense what happens when they feel shame – notice how they change gear	05/124	2
Ka	Therapeutic technique — exploring and inspecting closely	Recreate the essence and experience of shame	05/104	3
Ka	Therapeutic technique – exploring and inspecting closely	I build up a range of very thick description of the shame experience	05/132	1
Ka	Therapeutic technique — exploring – inspecting closely	I build up a core phenomenological perception of what they are doing, what happens when they feel shame and how they might do something differently in future	05/134	2

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ka	Therapeutic technique – exploring - inspecting closely – precision	Putting things under the spotlight or magnifying glass	06/2/24	3
Ka	Therapeutic technique – exploring and highlighting closely – precision	As children we are taught to be blind, to see the world through the eyes of others... making the blind spots more obvious – then the lights go on	06/2/482	3
Ka	Therapeutic technique – exploring - bringing shame out of hiding	Let's bring it up to the light and bring it out without judgement	06	2
Ka	Therapeutic technique – exploring - bringing shame out of hiding	The importance of a whole range of experiences which haven't been tested out and the importance of weighing them up more. So probably making the blind spots more conscious...	05	1
Ka	Therapeutic technique – exploring – encouraging bringing shame out of hiding	Toying with the idea of shame being like wanting the world to swallow you up and becoming socially invisible .. the antidote to that is to hold one's own vision whilst being visible	05	2
Ka	Therapeutic technique – exploring – encouraging bringing shame out of hiding	Some dim their lights more than others in order to survive.. for most people the light never completely goes out, but it grows very very very dim. They have learnt to put it away for so long	06	2
Ka	Therapeutic technique – exploring – encouraging bringing shame out of hiding	All of us have this spark somewhere inside us which we protect and often lose touch with	06	3
Ka	Therapeutic technique – exploring – encouraging bringing shame out of hiding	Children can lose this spark, this spontaneity, this catalytic way of being in the world	06	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ka	Therapeutic technique – exploring - relationship with self	Because very often when we lose our thinking ..and don't know what's happening ...we have this physiological experience, but we can now see it as ...a magnifying glass ...ah I am experiencing shame right now ..this is my physical and emotional experience which may include fear and ...humiliation and all kind of things, because I think once we say to ourselves, "Oh it's shame I'm feeling ..then there is a tiny gap inside, in between us – in terms of our reflection and the experience – and sometimes that gap is just enough to... allow us to.. talk about it to.. um share it.. to understand what's going on.. and then the gap could widen and we are not so overwhelmed by it ... I am holding it for them indeed, but also giving them a tool in a way...	06/2/20	3
Ka	Therapeutic technique – exploring - relationship with self	We can learn how to turn the volume down	06	3
Ka	Therapeutic technique – exploring - relationship with self	We can heal ourselves of shame by enabling ourselves to turn the volume down sometimes, almost so it's inaudible	06	3
Ka	Therapeutic technique – exploring - relationship with self – insight	Look at how it is, not just on the overwhelmed level, but with insight	05	3
Ka	Therapeutic technique – exploring - relationship with self – hindsight	With the benefit of hindsight I do understand now	05	
		Total 17 –EXPLORING, INSPECTING, GAINING UNDERSTANDING		
	GETTING TO KNOW AND TEACH THE NATURE OF SHAME			
Ka	Therapeutic technique – teaching the knowledge of the nature of shame	It's part of us. I can't dig it out... like Shylock's pound of flesh	06	1

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ka	Therapeutic techniques – teaching the knowledge of the nature of shame	With shame, I think it's something you dip in and out of	09/728	2
Ka	Therapeutic technique – teaching the knowledge of shame	We are time travellers... the past is always with us – we can't cut it out from our bodies	062/525	3
Ka	Therapeutic technique – teaching the knowledge of shame – knowledge of the territory – rises up, cannot get rid of it	I think it will never go away – it comes up and I manage it, and push it back down again. But I don't think it will ever go away because I have talked and talked a lot about it in different places. Maybe that is the part that is human.	09/116	3
Ka	Therapeutic technique – teaching the knowledge of shame	it's like, the difference between cure and healing is that er we can be healed enough to erm er... to not feel ashamed of feeling shame	06/	3
Ka	Therapeutic technique – teaching the knowledge of shame	Sort of evolving – that we go through life taking lots of different shame	09/120	2
Ka	Therapeutic technique – teaching the knowledge of the nature of shame – getting to know the territory - (contradictory nature of shame)	We can haunt ourselves with shame and we can exorcize it ... it is a fantasy	05	1
Ka	Therapeutic technique - teaching about shame - knowledge of the territory- function of shame is restraint, inhibition	Shame as a sort of short hand - there are no go areas in shame, where we must not go. Shame places a taboo on certain behaviours	05	3
Ka	Unconscious process in supervision/ therapy	It sounds like you might be defending against some shame with what happened	09/551	3
Ka	Co-creation Visceral wounding – making the unconscious conscious	There is something about visceral wounding with shame – NB this is my intervention but needs to be brought in because the material is very difficult for the therapist dealing with a client on the subject of manslaughter and violence and needs to be addressed "I think it touched my fear of failure"	09/680	2
		Total 10 – GETTING TO KNOW AND TEACH THE NATURE OF SHAME		

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	BOUNDARIES – PUSHING, EXPLORING, THINKING THROUGH			
Ka	Awareness of boundaries. Exploring shame experience – pushing boundaries of comfort	Explore the story, the importance of exploring a whole range of memories and experiences which have not been tested out	05	2
Ka	Awareness of boundaries. Exploring shame experience – pushing boundaries of comfort – encouraging clients to think creatively, kinaesthetically, and outside the box	I've been hard wired wanting to know where the boundaries are, pushing, pushing, pushing – on a motorbike, at a certain speed or angle, how does it feel on a corner before it starts to drift away. Knowing that tip point. Exploring the edges	05	3
Ka	Awareness of boundaries. Exploring the edge – befriending the boundary	I never felt secure till I know at that moment where that tip point was like having a new motorbikedistinct) M where that tip point did you say? 05 yes, drifting away from the road, then I feel a certain angle boundary I can't go M yes so you wouldn't go quite over the edge - you'd be able to pull yourself back 05 in order to find out where the edge is. M right 05 and I've never felt safe in relationships till we fell out and extend a bit, and I had found out where the boundary is in order to find out where the edge is .. make friends with it	05	2
Ka	Awareness of boundaries. Exploring the boundary with a client – recognising when a client is pushing the boundary too hard, leaving therapist in an uncomfortable counter-transference	Clients can be quite gamey with shame	09/583	1
Ka	Awareness of boundaries. Firm handling of boundaries around shame	Making sure the boundaries are strong, not all wavy	09/714	3
Ka	Awareness of boundaries. Making the unconscious conscious	He pushes and pushes and pushes the boundary until they end the relationship	09/716	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
		Total 6 – boundaries, pushing, exploring, thinking through		
		TOTAL FOR Ka 34		
	VISUALISATION/ PICTURES			
Kb	Therapeutic technique - using visualisation and imagery (in particular ways with particular clients) to be nurturing, prizing in the relationship – embodying the goodness	Showing the dandelion it is a rose – a prize rose it's a rose not a dandelion...I do it with clients, in terms of self-esteem.. why would people bother to look after themselves, if they think they are just a dandelion... if you have been shamed it is very easy to quickly flip into thinking there is something bad about this person	08/510	3
Kb	Therapeutic technique - using visualisation and imagery (in particular ways with particular clients) to be nurturing	Like tending a garden You go and water it You want the rose to survive	08/507	3
Kb	Therapeutic technique - using visualisation and imagery (in particular ways with particular clients, to be nurturing	I do the dendrite thing – I show them about the brain and how the neural pathway is on the script of my own particular pathway. It's very overgrown, it's difficult, so we have to chop a new way through the jungle. As we are working more and more, we are clearing a new pathway.	06/2/6 27	2
Kb	Therapeutic technique - using visualisation and imagery (in particular ways with particular clients, to be nurturing)	Even when the garden's clear, we have to pay it attention from time to time like a good gardener would with the weeds and go back and give ourselves some nurturing and some time because it can grow over very quickly and grow back... we need to keep the weeds at bay	06/2/6 38	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Kb	Therapeutic technique - using visualisation and imagery (in particular ways with particular clients, to be nurturing) also in co-creation and acceptance	When they are able to ...talk about.. explore and dig around in er.. the jungle of their history and see life as it really was, not just how the defences created it so yeah.. M so you are giving them a place that's safe enough to not be scared of that jungle then - to to ... you are with them in the jungle I suppose	06/2/6 23	3
Kb	Therapeutic technique - teaching about shame - using visualisation and imagery (in particular ways with particular clients) to be nurturing - the experience of shame as a journey of co-creation	It's about knowing the territory of the relationship, knowing the terrain	05/2/47	3
Kb	Therapeutic technique - teaching about shame - using visualisation and imagery (in particular ways with particular clients) to be nurturing- the experience of shame as a journey of co-creation	I know the territory of shame experientially and theoretically – it is multi-faceted, deep and wide – not something to dip in and out of and suddenly get cured.	06/1/4 08	3
Kb	Therapeutic technique – using imagery of being grounded in nature and reality- solidity and security	Now I am on a farm and it doesn't matter whether it's snow, rain, wind, brilliant sun, I can step out on the farm, and I just feel at home - the farm could be anywhere in the world so I can hug a tree (laughter) or lie in the grass or look at water rippling on the stones. and I feel totally at peace	06/1/4 08	3
Kb	Therapeutic technique – using imagery of being grounded	I have got there onto the land	07/2/5 85	
Kb	Therapeutic technique – using imagery of finding a safe haven – making a story	I was so embattled, and so desperate to believe there was something there, and so grateful to find there was a land there	07/2/6 03	
		Kb - VISUALISATION Total 10		

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	ENCOURAGING THE VOICE – AWARENESS, TAKING RESPONSIBILITY, BECOMING MORE ADULT, EXPRESSING ANGER, EMERGING SELF			
Kc	Therapeutic technique – encouraging self to express, talking to self to survive trauma	I had to talk to myself a lot to stop disappearing down the hole. It was like being in a wilderness, in a desert	06/1/634	3
Kc	Therapeutic technique - encouraging verbal expression of a compassionate kindly voice	If I can just be quiet enough to hear that sort of... phew... voice, you know, that says, "Stop", .. it gives me a voice that I didn't have as that child	07/1/848	3
Kc	Therapeutic technique - encouraging verbal expression of shaming rage, suicidal ideation, extreme feelings	Writing feelings in a letter mailed to self : I will be glad when you die, you fucking monster.	07/1/388	2
Kc	Therapeutic technique – expressing - sending oneself a letter ventilating strong feelings	I did write a letter on email, but I didn't send it to my mum, I sent it to me, and this email was a part of me I had never seen before	07/1/386	3
Kc	Therapeutic technique – encouraging assertive expression	I am starting to bark now .. to bite back and say....	07/2/23	1
Kc Also in mature defences	In a follow up note, this participant sent the following: No I think what I was trying to say wasn't about anger itself, but about our shadow. I just used anger as an example. So I think restoring the stone is partly about reclaiming everything you've put in your shadow because it's been unacceptable (something to be ashamed of) for example your anger.	09 What we call our badness because often it is really good stuff. You know like our anger gets shoved in that shadow quite a lot and it is such good stuff M yes, it is ...so this is very important, such good stuff ...such good stuff feels very important 09 yes definitely, M It's how we view it then - we saw it as bad but actually it is good stuff 09 what we get rid of .. the good stuff (indistinct)	08/1086	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Kc	Therapeutic technique – encouraging expression of something shameful - difficult to express ... using imagery of shame being unleashed ... to take responsibility	There is a kind of chain reaction... once you have done it you can't stop it. I have let the tiger out ... it is out of its cage. I am the person who let it out	09/96	3
Kc	<p>Therapeutic technique – encouraging and modelling expression of something shameful and difficult to express – voicing an apology, voicing swear words -</p> <p>Please can I have some suggestions about how to deal with this better, so that the metaphors are clearer, shall I highlight or underline them? Or shorten these extracts to simply be metaphors, but then they would lose the meaning???? Shall I cut out all my interjections.? Or maybe use this section of the interview to look in more detail in the discussion at theme of use of swear words, unconscious expression of suppressed shame through use of swear words tie in with Ac maybe?</p> <p>This is a particularly rich piece of the interview and I want to use it to best effect. There are a lot of themes in it, from R, K, C and A and D.</p>	<p>06 And I call these healing crises, moments of healing crisis...and sometimes we make mistakes as therapists in this situation because our own little kid inside is so hurt at that point - all we want to do...all we want to do is that (holding hands up). M mm 06 Sometimes we can either withdraw and not respond, or we can push them away. And then of course we can go back in the next session when we have processed what was going on, sometimes with our therapist, er ... sometimes with our client, and then say look you know, last week you know, this happened and my response was to erm .. over react and in doing that I got caught up in repeating your history. I apologise. (Pause) M mm .. wow 06 and some clients say... tear up.. and some of them break down and say this is the first time in my life – my father never said sorry to me or my mother never said sorry to me so sometimes in this tricky messy, business of working with shame we do fuck up.. and I think our responsibility as therapists is then, although we are feeling pretty bad about it, to try and be curious ... rather than judgemental – oh how would I do that? what was that about? Oh, I see what was happening ...oh shit, let's go back and put it right (laughter)</p>	06	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
		added in to goldens		
Kc	Therapeutic encouragement of self-dialogue, encouraging the hidden little child's voice within to speak out, with self-compassion, a good relationship with self	My little boy is always alongside me – he is never far away – I don't want to leave him behind any more – I will rely on him to tell me when I am feeling things my adult doesn't want to know and he will rely on me to bale him out intellectually	06/2/3 91	2
		Kc ENCOURAGING THE VOICE total 9		
	TEACHING/ SUPERVISING/ UNDERSTANDING UNCONSCIOUS PROCESS			
Kd	Therapeutic technique – teaching about unconscious process	Making the unconscious conscious	08/465	2
Kd	Therapeutic technique – teaching about unconscious process	I think it was out of fear that somehow she was clinically responsible and if something went wrong...and so I think, out of fear, she just sort of, dumped everything on me. Actually I have had that happen before by another supervisor, out of fear they said oh, you have got to do this, and then I went to another supervisor who said, Oh no, I would never do that - that is really going to, you know, upset the relationship. That supervisor was definitely coming from a place of love M mm 08 and the other one was coming from a place of – if this goes horribly wrong I will be culpable and ... M so that's fear.. 08 yeah M the one you are talking about is coming from a place of defensiveness 08 yeah, So I do think, I do think that is something that is very difficult isn't it, when you are a supervisor not to go into fear	08/908	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Kd	Therapeutic techniques – teaching about unconscious process	We are time travellers. The past is always with us... It's like our past has come along right through into the present, swoosh, and it overwhelms the present.... That's what happens in the transference of course	06/2/5 27	3
Kd	Therapeutic techniques – teaching about unconscious process Therapeutic relationship – use of humour – use of self a further sub-theme here of humour used to enable clients, supervisees, students to relax through their experience of shame by adopting a light hearted, informal conversational style - metaphors of colloquialism see D - defences	I do it in my teaching... almost every time I run a workshop, there will come a moment when suddenly I lose my thinking .. and now I say to people ...oh I have lost my thinking, and sometimes, because I have already predicted it I say. Oh I told you I might (laughter)	06/2/6 81	3
Kd	Therapeutic techniques – teaching about unconscious process	We tread on egg shells around it because we are scared of shaming them	06/2/1 85	3
Kd	Therapeutic techniques – teaching about unconscious process	I think shame is the biggest driver, not the sex instinct, not the death instinct, but the moment by moment defence against the anticipation of humiliation	06/2/4 70	3
Kd	Therapeutic techniques – teaching about unconscious process – knowledge-nature of shame – culture	For so many people we work with in therapy, the root is shame... but it's one of those things in our culture we rarely talk about.. we try and dance round it... and in our culture (I don't mean in therapy) but outside in our culture, when someone is feeling shame we do anything to dispel it	09/6/19	3
Kd	Therapeutic techniques – teaching about unconscious process – knowledge-nature of shame – culture	Shame needs to be something that is more every day, that we all acknowledge, that we have all got it, we carry it	09/6/31	2
Kd	Therapeutic techniques – teaching about unconscious process	We walk on egg shells and allow it to intimidate our capacity to talk about it in a kind of parallel process	06/2/1 95	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Kd	Therapeutic techniques – teaching about unconscious process – verbalising - encouraging voicing what is difficult with shame	It is almost like they are unconsciously precipitating the crisis to repeat their history, but at a much deeper level saying, do something different now – don't be seduced with me into all this shit again – give me a different response ... and I call these moments of healing crisis	06/2/3 67	2
Kd	Therapeutic techniques – teaching about unconscious process – defences - the nature of shame and our unconscious need for protection against experiencing very uncomfortable realities of abuse, core self wounding	Protecting herself against the shame – she was so special to him	09/164	2
Kd	Therapeutic techniques – teaching about unconscious process – defences	How can we so desperately defend – so we don't have to experience it	09/196	2
Kd	Therapeutic techniques – teaching about unconscious process – therapist taking charge, taking charge around client defences in the transference	[as a therapist] You've got to cut through the dense oppressiveness, otherwise it's too tortuous	09/222	3
Kd	Therapeutic techniques – supervising about unconscious process	"You were setting yourself up to be shamed"	08/452	3
Kd	Therapeutic techniques – challenge – timing - unconscious process in therapy/supervision	It sounds like you might be defending against some shame with what happened	09/551	3
Kd	Therapeutic techniques – challenge – timing - making the unconscious conscious in therapy – therapist bringing out what is going on underneath in the transference – metaphor of aggression/ war/ force	His passing shot ... he was trying to shock me. It was a real hand on the doorknob [moment]	09/535 566	3
Kd	Therapeutic thinking and applying technique – therapist use of self – need for careful timing	I just wanted to be real in the room with him – I said to him I felt uneasy ... is that how you wanted me to feel?	09/571 578	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Kd	Therapeutic thinking and applying technique – therapist use of self – need for careful timing	Clients can be quite gamey with shame... I stepped off the game and I was real... after I had challenged him things became more grounded ... prior, it felt like a dump... masking his shame	09/583 588 597 598	3
Kd	Defence – narcissistic pride. Therapeutic thinking and applying technique – therapist use of self – need for careful timing and not being over-challenging to a point of reshaming the client who is highly defended, over-proud and narcissistic	His defence against shame – all those violent things he'd done against women, holding them up like trophies... rather than what he was really feeling which was a deep sense of shame	09/600	3
Kd	Therapeutic thinking and applying technique – therapist use of self – need for careful timing	I pop something on the table	09/630	1
Kd	Therapeutic awareness of boundaries – making the unconscious conscious - careful timing of challenge	He pushes and pushes and pushes the boundary until they end the relationship	09/716	3
Kd	Therapeutic awareness of boundaries – making the unconscious conscious Therapeutic technique – therapist use of self - self disclosure Careful timely challenge of unconscious material bubbling up in between client and therapist	So when he came back for the second session I thought, I am not going to go through another session like that. I thought we are going to be real here. So I started the session with, "I was intrigued by the last thing you said to me last session", and he said, "What was that?" so I said, "While you were writing your cheque you said to me 'how did you feel about working with a killer.'" And he smiled and I said, "Is that how you view yourself?" He then started talking more seriously... It felt like we had cut away a bit of the crap. M Are we talking there about his self-boundary – the difference between real and not real, and you were kind of.. challenging him? 09 I just wanted to be real in the room with him. I said to him... "I felt uneasy", and we talked about it... and I asked	09/568	2

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
		him, "Is that how you wanted me to feel?"		
		TEACHING/SUPERVISING UNCONSCIOUS PROCESS Total 22		
		TOTAL FOR THEME OF KNOWLEDGE – 74		

MAIN THEME: CREATIVITY/ CREATIVE ADJUSTMENT, STRATEGIES, NEW AWARENESS AS A WAY OUT OF SHAME

The sub-themes for Creativity were: Ca – connection with nature, safety; Cb – imagination, art, writing; Cc – rebuilding, success; Cd – iconic memories

Ca	Connection with nature , finding a safe place
Cb	Imagination, art, writing
Cc	Re-building, success
Cd	Iconic memories

The theme of creativity clustered into a variety of sub-themes to do with creative adjustments, distractions or coping strategies around shame, for example, returning to a childhood reassurance, pets, going into nature, or finding a safe 'womb-like' place. Making shame seen and heard through art, writing, poetry and creative language was a frequent sub-theme. Putting words around the painful shame experience was seen to be of vital importance, shifting the shame narrative from an old form into a new form. For a number of the participants, this involved a process of revisiting the negative shame experience, putting words around the memory of that experience in speech, writing, narration, and with imagination and creativity, transforming it from a traumatic core memory into a bearable, more integrated experience. All participants referred to experiences of committing energy into building something up and achieving success. With imagination, and all the ingredients of relational support and care, (outlined in R and K), the shame experience could be reframed as a significant meaningful turning point, "a wake up call" of symbolic, iconic proportions.

This theme is about creative ways of working through shame, in a process moving towards integration of shame experiences - turning fantasy into reality, fiction into non-fiction, becoming more grounded. There was a general sense from all participants that shame is socially engendered through painful, wounding experiences caused by other people, and that shame takes root inside us and has to be managed. (Maybe put in discussion – different participants had varying views on it, ranging from shame being a fantasy that has to be exorcised, to something that is very real which has to be lived with. But there was no discrepancy between participants that creative adjustments have to be found to deal with shame, even though some thought shame can be cut out and some thought it could not.)

There were 44 strong metaphors falling into this theme. The sub-themes were:

Ca – childhood - retreat to place of safety, distractions with 13

Cb – creativity in art and language, magical thinking, imagination with 12

Cc – hard work, success, renewal, building something up, grounding with 13

Cd – Turning points, memories – moments of healing crisis, symbols, icons, moments of healing crisis – submerged and complex metaphor 6

There were 5/13 complex metaphors on the theme of creativity out of a total of 44. These are highlighted in yellow on the table. The strongest most visual ones showed that creative activity, hard work, and the use of the creative imagination and unconscious could be a way out of shame. Imaginative thinking, speaking and writing, story telling, metaphor, pictures and images, art, leaning into nature, could bring about a reframing of shaming experiences.

MAIN THEME OF CREATIVITY : MAGICAL THINKING AS A WAY OUT OF SHAME

TABLE OF MAIN THEME OF CREATIVITY AS A WAY OUT OF SHAME – the best quotes ...

Funnily enough, you said, how did I break free from it? (the shame) When I was a child, I became an excellent swimmer.. I used to win gold medals for it

I found this beautiful picture of hope and she was languishing on a hillock and she was blinded and her lute was broken.. I thought that was my hope now because I didn't want her to be that fairy tale thing any more... I wanted hope to be more grounded, more earthy, more real in the world

The nail was covered in paint, and my spark of hope was covered... was well camouflaged, was well defended... I think I was protecting it in my isolation... I was protecting that little bit of faith and hope

I think somewhere inside me in this empty aloneness, there is some kind of glimmer, some little little spark of hope or faith

Table 3 Main Theme of Creativity

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	CREATIVE ADJUSTMENTS IN CHILDHOOD AND ADULTHOOD, PHYSIS, A SPARK, RELATIONSHIP WITH NATURE, CONNECTION			
Ca	Creative adjustment – relationship, support from and connection with nature	I had a sense of support from nature – dogs, cats, pets	05	3
Ca	Creative adjustment – relationship, dialogue with nature	I had an ongoing dialogue with nature	05	3
Ca	Creative adjustment - relationship - vocalisation through nature – important moment of ventilation of strong shameful feelings	We cried together on the bank of the river, the dog and I. It was a wake-up call	06	3
Ca	Creative adjustment – relationship, connection with nature	I learnt about my natural self through going into nature	05	2

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ca	Creative adjustment – self soothing – retreat to place of safety	The bedroom I would retreat to was womb-like	05	2
Ca	Creative adjustment – self-soothing through nature – going out to place of safety	Nature was a place of curiosity exploration and wonder... I feel at home – I can hug a tree, or lie in the grass, or look at water rippling on stones, and I feel totally at peace	06	3
Ca	Creative adjustment – through nature – retreat to place of safety	As soon as I could walk and get out into the garden, I found a haven	06	3
Ca	Creative adjustment – through nature – attachment to place of safety	My attachment patterns from the age of about 2 as soon as I could crawl became very linked to nature rather than people	06	0
Ca	Creative adjustment – self-soothing through movement in nature	Getting a sense of contact ... being able to walk along the canal	05	3
Ca	Creative adjustment – self-soothing around water, movement	I retreated and escaped into nature, spending time by water	05	3
Ca	Creative adjustment – self-soothing around water, movement – and success	Funnily enough, you said, how did I break free from it? (the shame) When I was a child, I became an excellent swimmer... I used to win gold medals for it	07	0
Ca	Creative adjustment – through nature	Being a kind of nature child, wanting to be more creative, so there is something that has been released	07	2
Ca	Creative adjustment – through nature/dog	I used to do my escaping as a child with my dog. I'd put the lead on my dog and I would go and walk and walk... I used to sit somewhere in one of the fields near the house	09/308	1
		Total 13		

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	MAGICAL THINKING/IMAGINATION, ART, WRITING, POETRY			
Cb	Creative adjustment – self-soothing through use of poetical words, story and magical thinking around imagery of animals (making a preferred version for herself out of a negative cultural Chinese superstition that was foisted on her)	I was born a fire horse, fire horse children are meant to bring calamity to those people around them....I wasn't a fish, it was a sea horse actually	07/2/4 90	1
Cb	Creative adjustment – self-soothing through use of poetical words, story and magical thinking	I still have a sense of the fairy tale.. once upon a time, long long ago there was an evil witch ... when does the happy ending come?	072/27	3
Cb	Creative adjustment through magical thinking	In my child ego state I had managed to save her life – I probably had magical thinking in my child ego state	06/1/4 81	3
Cb	Creative adjustment through Illumination, central belief in a spark	I think somewhere inside me in this empty aloneness, there is some kind of glimmer, some little little spark of hope or faith	06	2
Cb	Creative adjustment – through imagination	As a child I often wanted to float away, off the planet	09/302	2
Cb	Creative adjustment – through imagination	After my grandmother died – I used to imagine I was floating off with her.	09/320	0
Cb	Creative adjustment - through seeing art, and linking the nail as something to reconnect with –and making sense of the experience of shame – unravelling a deep meaning around the shameful memory...	06 yeah, I was thinking more of the painting on the Cistine chapel yes I can see that now with the fingers touching - yes I can see that - I guess I am picking at a nail trying to make some contact with it M something about connecting, reconnecting ? 06 yeah, yeah	06/1/3 88	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Cb	Creative adjustment – self-soothing through art, story making, magic, writing, poetical words – for channelling shame	07 I introduce some art work, some creativity... And just say to them, you know, you don't have to be a greater drawerer, do it with your eyes closed. Just make marks on the page that makes you ... that gives some feeling of your client and then we are going to talk about it. So it is just tapping into that deeper knowing, that erm ... other ... that intuitive – you know, intuition to me isn't just a wild guess. It is about... it's about a conglomeration of knowing, that has happened...that your rational mind can't take in all at once M mm, do you know where you hold that intuition? Can you locate it in your body? 07 in my guts, definitely	07/1/6 07	3
Cb	Creative adjustment – finding a voice through art, story making, magic, writing, poetical words	I I just know my story, and if I can offer that to you and that is of help to you, then great...Art work taps into all that preverbal, out of awareness stuff ... it gives me a voice that I didn't have as a child	07/1/8 47	3
Cb	Creative adjustment – finding a significant emblem through art, story and meaning making, magic, writing, poetical words	I found this artist ... it's the emblem of my counselling practice, the xxx ...	07	0
Cb	Creative adjustment – finding a significant emblem through art, story and meaning making, magic, writing, poetical words	We found out the xxx is a eucalyptus, as it peels, the bark goes different colours... blues, reds, yellows... quite stunningly beautiful	07	2
Cb	Creative adjustment – finding a significant positive meaning through art, story and meaning making, magic, writing, poetical words	Needing to make the story... change, change the narrative slightly, 'cause that is the other thing about shame, isn't it, just switching the narrative slightly	08/588	2
		Total 12		

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	SUCCESS, REBUILDING, ADULT COPING STRATEGIES, BUILDING, TURNING FANTASY INTO REALITY, FICTION INTO NON-FICTION, BEGINNING TO INTEGRATE SHAME			
Cc	Creative adjustment through success – transformation	Many of my shame based clients are highly successful people – they have redeemed themselves with their success	06	2
Cc	Creative adjustment through success - building something - a successful new self out of the ashes of shame – transformation	So I then went into this coping strategy of - let's build something successful from nothing .. I needed professional success to feel good about myself So it was like x became the ashes that was me	06	3
Cc	Creative adjustment - building something - a successful new self out of the ashes of shame – transformation	I had to build myself up from the ashes. It feels like a phoenix from the ashes, it feels like something stronger, more resilient, more able to cope, manage...	07	3
Cc	Creative adjustment - building something - a successful new self out of the shame experience – careful transformation	I am built anew or I am building anew.. every brick has to be measured, and it is important to take time for me	07	3
Cc	Creative adjustment - building something - a successful new self out of the shame experience – careful transformation	And I am learning that each brick that I erect ... has been painfully wrought by me and is of worth now	07	3
Cc	Creative adjustment through working hard, building	One of my coping strategies was to work very hard and create something very successful.. the positive side of shame 06/1/660	06/1/660	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Cc (also in Kc)	Creative adjustment though a slow restoration process	R restoring stone, getting the stone to be whole again M yes R and maybe again, that is quite a good metaphor, because what we need to do, is to to take our badness out of the shadow don't we M yes . R What we call our badness because often it is really good stuff. You know like our anger gets shoved in that shadow quite a lot and it is such good stuff M yes, yes, it is ...so this is very important, such good stuff ...such good stuff feels very important R yes definitely M It's how we view it then - we saw it as bad but actually it is good stuff R what we get rid of .. the good stuff (indistinct)	08/ 1081	2
Cc	Creative adjustment through use of poetical words, story and magical thinking - remaking the story to be real – feeling more grounded	I found this beautiful picture of hope and she was languishing on a hillock and she was blinded and her lute was broken.. I thought that was my hope now because I didn't want her to be that fairy tale thing any more... I wanted hope to be more grounded, more earthy, more real in the world	07	2
Cc	Creative adjustment through use of poetical words, story and magical thinking - remaking the story to be real – feeling more of a sense of self	When I had ended her grip on me (of the fairy tale hope) the most paradoxical thing I found, was I am starting to gain a sense of me... being a kind of nature child	07	3
Cc	Creative adjustment through use of poetical words, making a story, connecting, reworking and rebuilding the shame experience into a new story, making order, making sense	To keep the connection with my original shaming, not losing the connection, needing to make the story. Part of me was shattered and rebuilt	07	2

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Cc	Creative adjustment - building a new start for self out of the shame experience – transformation of loss into gain	I have built my foundations – my foundations were built with the death of hope.... That was the crone and I am starting to build my house of self	07/2/2 35/589	3
Cc	Creative adjustment - building a new start out of the shame experience – creating a different story	Change the narrative slightly, 'cause that is the thing about shame, just switching the narrative slightly	08/588	3
Cc	Creative adjustment – transformation – vocalisation. Coming out , voicing a transition into standing up for herself and not being further shamed	My crone is doing something else and going, "Sod that!"	07	3
		Total 13		
	CREATIVE TURNING POINTS, PAINFUL MEMORIES, MOMENTS OF HEALING CRISIS, RE-CONFIGURATION			
Cd	Voicing a memory of a deeply shaming experience becoming a symbol – a creative adjustment – turning point Possibly also in acceptance Iconic significance - multiple layers of meaning - making sense of the painful shaming experience and the incident taking on symbolic significance –transformation	The teacher put me in the dunce's corner, I must have done something wrong. I saw this nail, it had been bent over, and over the years the nail had become embedded in the paint, and I started to pick at it with my finger, and I said to myself, I will never forget being in this corner, I will never forget this and I never have. There is a connection between being seen and being put in the dunce's corner, so I am going to keep very very still and go into this empty secret lonely place where no one can get in and no one can see me.	06	3
Cd	Voicing a sophisticated creative adjustment – making meaning out of a deeply painful shaming experience – turning point – agonising memory the nature of shame is camouflage – to be explored in discussion section	The nail was covered in paint, and my spark of hope was covered... was well camouflaged, was well defended... I think I was protecting it in my isolation... I was protecting that little bit of faith and hope	06	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Cd	Voicing a deeply shaming experience- making meaning out of it – turning point – agonising memory	The dunce's corner with a vengeance Instead of looking into the dunce's corner and seeing the nail, I was in the dunce's corner and propping up the whole wall... everyone dining out on it	06	3
Cd	Voicing a deeply shaming experience which is still traumatic and "live" in some ways, so contradictory and ambivalent – reconciling to the agony of experience at some deep level.	It was a melting pot – and in some ways I am glad the shaming happened – I'm not because I can still feel the burn of it, but a part of me is thinking, those walls would not have come down as quick and as completely unless that had happened, and the walls had to come down	07/2/4 48	3
Cd	Voicing a sophisticated creative adjustment – making meaning out of a deeply painful shaming experience. Moment of illumination. Healing crisis Creative turning point	It was the cross roads... in the moonlight by water... the dog dropped a bloody big log on my foot.. at that moment I thought, "you have got to get your act back together".	06	3
Cd	Iconic significance - multiple layers of meaning – symbolism, love, connection, memory, gratitude, compassion – transformation Possibly also in acceptance	Tom, the working sheepdog ... I don't think I will ever forget the dog or the log. He is buried outside in the garden	06	3
		CREATIVE TURNING POINTS Total 6		
		TOTAL FOR THEME OF CREATIVITY 44		

MAIN THEME: ACCEPTANCE

There were 44 strong metaphors in this section. The sub-themes were:

Aa – Acceptance of reality – living with shame as a human 'given' 11

Ab – Common human experience - part of human life - going with the flow – self-compassion – the affiliative "we" – connective human bond 19

Ac – Humour and colloquial easy language 14

There were 6 complex metaphors on the theme of acceptance out of a total of 41. These are highlighted in yellow on the table. The strongest most visual ones showed that shame is with us as a real part of the matrix of life and that we need to find ways to reconcile ourselves to it. There were many metaphorical suggestions from all participants, but these seem to coagulate into themes of self-acceptance through self-compassion, taking

a lighter view on oneself and going easy particularly into older age, and joining with other people in realising we are all inter-connected. The sub-themes were: Aa - painful reality; Ab – common experience, connective human bond, self-compassion; Ac - humour, language of ease.

Aa	Reality – painful
Ab	Common experience, connective human bond, self-compassion
Ac	Humour, language of ease

There were 6 complex metaphors on the theme of acceptance out of 44. These cluster around three sub-themes – of stoical, neutral or cheerful acceptance of the reality that shame exists (Aa), that it is a natural part of life as a human (Ab); rather than defend against it, it is better to engage in it and embrace it, through self-compassion, connective bonding and find a language for it, (Ac) through humour, easy language, cliché, the affiliative “we”. A major aspect of acceptance is about learning how to match expectations with reality. (Kaufman 1995, p. 226). The best we can do is to achieve a sense of integration, where we arrive at a feeling that our script makes sense and our story forms an acceptable coherent whole.

In the FP, an important sub-theme for clients and practitioners around working with shame appears to be aiming to achieve a sense of self-acceptance through gaining a strong relationship with self, getting connected with our core self through dialogue with others and linking up split off parts of ourselves through self-dialogue, moving towards integration.

Humour developed as a separate sub-theme in acceptance, as it became clear that the participants who could talk about shame, accept it, see the funny side of it, make light of it and take the micky out of themselves... once they had been through the process of facing up to their shame and processing it, were better able to accept this part of themselves and live alongside it. This included me myself and my own development throughout this project.

TABLE OF MAIN THEME OF “ACCEPTANCE” AS A WAY OUT OF SHAME best quote –you see the radiating spines on a leaf? We are all connected with each other... I am happy that I am only one of the tiny little parts of the skeleton of the leaf. I have no grand ego that I have to be the central vein or anything like that.... I am just a part of that matrix and happy to be so

My awareness of the black ball as I get older becomes greater

If a client is in a place where they think it is only them, sometimes it 's alright to say you have your shame, I have mine. It is just part of being alive. It is quite valuable in some ways... in my stomach, it is just part of me, part of my evolution. It is part of wisdom, I think it's part of that wisdom of getting older... it's something that is grounding... It's all part of the mix It's all part of the mix

Table 4 Main Theme of Acceptance

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
	ACCEPTANCE OF THE REALITY OF SHAME - CALM - GRATITUDE			
Aa	Acceptance of reality, the nature of shame	I don't think shame has any logic – no matter how many times I try and unravel it, it's still there	09/26 7	3
Aa	Acceptance – knowledge – shame needs to be talked about not hidden away	Shame needs to be something that is more every day, that we all acknowledge, that we have all got it, we carry it	09/62 8	3
Aa	Arrival at a true sense of self-solidity – rebuilding	I now have a firm foundation to stand on. I occasionally get overwhelmed and become out of control but that lasts for about an hour now	07/1/5 35	3
Aa	Acceptance of reality, communication, co-operation, agreement, balance	That kind of seesaw, I had to find a way of balancing it, and what it did was allow me to accept that is the way the world is, rather than the way I wanted it to be	07/2/1 95	3
Aa	Acceptance of reality – awareness	I think it will never go away – it comes up and I manage it, and push it back down again. But I don't think it will ever go away because I have talked and talked a lot about it in different places. Maybe that is the part that is human.	09/11 6	3
Aa	Acceptance of reality – awareness	My awareness of the black ball as I get older becomes greater	09/13 3	3
Aa	Acceptance of reality – awareness	I can see all the ramifications	09/13 6	3
Aa	Acceptance of reality – normalising - affiliative we	Shame is something we have to live with. It is just part of being alive	09/73 8 757	3
Aa	Acceptance of reality – awareness –, benefit – gratitude	It is uplifting, it is normal – we have all got it, we are all carrying some.... shame is part of me, part of my evolution	09/74 1/ 763	3
Aa	Acceptance of reality – awareness – benefit – gratitude	It's part of that wisdom of getting older	09/77 3	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Aa	Acceptance of reality- benefit – gratitude	I thank God for my shame because it gives me enough humility to keep one foot on the ground and not go floating off into grandiosity	06/2/7 55	3
		Total 11		
	STAGES – HUMAN SHAME - PART OF A NATURAL MATRIX – CONNECTIVE HUMAN BOND – COMPASSION – REDEMPTION – RESOLUTION			
Ab	Acceptance, shame is a part of me	I can still feel shame but then when I realise what is going on I can say oh it's that again ...erm... and I I don't ..I don't feel ashamed of it any more, it's part of who I am...	06	3
Ab	Acceptance, humans as part of nature, freedom from pride, humility	Do you see the radiating spines on a leaf? We are all connected with each other... I am happy that I am only one of the tiny little parts of the skeleton of the leaf. I have no grand ego that I have to be the central vein or anything like that.... I am just a part of that matrix and happy to be so	07	3
Ab	Acceptance, shame is a part of me	If a client is in a place where they think it is only them, sometimes it 's alright to say you have your shame, I have mine. It is just part of being alive. It is quite valuable in some ways... in my stomach, it is just part of me, part of my evolution. It is part of wisdom, I think it's part of that wisdom of getting older... it's something that is grounding... It's all part of the mix It's all part of the mix ADDED TO GOLDEN METAPHORS	09/77 8	3
Ab	Acceptance, natural processes	We're all leaves ... part of the greater whole, the tree, life...	07	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ab	Acceptance, natural processes	It goes back to my leaf thing... it's the cell that butts up against me, it's learning to co-operate	07	3
Ab	Acceptance of natural process of change, life stages – sense of calm	It is not a tearing loss, a ripping at the soul, or something so sad you can't bear it... but there is a natural... it's almost like shedding, as you take your cloak off, or your coat, or a tree sheds its leaves or branches that it doesn't need.. I experience myself as moving from one stage to another, and I think the death of that shining hope was a part of that 07/141	07	1
Ab	Acceptance, life stages, transition, fantasy	There is a sense of me going from one stage, crossing from my older mother archetype into my crone. That's perhaps the transition that is happening.	07	1
Ab	Acceptance – self-compassion and self-care	a gentle calm knowing, like a voice saying "stop struggling now, wait"	07	3
Ab	Acceptance – self-compassion, healing, hope	How can I get this person to understand that there is this possibility of this whole land of compassion for yourself, forgiveness and love, that is necessary, that is fruitful, that will energise and bear you up and carry you on and lift...	07	3
Ab	Acceptance, affiliation	We are all in it, this is it, life is messy, we are all in it together	07	2
Ab	Acceptance, connective human bond, affiliation	It's the shame that drags you down, and pulls you, and sucks you in, but once you realise that, if you have been down this road, thousands of others have as well, it's just part of the human bond, we have all been here in some way or another	07	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ab	Acceptance of flaws, connective human bond, affiliation	We all have gifts. We all have our Achilles' heels and it doesn't make us good or bad, it just makes us who we are. It has been a lovely piece of learning in my heart, it's made sense	07	3
Ab	Acceptance of self, self-compassion	The ultimate thing about shame is self-compassion... which is to do with self-love... the ultimate is to do with the heart	08/59 5	3
Ab	Acceptance, redemption, forgiveness, connective human bond	The bond has restarted – I have held out an olive branch	07	3
Ab	Acceptance, forgiveness, connective human bond	The last cycle of the crisis – working to the conclusion that mankind is my kind – you don't have to be this or that .. or different – just accept	05	3
Ab	Acceptance, forgiveness, self-compassion, connective human and therapeutic bond – noticing when a client is ready to face the self and do deeper work around shame	You know it is not too difficult to see and feel when clients are moving more towards a greater capacity for self-compassion ... when they are able to talk about their histories and see life as it really was, not just how the defences created it	06/2/6 16	3
Ab	Acceptance, the longevity of shame; self-compassion to allow ourself a long time to recover from shame	I was thinking of water because I think shame... wears you down very very slowly and that's why I was thinking to get the self - compassion, it has to go in reverse.... if you get a river, and it's splashing the same bit of stone over and over again, or a pebble in the sea, you know, eventually it gets worn down, doesn't it... there's an element in that, of getting worn down, so you have no resilience	08/10 26	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ab Cc Ra Kd	Acceptance, redemption, reclaiming the unresolved parts we have put in our shadow. (I questioned her further by email and had the following response: "No I think what I was trying to say wasn't about anger itself, but about our shadow. I just used anger as an example. So I think restoring the stone is partly about reclaiming everything you've put in your shadow because it's been unacceptable (something to be ashamed of) for example your anger".	The metaphor for unshaming is ... restoring the stone, getting the stone to be whole again...what we need to do, is to take our badness out of the shadow... what we call our badness because often it is really good stuff. You know like our anger gets shoved in that shadow quite a lot and it is such good stuff	08/10 78	2
Ab	Acceptance, redemption, forgiveness, self-compassion, connective human and therapeutic bond	07 I I I sense that, I can sense the difference ...I know I am different. .. M the crone, I like that, that's quite funny isn't it? 07 yep, (shared laughter) yes, and you can be that in any way... you can make that in any way you like, like my little house I think M yes, so it's kind of.... homely isn't it... 07 yes, I am...there is a sense of repleteness at the moment...my little mud hut and the suspension bridge.. I didn't trust it. When I was talking about that moment of forgiveness the other day, there was the beginnings of self-compassion... and I am learning that each brick that I erect has been painfully wrought by me and it is of worth now...and nobody now has the right to take them down, it is about me saying so... the beginnings of worth, the beginnings of self-compassion	07/2/6 79	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
		NATURAL STAGES, PART OF A MATRIX, CONNECTIVE HUMAN BOND, COMPASSION –Total 19		
	HUMOUR, LAUGHTER, LEVITY, COLLOQUIALISM, SWEAR WORDS, FLOW, SPONTANEITY OF EXPRESSION, RELEASE			
Ac	Acceptance, coming to terms with reality – the way it is	I have got over 100 sheep, if they have been too long in one field they are absolutely covered in shit – that is what shame is like. Sheep shit helps – wiping a sheep's arse. It is no respecter of status (laughter)	06/1/766	2
Ac	Acceptance through humour	Making light of it	09/253	2
Ac	Acceptance through humour	The way I think about it now, it's [humour] an antidote to shame... it makes me laugh, it takes me up into my head into a logical place	09/264	2
Ac	Acceptance through humour	The image of the humour is energetic ... like bubbles .. with bubbles you can float away.. by being able to laugh about it, it feels as though you could just float up and .. and go away from it and the shame doesn't matter 275/293	09/275/293	3
Ac	Acceptance with use of humour	M I hope I will be able to use some of those pearls of your more elderly wisdom P thank you for the elderly (laughter)	05/392	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ac	Acceptance with use of humour	<p>O8 this is to do with old age, Meriel, and I am doing this training now and the word just won't come and I've just had to get used to it and I just have to say to people sorry the word won't come, or I'll let you know.. (laughter)</p> <p>M fabulous, so how would you characterise yourself there... can you do a picture of that one</p> <p>O8 well, the picture that immediately comes to mind is of a cartoon actually</p>	08/68 2	3
Ac	Acceptance with use of humour - normalising, colloquial – losing words	<p>O8 you know, people go, oh my God, I have met, oh I never thought I'd meet the author of that book, you know and I ... so maybe I quite enjoy losing my words occasionally in training because then they think, oh God, she is just a normal human being (laughter)</p> <p>it is about equalising, yeah... M mm so what would the cartoon be?</p> <p>I think it is just that cartoons are such fun, you know.... having a bit of fun about it, around it, rather than....um.. you know thinking it is something quite funny... in fact I have written a funny poem about it</p> <p>I might say something like um, yeah, you know, this is just one of the disadvantages of getting old, or something like that. you know, You do lose your words all the time and er ... maybe it'll come a bit later, or whatever</p>	08/69 8	3

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ac	Acceptance with use of humour	M and I think there is a bit of anger that I think is in you which is transformationally fabulous (laughter) 07 yes, I loved that, when you said it, something lit up inside me, I thought, that's that's that's it... that's exactly right, I am substantial now	07/68 8	2
Ac	Acceptance with use of natural flowing language, humour	now I hold it and wait .. wait for... there is something that happens. Er .. Petruska Clarkson called it physis, that wonderful growing edge, that something that... the universe whatever it was .. comes in and sort of ... I don't know how to explain it... This is a very loose way of interviewing this, as you have probably gathered (laughter) because it is like a conversation 07 yes and don't you get more out of people M yes, I think it is just more natural. I am not a kind of formal ... you have to do it this way sort of person... with client work and supervisees ... it's just better to flow isn't it. As you said earlier, like physis and flow ...	07/1/9 95	3
Ac	Acceptance – free flow – no judgement	That feeling of badness and unsavouriness... I am making it up as I go along	08/11 8	2
Ac	Acceptance – free flow – no judgement	I totally cocked up, which we all do from time to time	08/23 3	2

CODE	SUB-THEME	METAPHOR / METAPHORICAL CONCEPT	REF.	Rating
Ac	Acceptance – free flow – no judgement	I thought, what in the hell is going on here? So I sort of said to her I said, you know that I need to talk and I said, you know, that it felt like her thing had flipped, you know, and I said, you know I am wondering whether you are setting yourself up to be shamed, at an unconscious level. do you know the minute I said it she said, she said oh my God, and she is somebody who had a drink problem	08/44 9	3
Ac	Acceptance that we make mistakes – swearing to diffuse tension of shame experience	so sometimes in this tricky messy, business of working with shame we do fuck up.. and I think our responsibility as therapists is then, although we are feeling pretty bad about it, to try and be curious ... rather than judgemental – oh how would I do that? what was that about? Oh, I see what was happening ...oh shit, let's go back and put it right (laughter)	06/2/3 83	2
Ac	Acceptance – swearing to diffuse tension of intense shame experience	At that moment the dog dropped a really big bloody log on my foot (laughter)	06/69 1	3
		Ac – HUMOUR, SWEAR WORDS AND COLLOQUIAL EASY LANGUAGE Total 14		
		TOTAL FOR THEME OF ACCEPTANCE 44		

Appendix 12 FP Table of 14 strongest metaphors to illustrate each theme

New summary of a strong metaphor to illustrate each theme and sub-theme for ways out of shame and defences against shame

Table of strongest metaphors to illustrate each sub-theme

Main theme	Participant	Metaphor	Sub-theme
Relationship			
Ra	06	Entering a journey – my understanding of the territory helps me invite them into this journey	Therapeutic relationship
Rb	09	Grandma in an armchair – that knowledge comes from love	Relationship with significant trusted 'other'
Rc	06	Turning a jungle into a garden	Interview relationship – co-creation
Knowledge			
Ka	05	The tipping point on a motor bike	Exploring, insight, awareness, experience
Kb	06	The dendrite thing	Visualising
Kc	07	Letter to mother "you fucking monster"	Encouraging the voice
Kd	06	Don't be seduced with me into all this shit again – moments of healing crisis	Making the unconscious conscious
Creativity/creative adjustment			
Ca	05	I had a sense of support from nature- dogs, cats, pets	Connection with nature – safety
Cb	07	Tapping into that deeper knowing	Imagination, art, writing
Cc	08/1081	Restoring the stone	Re-building, success
Cd	06	The dunce's corner and the nail	Iconic memories
Acceptance			
Aa	09	The black ball	Reality – painful
Ab	07	The little mud hut, and suspension bridge and the leaf	Connective human bond, self-compassion
Ac	05	Pearls of elderly wisdom, mankind is my kind	Humour, language of ease

Appendix 13 FP Table of colours attached to emotions

Table of colours attached to various affects - small scale spot-check

	MP	SR	TP	EF	DC	DJ	SB
Sadness	Blue	black	Black	Purple	greeny grey	blue	Purple
Fear	bluey white	black	Red	Grey	sharp green	yellow	Grey
Anger	Red	Red	blood red	Red	blackish crimson	Red	Black
Joy	Yellow	yellow	Yellow	bright blue	yellow	orange	Yellow
Surprise/ interest	purple	Blue	Yellow	Lavender	orange	pink	Pink
Shame	dark brown	brown	Purple	black	mauve	Dark green	Dark grey
Guilt	muddy brown	Grey	crimson	Brown	Tan	brown	Grey
Jealousy	Green	Green	Green	Yellow	navy blue	purple	Green
Envy				Gold		green	
Love	White		Orange			No colour	Red

Appendix 14 FP Full transcript of Interview with participant 09

Transcript of interview with participant 09 3/8/15

M cause it says it is recording, ... we are just doing a test run now... and if it records it does.... But I can scrap it if there is something in there you don't .. it says it is recording so this is a good dummy run for me...

09 Yeah. It was interesting for me because when I looked at those vignettes I didn't know whether I was supposed to be to be able to put what came up for me, to number it where it would be on there....

M not really, it was just to get you going really

09 and it was interesting because it touched on something that I think a lot of the time I erm .. intellectualise it,

M okay

09 so the thing it touched on for me was erm ... how I ended my marriage, my first marriage. And so, intellectually I can see that that... it was the right thing to do,

M mm

09 (not clear) but something psychological about it ...

M yes

09 struck me as I was reading them was that I carry almost like this deep ball of blackness in the pit of my stomach.

M mm, is it a sort of fear and shame and a whole mixture of feelings?

09 ... It's actually guilt... shame...

M mm

09 Erm... some regret... um ...

M yes... but it's black

09 Yes. It's black and it feels ... (not clear?) nasty – and it almost feels hard –

M mm

09 It's something I have carried ever since and it's interesting... as I am talking about it I can feel it rising.

M mm

09 like I can switch it on again... as I talk about it I can feel myself trying to go back into my head and rationalise it all

M I see so it's there... it's probably pushed right down

09 yeah

M And suppressed into your unconscious... but, to where it is most comfortable and safe but coming up ...

09 If I said to anyone that that, you know, that, you know that I do feel that ... ? .. shameful about it ..

M Shame is probably part of it

09 Yeah

M Yes that sense of ... not really wanting to go there, it is uncomfortable

09 It's like the ultimate failure

M So something about exposing, you know, my vignette about the flute – standing in front... that was a dream actually

09 right, I thought it probably was

M but it's kind of ... so real ... like a plague, it's kind of the world seeing us... so if the world saw that your marriage had failed, that is not a good feeling to be seen...

09 No, and it's interesting because I still very often dream even now, that although the person in the dream is supposed to be x it is actually x my ex-husband

M So it is muddled up

09 Yeah, but I do feel quite disturbed when I wake up from dreams like that

M In your head, and you said it was ... down in the pit of your stomach.. ?

09 Yeah

M A long way down then, I mean, it's not in your bum or your feet...

09 No

M But .. a long way down...

09 Yeah

M Does it sit? I mean normally, is it..... are you aware of anything sitting there, no I suppose not....

09 No , ? it's just a feeling.... in the pit of my stomach.... ? just I can tell, whatever I have done since then, that spoils it a bit. So every success I have had, I still have that underlying feeling of ... failure ... of "oh dear"

M In spite of having done quite a lot of work on yourself... it's there I mean, something x said, was .. we have to recognise this, it is common and normal and it's how we learn to manage it... because it's there ... we can't get rid of it entirely. It sounds like you are saying.. it comes up into your head.... And you kind of.... I wonder whether.... Do you feel there are ways to dispel it, maybe... you know.... what do you see as...

09 you know, it does have a ? I guess, I just go through all the rational things, of you know, I didn't love him any more..(not clear?) He was a pain in the back side, he wasn't a very nice person ?.. you know all these things I can go through but it actually isn't about that... you know, I don't have a love for him at all...

M no

09 it isn't total ambivalence ... (not clear)? I can tell whatever I have done since then, that spoils it ... I think it's the other effects it had on my life, the effect it has had on x

M So is that part of the black feeling then that it imprinted on your daughter?

09 yeah, and a lot is that she doesn't have a relationship with him any more

M Is that guilt or shame, I wonder.... or a mixture? .. 'cause it feels like a mixture...

09 I think it is a mixture of guilt and shame. I think there is a feeling of guilt for having been the person who walked away... The feeling of shame comes from the feeling.... I have failed

M Yeah, so that sense of failure. It is hard to find the words for that. Backing away from it? Might be enough ...

09 I am trying to stay with it

M So what is that like?

09 It.. it feels as though I am permanently scarred...

M Mm

09 It could be..... That someone could find me out at any moment

M Find you out?

09 Yeah

M Being found out, that's a tough one? Yeah,

09 It's actually being seen... as actually being seen as a failure. 'Cause so many people have said to me over the years, God you looked so strong in what you did, you followed your heart. Which, at one level I did, but it doesn't feel that strong. I think, I would have been stronger if I had stuck with it

M So it's the ? there's a should there... maybe I should have stuck with it at this level? (not clear) then people will see through me then..... and I am not strong after all, I am actually weak....

09 Erm, I am a failure... 'cause it... ? Something can happen or we can do something, and there is a kind of chain reaction and once you have done it.... ? ... you can't stop it... I have let the tiger out of the cage

M Yes, the tiger is out ...of the cage

09 Yeah, there is no holding it back... There is nothing I can do to hold it back.

M I can't control it

09 I am the person who let it out

M Yes, I am the person who let it out ... yeah yeah Long pause I let it out so I am having to sort of ... so I am having to face that one fair and square, but I don't want to... so in the moments of enlightenment - I raise that up and then I push it back down again

09 Yep, yep, and sometimes it is easier to hide behind, and think, oh yes, I did this courageous thing – that's what people seem to want to see it as,

M mm

09 but actually behind all of that I don't see it as that at all ...

M mm, well in this dark place, you know, you are just looking at this ball of blackness place, which is courageous isn't it, in a sense you are looking at the ball of blackness, talking about it is about the best thing you can do rather than just keep it down in the pit of your stomach for eternity ... I guess it will pop back to the pit of your stomach and it will have seen a bit of daylight today.. and then go back down again... what I am realising from all these amazing interviews, is that, that's what we have to learn to accept, this is just the way it is...

09 Whatever I do, I think, it will never go away... as you say, it is something that comes up, and then I manage it, and push it back again. But I don't think it will ever go away because I have talked a lot about it in different places. Maybe that is the part that is human.

M yeah, the human part

09 The part of of being ... I don't know.... sort of evolving that we go through life taking lots of different shame

M yeah

09 for things we do

M Taking, taking the shame, yeah, what does taking the shame mean?

09 There has always been an element of, well, we can never know what would have happened if we didn't do it. It's kind of like the client saying "well I want to do the right thing" but there is no right or wrong thing. We don't know what would have happened if we had done the other....

M so that's the reality isn't it, that's what happened – that's what I chose, that's what I did it goes deep doesn't it? I mean, you are talking about the pit of your stomach...

09 mm (pause)

M Do you think it gets smaller that black ball?

09 I don't think it changes in size. But my awareness of the black ball as I get older becomes greater.

M mm

09 Yes I think, as time goes on I can see all the ramifications

M yeah, so it maybe is attached to sadness as well ... and maybe it's not so cut and dried and straight forward.... it is complex ...

09 yeah.

M mm, that is still a lot of thinking. But the complexities, the experience itself - does it have a sort of ... changing quality about it? You said it's black and a ball... ?

09 I think um.... I am just trying to sit with it... erm ... I don't think it does change. I think it is just there, and it actually is my awareness of it that changes.

M mm

09 Sometimes I think I am able to be in denial about it.... (long pause – heart beat?)

M But the denial is a part of it, with shame particularly – a way of coping, a coping mechanism isn't it?... In the next part of the interview I want to talk about creative ways of you know.. coping with shame. 'Cause the defense mechanisms are a bit shitty sometimes aren't they, they just cover things but don't really deal with it,

09 yeah

M but they are important. Do you have anything to say about as a child an earlier example... the client you mentioned? Is there anything with earlier shame?

09 The client I was thinking of... erm ... she was erm hideously sexually abused as a child

M mm

09 from about age the age of 7

M so that's the very worst, number 7 on the list, hard going -

09 Yes. By her stepfather. I was really struck by her sense of shame when in therapy erm she would always talk about it as .. it had happened because she was special to him and she was really shocked when her husband referred to her stepfather as a paedophile

M Mm, that was the dawning realisation that it wasn't okay after all – she had been so hoodwinked... she believed it was okay

09 Yeah, and on a certain level she understood she had been sexually abused and it was hideous. And there was this other part of her, it was almost like, the way she was protecting herself against the shame of it was that she was special to him,

M Mm

09 and that.... I mean this was 7 years ago, and that.... but ever since, I have been really struck by the power of when that sense of shame hits somebody. When she actually had to acknowledge that he was a paedophile, and that he was a risk to other children ...

M so that was the reality hitting wasn't it

09 yeah

M rather than the denial, there was no defence

09 yes, and that they didn't have this lovely special relationship

M so that was a massive loss, too, a fantasy, like magic, the fantasy thinking that it was okay, the fantasy he put on her, wasn't it,

09 yes

M to justify his behaviour ... and I suppose she bought into it. So it must have been a very difficult piece of work to cushion her against the realisation... was it a long slow piece of work? Do you remember?

09 Oh gosh, yes, we worked together for about 5 years. He went to prison in the end

M Did he, so she had all sorts of feelings about that then as well?

09 Absolutely. And it's interesting, because erm .. her sister's son, so her nephew was displaying all sorts of peculiar signs, around sexuality, and you know masturbating a lot of the time ... and he was only a little boy ... and was obsessed with anything sexual... and it became apparent that the stepfather must have done something to him

M mm

09 and to start off she felt actually felt angry with him.

M did it change at all?

09 She needed to be angry with him otherwise she couldn't defend against the shame

M Yes, yes, she needed the anger, because the shame would have been too great.

09 She was actually angry with the little ? boy .. (not clear)

M Well because she'd felt he was special? There was that sense of specialness and then it's so chaotic then. No rhyme or reason any more, my world has been shattered.

09 mm

M so the shame there was too much. You are saying, anger was easier ... it's interesting isn't it?

09 It's interesting, how we can so desperately defend against it so that we don't have to experience it

M did you manage to get her to meet her shame face on in the end.... Did she manage to articulate that... like you talked about your black ball earlier

09 yes she did. And, she was in a very dark place for... a long time,

M yes

09 had to be highly medicated

M yes

09 but she did talk about it (long pause)

M Mmm, it's the same quality isn't it, as what you were describing...

09 yeah

M you know in the way, that it is really hard to stay with it ..

09 yeah, yeah

M don't want to , I mean, it is tiring isn't it.. to do it for too long...

09 yeah

M so I guess what we could do, I mean, were there any other examples... 'cause what we could do, if you want ... I mean, would be to move to the antidotes to shame ... you

know, how you... if you want to or do you want to say a bit more about another example.... I mean that is one really heavy duty one, and one personal one, both pretty difficult

09 Yes Let's move on to that ...

M Yeah I think that would be more cheerful! (Shared humour) It gets a bit heavy. I find it gets very oppressive... I have to make a joke which isn't supposed to be very good if you are an analyst, is it, but I'm not an analyst

09 Oh, thank God for that

M but you need the humour don't you

09 yeah and I think, sometimes in a session with somebody whether it's supervision or whether it's with a client, sometimes you've got to cut through that that kind of dense oppressiveness, otherwise it's too tortuous

M yes, so what do you think happens.... cutting through the dense oppressiveness.. do you want to tell me a bit about what are the mechanisms.... how do you cut through that – what do you do?

09 Well I think, humour – so, for myself generally when I go into that sort of dark place and feel it and think about it....and sort of feeling that shame... I think it's really important periodically actually to go into that dark place and feel it erm ... and think about it. I will be quite humorous about it, and I will think what an idiot my ex husband was ... How ludicrous our relationship was – in a humorous way, some of the funny things he did

M what would be a funny picture that would be ludicrous?

09 Erm ... (pause) well really, just, his sort of obsessive compulsive traits. So the fact that he liked all the towels in a certain colour sequence in the airing cupboard –

M the towels?

09 yeah all the towels...

M right

09 yeah, they had to be in a complete set order

09 so I would just put the towels away and I would put them all in the wrong order

M laughter

09 just because I knew he would find it really annoying...

M yeah

09 I still giggle about that

M yeah, cause that would just be your way of coping with it

09 I would suddenly hear him going, ahhh, ahhh, and he would get them all out, and he'd put them all back in order again, and I would just have a little laugh to myself, he used to get really exasperated ... if my car wasn't straight on the drive so I used to park it a bit skew whiff

M just to get a reaction

09 yeah, so I look back on those things now, and I think now for heaven's sake, you couldn't possibly still be married to him

M mm

09 But that is just me making light of what does, you know, does sit quite heavily with me, to actually look back at things that were funny

M well the towels all in a muddle or the car parked a bit skewed, it's a bit like a sort of comedy sketch on TV .. couples in...

09 The fact he ? (not clear) actually did that

M Yes – so is that an antidote to shame, or maybe it's an antidote to going crazy? (laughter)

09 The way I think about it now is it's an antidote to shame, because it makes me laugh, and it takes me up into my head

M yes

09 into a logical place and I think, how could you possibly have stayed married to someone like that ... I think I just, I take it to a logical place ... rather than... I mean, I don't think shame has any logic in it whatsoever

M no, no

09 No matter how many times I try and unravel it .. it is still there

M Mmm, so I am quite interested in what you are saying there, about the the black ball to start with..... and then somehow I am hearing you saying there is a change to that and it.. it.. it actually goes up, there is something about the energy in the laughter or something there, that changes it from a heavy thing in the bottom of your stomach, a kind of ... Do you want to talk about the energy in that a bit .. metaphorically, if you can, about what happens in that process, what you do there... it's a sort of creative process you're doing – can you unpack that a bit?

09 I think it is... almost... to me... it is like a ? (not clear) - the image I have, then of the humour is it is energetic, almost like bubbles ,

M mm

09 and then it kind of ... it kind of lifts that black thing – it covers it – it feels like effervescence

M Yeah. What would be effervescent ... what would it remind you of?

09 well it feels like champagne bubbles....

M I'm glad you said that, I didn't want to put words into your mouth... didn't want to put champagne in your mouth !

(Laughter shared)

M bubbly wine... bubbles in your mouth – how is that different

09 It is kind of still submerged in there, but with all these bubbles around it, it gives it some energy... because I think there is that kind of flat erm oppressive energy,

M yes

09 that covers the shame, but to surround it with humour ... sort of surrounds it

M yes well bubbles is really good, isn't it... there are lots of connotations to bubbles... do you want to give me a few connotations around bubbles – I mean... we've got champagne, airy, light....

09 well I mean with bubbles you can sort of float away.

M mm

09 By being able to laugh about it, it feels as though I could just float up and and go away from it and the shame doesn't matter...

M so when you are with a client or say when you were a child.... I mean, if you can find something about a child experience... I guess with your client who was sexually abused... but thinking about floating away and how a child might resource herself ...or, I mean, do you remember what resources you had as a child with any shame or how you helped a client with that

09 Erm, I think as a child I often wanted to float off away.

M mm, mm

09 because at one point at school I was bullied,

M yes

09 and I often used to dream of floating away, just escaping

M where would you float to.. do you remember ? where would you go in your mind ?

09 I used to do my escaping as a child with my dog,

M oh right

09 so I would put the lead on my dog and I would go and walk and walk

M would it be escape....? What would that be like?

09 I used to go for a walk, and sit somewhere, in one of the fields near the house and just.... in some ways, I suppose, as a child I used to want to float off the planet ...

M float off the planet, yeah....

09 life at home wasn't very good ? and erm.... at one point school was awful

M where you were getting bullied, yeah, so would you physically remove yourself at school or would it just be in your head?

09 In school it would just be in my head....

M mm, did you have a fantasy where you would go?

09 (long pause).... Well after my grandmother died, I just used to imagine I was floating off and be with her

M would that have been a safe place? was she a safe place? Did she represent something?

09 Yes oh yes... it wasn't as though I was the oldest grandchild or the youngest grandchild, or was I the youngest... oh I was actually I was the youngest – but, it was because, I never knew my grandfather, but I looked like my grandfather and nobody else did ... so I became her world .. And it was always quite nice because she didn't really like my sister, that was always helpful... So she was an escape

M so she represented an escape... and ... anything else about how you felt?

09 to her I was perfect... so the sort of shame that I felt at school having been bullied... I never talked to my parents about being bullied... There is something very shameful about being bullied

M well it is undermining our sense of self.... Something very deep about failing and being a flawed character

09 When you are bullied, you take responsibility for it – it must be something wrong with me

M a flawed character?

09 Nothing I could do to stop it

M so grandma represented something safe - really important for you when she was alive.. massive loss when she died

09 oh yeah, just horrendous ... erm ... She believed in me.

M you were perfect

09 So, totally unconditional

M yeah, that's lovely ... so did she become an icon, an image in your head, to er,, ?

09 it's interesting because she still is ...

M that's very interesting, isn't it, L., if we are talking about antidotes to shame, and finding something solid I suppose to hang on to .. you talk about your husband ...

09 Also, I think, the antidote part of it is that that person loves you unconditionally... so when you are in their presence none of that horribleness exists

M no, so it takes away that black awful ball... and, I am interested in the fantasy aspects how... I mean, there's something about using our imagination when someone has died... to make them still present or something –

09 mm

M as an antidote to shame maybe we are talking about that connection again like I was talking about, you know, feeling that presence... it's important isn't it.... is there a sense of her presence then ?

09 Yeah, yeah, absolutely – and it is interesting that, it is not something that I now consciously think about –

M Mmm

09 I think, the confidence in myself and the sense of self that I hang on to was thanks to her

M Mmm, that's very powerful isn't it

09 I would have been so much more fragile without her (Not clear ?)

M Mmm, do you have an image of her I mean, I was picturing something very solid... I don't want to put words into your mouth... I was just wondering, do you have a sense of that presence, how would you depict that?

09 It's actually... it's it's an inner sort of warmth –

M A warmth, a feeling ?

09 Yes, feels warm, really solid as opposed to that shame that is cold....

M Well you are pointing here...

09 yes

M where is she, what area?....

09 I would like to say round my solar plexus, actually, sort of round my breast bone, round that point where I feel her

M Mmm - so that sort of warm feeling is there, just right there... kind of between the boobs really (laughter)

09 yeah

M it's probably not recording... but I don't have to put rude words in – in the breast bone anyway .. in the breast ... how is that significant then .. the breast bone?

09 Well I think because erm ... she gave me the warmth that I didn't get from my mother - that's not to say you know.... my mother ... you know looked after me and whatever... and no doubt loves me but she is not a warm person

M mm ... warmth... what is warmth like?

09 well it's you know, that feeling of unconditional love

M mm, warm, I will cuddle you better

09 my mother did not know how to cuddle

M I have a picture of a big breasted, rounded, you know, matriarchal woman, with big boobs, lovely embrace, big boobs, lots of breast that's the picture I have got....(laughter)

09 I'm not sure erm actually whether I'm not sure whether she had big breasts or not... My mother was the youngest child, and...her mother was quite quite old in those days to have had another child,

M so that is similar for you then it was the same...

09 yes my mother was 37 when she had me. So I don't know how old my grand mother was when she died, but I suppose she (my grandma) was 73 when I was born,

M mm

09 so by the time.... my sort of strongest memories of her, she was probably knocking on 80 – so, if she was big breasted at any point they had kind of gone south....

M (laughter) There' a sense of her a feeling of sitting in a big armchair, so at 80 probably not very active...

O9 no she was, she could be sitting in the armchair, with me either sitting on the arm, or slithered in next to her,

M yes

O9 with the dog sitting at my feet...

M so lovely comfort there.... so what with the dog and the arms on the chair ... what's that feel like?

O9 It feels absolutely heavenly...

M yes it does, absolutely does.... very evocative and would she talk to you? or.....

O9 yes... she used to talk to me about my grandfather all the time... she absolutely adored him...

M mm

O9 and he had a heart attack when he was 67... erm.... And...(not clear ?) the fact that she used to lay people out... she worked as part of a ... they didn't have funeral directors as such then... .. laid people out in people's front rooms...

M so was she an undertaker's assistant then ...

O9 yes, she was a person in the community that would do all that ... deliver a baby if there wasn't a midwife there...

M the salt of the earth really

O9 yeah, she would tell fascinating amazing stories, just fascinating

M it does sound heavenly. Erm ... the embrace of that, like she wouldn't judge, she was just there, and talking, and trustworthy, like a dependable sort of person really by the sound of it...that you could depend on....

O9 Yeah and if you know, my parents would say, I was not allowed out because I had been naughty, or whatever, she would always say, oh no, no, I'm sure she wasn't (laughter)

M so how does that...

O9 (not clear)

M Enjoy the reverie, it's lovely

THEME – SHARED MOMENT

O9 Lovely.... Because I lived in a house where everything depended on ... what my sister was screaming about today ... Or what sort of mood my mother was in. The feeling coming home from school, opening the door, and just sort of holding my breath, what mood was my mum going to be in?

M that's terror, isn't it.. fear... and also, with the bullying.. all mixed up in that, with not feeling held – it wasn't psychologically a safe environment for you

O9 No...

M so granny would give you that sense of security .

09 so some days I would go home to granny's house after school and stay with her ... I would be safe with her

M so we are talking about the dog on the lead, and by your feet, and granny, feeling connection and a relationship that's safe.. and I what I wanted to go on to a little bit was how that might apply to you as a therapist.... And how you might use those things, how you might use those phenomena in being a good therapist... What do you do with shame in your clients?

09 I guess it's remaining constant with them, and showing them that unconditional love really, that whatever they have told you, however hideous they feel, it's okay, it's almost like I think.... thinking about it now, it sounds like being in the room with you, is like being in that chair with the arms round you

M yes, yes, and the arms, what do the arms do?

09 I guess, it is kind of metaphorically creating that bubble and that warmth...

M mm

09 sitting opposite somebody ... creating that in the room

M yes, do you know how you create it? In what ways do you do that?

09 I think ... showing warmth (not clear ?) and it's interesting isn't it... it's it's it's almost I think it's almost something you.... (not clear?) learn /want to do naturally from every aspect of ourselves

M this feels really important and there are 2 words that keep missing, it keeps missing that important word... frustrating for me... something we do naturally did you say?

09 yes, I think we learn to naturally ooze

M ooze, thankyou, that word missed, that's the important word... fabulous word ..

09 It is about the aspects of our being, how we sit, how we speak, our tone of voice, how we look at a person,

M yes, ooze, how we sit, how we speak, how we look.... Yes,

09 ... that that never changes, whatever that person has told us, however hideous they feel about themselves, we might be the only person who stays constant and still cares about them.

M so the constancy... do you want to say a bit about how you do the constancy, you have talked about the armchair, and do you want to say a bit more about constancy and how you achieve that?

09 well I think, first and foremost, it's kind of... we don't change how we behave because of some things a client has told us or something they have done

M so do you mean you don't get shocked?

09 yeah, there's no sense of "Oh my God I don't know about that..." it's like, okay.... and just going with them, and nothing is ever too much

M so it's not judging at all, or standing in judgement,

09 yeah

M nothing is too much, it is just all okay, really– soothing isn't it, calming, soothing....

09 Yes, a good word...

M so, It is all acceptable anything goes, in a way, I can be with this person and it's alright, nothing terrible is going to happen... like your grandma - unconditional

09 yeah, that's what she did for me.

M nothing is too much.

09 no

M she thought you were perfect, yeah. It's lovely, complete acceptance of what you are.

09 She wouldn't even have known what she was doing.

M perhaps that's what we are talking about therapeutically then... perhaps it's just good old Rogerian core conditions. I think isn't it, really....

09 She wouldn't even have known what she was doing.

M She wouldn't have known, oh well, that is very interesting, so where did that knowledge come from?

09 (long pause) Love

M yes, built in love, interesting.

09 That knowledge comes from love

M so we are talking about

09 It feels to me as though love is a really important part of the antidote to shame,

M yes

09 That unconditional love, that kind of purity of love...

M yes, purity, yes – what colour would that be?

09 White and fluffy

M thought you might say that, (laughter)

09 yeah

M it fits doesn't it... (shared moment) completely natural 'cause it's the opposite to black isn't it...

09 opposite to black and hard (shared moment)

M white is so preferable... it's a lovely feeling just thinking about it, isn't it ... because it's kind of do you think it's fantasy or is it realisable in the real world?

09 I guess to a certain degree it's fantasy

M well I think, this is an interesting discussion now, L, because I think we try and emulate that as best as we can in the therapy room don't we?

09 yes, yes

M And sometimes we fail and sometimes we succeed...

09 yes

M so let's talk now... if we can talk now about ... let's get down to something even more interesting, what happens when you have like a sort of problem in the therapy room around the hideousness of something someone is saying to us around abuse or something when we do feel a judgemental reaction to something a rather lunatic client might say to us I am talking about unconscious processing now where you get some lunatic stuff coming up that feels kind of like, oh my God, you know whether it's the client or the supervisee or anything.. but something lunatic happening, something in the transference.... What do you do? What happens around that?

09 What do you mean, when something lunatic happens... Give me an example

M Well where you feel there is some extreme strong transference operating in the room, where you are feeling sucked in, and out of... there is something out of synch going on...and you don't know whether it's your shame, your reaction because of feeling incompetent and a failure and stupid, the worst scenario, when the therapist is so deskilled because of the projective identification or something and how we would work through that?

09 I suppose, I have to be quite congruent and... bring it into the room

M what sort of thing might you say?

09 Okay, I will give you an example. I had a client erm... er .. a few weeks ago – just coming back to me now - who said.... told me in the first session, that, I mean he is now 38 but, when he was 16 he was violent to his girlfriend, and he strangled her

M oh God

09 and almost killed her,

M oh God, but he was admitting it

09 yeah, so when I say almost killed her, she stopped breathing and he had to resuscitate her – okay, so he told me this in the first session...

M Blimey

09 and his passing shot at the end of the session, and I just kind of went "alright...." And just stayed with it for a bit...I had the feeling he was trying to shock me

M Did it feel that he was acting it ... did it feel there was anything genuinely present about him?

09 yeah, well I am not suggesting that it doesn't have... well the evidence is not that he is so violent now towards women

M no.. I meant about his presence .. did he feel genuinely present in the room? He hadn't built up trust with you after one session...

09 yeah,.. and it did feel as though... and he had been talking in the session about how he had been violent with his most recent girlfriend and how the relationship was over and

how he thought he had got to change something because he loved her and blah blah blah... but there was a feeling he was trying to be violent with me by telling me

M yeah

09 and he wanted to shock me,

M trying to get a reaction

09 so when I didn't really react, other than I said it sounds as if you might be erm ... defending against some shame with what happened. And that was about as much reaction as he got from me, and at the end of the session, he said to me, as he was writing the cheque, with "How do you feel about working with a killer".

M right...

09 so almost like I wasn't reacting how he'd wanted me to react when he told me all this violent stuff...

M you mean he was exaggerating even more, saying I am a killer, which was just not true – it was almost true.... He had almost

09 that was as an aside, he had knocked down a woman while he was driving and she died

M she died

09 , but he wasn't being held responsible for it.

M so he has got a Wow.... Wow.... Okay.... There is a lot there isn't there

09 yep, so he said that to me at the end of the session And I just said, "Is that how you view yourself?"

M mm

09 And he sort of made light of it and then he laughed. It was a real hand on the doorknob... So when he came back for the next session I thought no I am not going to I felt really uneasy after the session

M I am not surprised

09 so when he came back for the second session I thought, I am not going to go through another session like that. I thought we are going to be real here. So I started the session with "I was intrigued by the last thing you said to me last session" and he said, "What was that" so I said, "While you were writing your cheque you said to me how did you feel about working with a killer." And he smiled and I said "Is that how you view yourself?" He then started talking more seriously ... about ... It felt like we had cut away a bit of the crap

M are we talking there about his self boundary – the difference between real and not real, and you were kind of ... challenging him...

09 I just wanted to be real in the room with him. I said to him... "I felt uneasy", and we talked about it... and I asked him, "is that how you wanted me to feel?"

M okay, this is really important for the research, about an important theme, of what we do with shame. Do you want to say a bit more about that in terms of what is important about shame or guilt?

09 I think, sometimes when they are feeling shame, clients can be quite gamey with shame – it's difficult ... I felt like he was trying to disable me with his shame,

M yes

09 Almost like he was trying to give it to me rather than make it his... (not very clear)

M Yes, so what did you do then?

09 I think, for me, I stepped off the game and I was real

M yes and you weren't frightened to say?

09 I probably didn't look like I was frightened to say it, but I think there was a part of me was probably a bit frightened oh my God, about challenging him on it...but it just felt really important 'cause I thought otherwise I am going to have another session where I am uneasy the whole session

M you rose to the challenge because he was testing you

09 yeah, and it just didn't feel real

M didn't feel real when he was testing you .. did it feel more real after you said that?

09 After I had challenged him on it... it did feel like things became grounded, whereas prior, it felt like there was a kind of dump going on that in a way was masking his shame

M yeah, hiding.

09 yeah, but it was kind of, his defence against it, you know, almost telling me about all these violent things that happened with these different women, almost holding them up like trophies, rather than actually what he was really feeling which was a deep sense of shame about them.

M Yeah, so he has come back... and you have passed the test in a sense, because you are accepting him, as long as he is real you were kind of challenging him to be real about the shame..

09 I mean, I don't hold out the hope, you know, that he won't do it again, because that is how he deals with things in his life and that's all part of the being violent to women

M Mmm, we can talk about this in supervision! It's important isn't it... and for this research - something about the theme of putting the shame out on the table,

09 Yes

M so it is not hidden, it is explicitly addressed – this is what we are dealing with here, don't bullshit me.... You know, let's talk about it, let's name it for what it is.

09 It's important for this research, isn't it?

M Go on say a bit more, so it comes from you not me. 'Cause I can't count what I say. (Laughter)

09 It seems to me ...that for so many people we work with in therapy, the root is shame... It is shame, but it's one of those things in our culture that we rarely talk about.. (not clear) and in our culture I don't mean in therapy, but outside in our culture when someone is feeling shame, we do anything to dispel it. (not a very clear paragraph)

M Yes. It's too difficult.

09 It's easier not to.

M Yes. It's easier not to ... let's talk about something else... yes, a cultural thing...not easy to talk about, as we found at the beginning. You know, talking about the black ball. It's that feeling, oh dear, I don't want to talk about this.

09 That's what a lot of religion is built on...making people shamefully guilty, so they have to come to church .. 'cause you can only talk about shame there You don't talk about being ashamed of something over the dinner table

M no it is not actually pleasant conversation Might put you off your food (humour)

09 Yeah, (laughs) for the research, this is actually important, because it needs to be something that is more every day, that we all acknowledge, that we have all got it, we carry it

M Yeah, absolutely, so it becomes easier to face up to it.... something about facing it, rather than running away...

09 yeah

M so what you did with that guy, I had this picture of just putting it on a table between you

09 Yeah, I often think of therapy as having an imaginary table between us

M mm

09 and sometimes saying something, I have just popped it out onto the table, and if the person wants to pick it up they can, and if they don't, well ... I will maybe pop it out on the table again

M Yes. I have got a picture now of a game of cards... and I don't know what game it is, but you put your cards on the table ... this is my hand, sort of thing ... so is that about honesty... are we saying? ... being congruent ... what you said?

09 Yeah, isn't that the basis of being person centred, being humanistic, being real...

M Yes. What do you think about the timing with all this honey? Because you know, with shame it is so precarious isn't it?

09 Yes

M Do you want to... we have done 1 hour 10 minutes...it probably hasn't recorded!

09 You said something about timing.... I think sometimes you know, particularly with a client who was sexually abused... that was kind of going very much with kid gloves and a very slow process

M yes

09 Whereas with this chap..... I kind of felt, had there been another couple of sessions where he was dancing around like that, it felt for me as though I would be stepping into an abusive relationship with him .. which is his speciality

M yes.. so he was challenging you, I think, at a really unconscious level probably... I don't know whether it was deliberate

09 I think it's what he does with women

M but your shadow side kind of was aware that, oh my God, this guy is trying to frighten me or something

09 Yeah

M to put you into a submissive female role ...

09 yeah

M could have been very abusive towards you actually, could have been really frightening... I

09 Yeah

M but I think he was wanting to get the measure of you I think, to see whether he could mess about with you

09 Well that's how it felt, it felt like yeah, he was testing me out – and are you scared of me? That was the feeling of it.... how do you feel about working with a killer? And I am frightening you....

M yeah

09 And actually, you know, he did put the wind up me a bit but...

M but you are up for it aren't you?

09 I think I felt I had no option, really because, otherwise I was going to feel horrendous ... after the second session, I wasn't going to go through that again because it was a really uncomfortable session

M So there is something about.... Right, well, with shame there is something about the capacity to wound, or to be wounded ... and I think he probably represented something for you... who could wound you or kill you.... oh shit! – there is something about visceral wounding with shame ... you know, that it cuts us deep, sort of at a survival level... that you were able to actually say in a sense you were saying no, don't go too far with me – don't mess with me

09 yeah

M there is a kind of testing of the boundary, that is very interesting there...

09 well also, probably, I think it touched my fear of failure, erm ... as I said before I do feel as if I have failed.

M That is a big amazing admission actually and a really lovely way of linking the whole thing, because we are now talking about you self-disclosing your shame around failure and you actually being strong enough to say... I am not going to let the bugger get to me... and I am acknowledging I have got that feeling of potential failure... but I am stronger than you... or weaker... in some ways weaker– is there something about admitting our vulnerability?

09 Yeah yeah

M But not to him

09 No, but also, it wasn't only about me, it was almost like a collective of all the women that he had treated abysmally

M Yes, yeah, and he is kind of... at one level it's very good 'cause he is telling you, so he is wanting to do the work presumably unless he had been sent....

09 He referred himself

M Where did he come through?

09 It was actually a friend of his, saw me or an acquaintance of his, saw me years and years ago and gave him my details

M So probably, he had been told that you are somebody who is very experienced...

09 Presumably, yes, and .. I think.. and it did feel as though (not clear) Protective way???

M and he wants to do the work.

09 yes

M I mean in the sense that he came back so he wasn't playing.. 'cause you challenged him in the first session, and thank God you did.... Good, so he has come back... because he thinks I can get somewhere with this woman... and not in a way that is going to be dominating... well maybe it is something about wanting good mothering, a good solid mothering experience, like you said with your grandma, not your mum..

09 quite possibly yes

M so being held is one of the key things....

09 Making sure the boundaries are strong... they're not going to be all wavy –

M no

09 It feels to me, that is what he is doing with women in his life. He pushes and pushes and pushes the boundary until until they end the relationship

M You did say, did infer just now, a few minutes ago, that you thought he will probably go back and do it again, but the hope would be that he might actually change enough through the therapy

09 mm

M to embrace his own sense of shame or...

09 well that's what I am hoping for

M 'Cause with shame we have got to actually take responsibility, haven't we?

09 yeah, yeah and actually own it..

M and that takes ages... that's why I talk about pacing....' Cause we have got to kind of be ready ... you can't rush this thing

09 It's something I think, you dip in and out of

M Mmm, mmm, with shame as well, because it's too heavy. I mean, imagine just doing shame all the time! Aaah

09 I think that is like when someone who ends their life – it is all too much – need a way out

M it's overwhelming

09 yeah

M I think I would love to spend another little while, maybe we could just do it as a summing up face to face actually... really powerful the way it feeds into what I have already done.... But I think there might be a few gaps... I mean just something about arriving...we are just there now, arriving at a sense of acceptance - you know shame is something we have to live with...

09 which in some way, I find, though it might sound strange, but it sounds quite uplifting –

M in what way?

09 That it is normal – we have all got it – we are all carrying some –

M yes

09 and if I don't have it, something is kind of ... I hate the word normal, but you know what I mean by it ...

M it is there. it is common

09 . it is manageable, just knowing you might bump into someone who thinks, oh you have got some as well, you know who is carrying some, we are all carrying some

M Would you disclose it sometimes?

09 well I might, someone close to me

M what about clients?

09 I might disclose if it is appropriate

M yeah, yeah, when would it be appropriate? Sorry I have just asked another question. Sorry that is the last question.

09 On those sort of occasions when a client thinks it is only them. When a client gets very much stuck in that place that everyone else If a client is in a place where they think it is only them sometimes it's alright to say you have your shame, I have mine, I wouldn't necessarily go into great detail about it, but maybe to say, It is just part of being alive

M yes, yes, yes.. so what we do with it?...that's the question, not that we try to get rid of it But learn to...

09 It is quite valuable ... in some ways

M My last question really – the value of it... is it strange coming to that realisation, so in what way might it be valuable?

09 in my stomach, it is just part of me, part of my evolution

M mmm, (pause) my imperfection actually, that I am no different to anyone else – I am imperfect ...

09 yeah

M and so what.... So what about your shame? ... we will talk about it. It is part of my evolution... Another last question does it have a benefit or a function?

09 It is part of wisdom

M wisdom?

09 Yeah, in some ways it informs us, or it informs me,

M Did you say it gives us wisdom 'cause it cut out there.

09 yes, I think it's part of that wisdom of getting older...

M It's part of that wisdom of getting older.... yes, wisdom, wisdom, yeah, let's just finish with wisdom. What does the wisdom of shame, the wisdom of.... ?

09 Well, I think it is, it's, it's something that is grounding. As I have got older, there is a wisdom in that... in realising that (not clear) is a belief that in our bodies... Actually it is all part of the mix

M Yes, the good and that ugh as well...Part of the mix, yes

M That is about the best metaphor of my whole doctoral journey!

(Laughter) And a good way to end. So thankyou... and bye Skype recordings.

Appendix 15 FP Additional photographs, maps, drawings

Miscellaneous drawings from the Final Project showing themes and metaphors

