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BOOK REVIEWS

Reviewed by Julia T. Williams Camus (University of Cantabria, Spain)

A common problem encountered when a given issue is approached from different disciplines is that there is a potential lack of common understanding about the object under study. In sociology, this phenomenon is known as a boundary object (Star & Griesemer, 1989, p. 393) and is defined as a scientific object which is relevant to a number of "intersecting social worlds". In this sense, metaphor could be regarded as a boundary object. The relevance of metaphor in psychotherapy has long been noted, and there is a wealth of literature attempting to guide psychotherapists on the management of metaphors in clinical practice. However, the lack of methodological and conceptual consensus within the field could hinder advances in their appropriate use in actual practice. Psychotherapists appear to have no common understanding as to what metaphor is, and recent metaphor research has not managed to influence and inform them. Nevertheless, in "Metaphor in Psychotherapy", Dennis Tay makes a significant contribution in this direction with recent insights gathered from metaphor studies.

The book also sheds light on a number of issues involved in theoretical and applied research of direct concern for metaphor scholars. Tay's "Metaphors in Psychotherapy" is thus in line with recent works which have placed an emphasis on the study of metaphor in specific contexts of use, guided by the premise that a close look into metaphors in their natural environment can inform contemporary metaphor research. Therefore, the book can be seen as a two-way bridge, connecting the field of metaphor studies and psychotherapy. On the one hand, a major objective of the analysis of the metaphors in psychotherapy is to show how a close examination of the genre of psychotherapeutic interaction can provide a new perspective on theoretical aspects in contemporary metaphor research. On the other, Tay aims to highlight how theoretical aspects gathered from metaphor research carried out in cognitive linguistics, psycholinguistics and discourse analysis could bring about an enhancement in the clinical use and management of metaphors. These two objectives, respectively defined as the *descriptive* and *prescriptive* aims, provide the backbone to the empirical chapters of the book.

The book is structured into eight chapters, where the introductory chapter first sketches the main theoretical foundations of Tay's approach, defines the descriptive and prescriptive aims of his study, and outlines the general organization of the book. In Chapter 2, Tay provides the theoretical foundation supporting his main claim: that the nature of psychotherapy as a discourse activity provides a fertile ground which can inform a number of aspects of metaphor theory and that the practice of psychotherapy can be enhanced by the insights provided by contemporary metaphor research. Tay begins by differentiating psychotherapeutic talk from ordinary conversation and suggests that the context of psychotherapeutic activity involves five characteristics or 'layers' which may have an influence on the use of metaphor: namely, the context of the individual patient's life history and subjective experiences; the socio-cultural context of therapy and its participants; the theoretical context of therapy; the interactional context between therapist and patient and the co-text of therapeutic talk. The influence that each of these layers has on metaphor is explored in the empirical part of the book.

Having presented the contextual variables which he views as having a bearing on metaphor use, Tay then introduces the theoretical aspects of metaphor which he deals with in the book: how a combination of embodied, cultural and individual-specific knowledge is drawn upon as ideational resources in the formation of metaphors (Chapter 3); the strategic development or elaboration of metaphors to meet discourse objectives (Chapter 4); the adoption and extension of, or deviation from, metaphoric source/target concepts as established in talk by the discourse participants (Chapter 5), the constancy and variation of metaphors *of* therapy as evidenced across different levels of a therapeutic discourse community (Chapter 6) and the patterned co-occurrence of metaphorical expressions with co-textual features (Chapter 7). Tay gives a concise, yet informative overview of each of these theoretical topics which proves useful in following his empirical analyses and also provides a neat introduction for those therapists unfamiliar with contemporary metaphor research. The end of the second chapter deals with the prescriptive aim, and here Tay tackles a major issue of concern in discourse analysis, which is how the findings from research carried out in this field can reach and positively influence the areas or domains from which the data is gathered. While the presence and importance of metaphor has been noted in psychotherapy, regardless of the different theoretical backgrounds, a unified and coherent framework for the use of metaphor seems difficult to achieve unless agreement is reached on a common definition of what metaphor is. In addition, Tay argues that research into metaphor coming from the field of psychotherapy has not been affected by the recent advances made by metaphor scholars.

Chapter 3 deals with how the various ideational resources of metaphors are deployed simultaneously and creatively to construct and to elaborate metaphors

during psychotherapeutic interaction. This is illustrated by a case study of four therapeutic sessions in which the metaphors emerging from therapist and patient talk are drawn not only from embodied and cultural dimensions, but also from the resources offered by the individual experience of the patient. Also crucially, the case study shows how underlying the combination of metaphors from the ideational resources was an inferential consistency that gave rise to a problem-solution framework. This pattern allowed the therapist and patient to achieve mutual understanding and to work towards the therapeutic goal. The second half of the chapter is concerned with the prescriptive aim. Here, Tay illustrates how an understanding of the complementary interplay between the ideational resources could improve existing therapeutic protocols of metaphor use. He critically examines Kopp and Craw's (1998) seven-step interview protocol, in which the authors adopt a patient-centred perspective and highlight the validity and utility of patients' conceptualisations. However, they point out that it is the therapist's role to guide the patient in an active but non-coercive way in the development of their images and in relating these representations to the therapeutic objectives in question. Tay suggests that an awareness of how the embodied, cultural and individual dimensions of metaphors complement each other could help in such guidance and provides a list of six image schemas to incorporate into the protocol which may prove useful to locate the structural and logical relations between the various images used by the patient.

Chapter 4 explores the strategic development or elaboration of metaphors to meet specific discourse objectives. The author revisits Wee's (2005) framework in which the metaphor processing models of correspondence and class-inclusion are implemented in metaphor production through two distinct rhetorical strategies. Wee associates particular strategies with specific discourse objectives. He suggests, for instance, that in popular science texts, correspondence metaphor types will be common for conceptual explication. In contrast, in management texts, class inclusion metaphor types are used strategically to highlight management maxims. For the sake of methodological rigour and in order to keep the levels of metaphor in language and thought separate, Tay replaces Wee's 'correspondence' and 'class inclusion' labels with the 'alignment' and 'category' types, respectively, for the analysis of metaphoric discourse.

In this chapter, Tay includes excerpts from therapeutic sessions to illustrate how these two types of metaphor development strategies can be related to different therapeutic discourse objectives at hand and how they are used both by therapists and patients. Thus, 'conceptual explication' of the target domain, which is an important discourse objective in psychotherapy, is facilitated by the 'alignment metaphor type'. In addition, the purpose of 'principle highlighting' in psychotherapy is fulfilled by the 'category' metaphor type. Although these two types are introduced

separately, Tay emphasises that the shifting discourse circumstances may require speakers to draw on both metaphor types and provides examples from two excerpts where the two types appear in combination. When it comes to the prescriptive aim, Tay shows how an awareness of metaphor development strategies could help improve both therapists' and patients' use of metaphor. He further discusses Kopp & Craws' (1998) 7-step interview protocol and a 6-stage model developed by Sims and Whynot (1997) in relation to the two metaphor types discussed in this chapter. Tay points out that although both protocols highlight the importance of metaphors in clinical practice, they fail to provide clear guidelines on how to expand and develop the patient's metaphors or to explore the existing connections between source and target. Tay proposes an appendix connecting source and target concepts which could be added to the sixth steps of the experts' protocols.

Chapter 5 addresses the issue of metaphorical consistency and variability. Contrary to strong cognitivist positions, which expect to find metaphorical consistency both at the conceptual and discourse levels, analyses of metaphor in actual text and talk point towards a "dynamic variability in metaphor use". In a similar vein, the psychotherapeutic literature, both from the communicative and interpretative paradigms, advocates metaphorical consistency on the basis that it will lead to '*meaning conjunction*' between therapist and patient. However, Tay argues that an appreciation of the potential of metaphorical variability could prove beneficial for therapists because it does not necessarily imply a '*meaning disjunction*'.

Using Goatly (1997) as a basis, Tay defines four analytical categories for the study of the combinatory patterns of source and target concepts: consistent source-target association; same source but different target concepts; same target but different source concepts; and shifting source and target concepts. In this fifth chapter, Tay examines how different therapeutic circumstances can induce each of the four discourse strategies of metaphorical consistency and variability and their implications for psychotherapy. While metaphorical consistency is generally seen as beneficial in psychotherapy, Tay shows that, although this pattern may suggest co-operation and mutual understanding between the participants, it does not necessary lead to an agreement over the issue at hand. Therefore, therapeutic change cannot be achieved by metaphorical consistency alone. On the other hand, far from hindering successful verbal interaction, metaphor variability is shown to perform important communicative functions in the examples analysed by Tay. The use of the same source with different targets served as a discourse strategy allowing the therapist to move smoothly from one topic to another and helped the patient to establish connections between issues that may seem only distantly related. Tay also shows that when different sources were used for the same target, the therapeutic discussion was enriched since the alternative conceptualisations helped to highlight different aspects of the target while preserving the entailments

of previous sources. In addition, when the sources used exhibited a degree of conceptual similarity, for instance the domains of war and sports, a shift to the latter served to attenuate the strength of the former's entailments. This chapter makes an important contribution to psychotherapy in terms of the prescriptive aim, in the sense that it brings to the fore the largely overlooked or misinterpreted phenomenon of metaphor variability and underscores its potential strengths in clinical practice.

While the previous empirical chapters are concerned with the use of metaphors arising in actual therapeutic talk, Chapter 6 presents a shift in focus. Drawing on Gee's (2005) distinction between actual *discourse* and a more abstract notion of *Discourse*, Tay moves on to consider the metaphors *of* therapy. In particular, he presents an analysis of how the THERAPY IS A JOURNEY metaphor is derived from and instantiated across four different levels of specificity within the discourse of cognitive-behavioural therapy. These levels consist of the primary and conceptual metaphoric level, theorisation, therapist training models and actual therapeutic talk. In the prescriptive aim, Tay addresses the issue of feedback in psychotherapy since the establishment of channels of feedback appears to be an issue of concern within the field. He relates how three of the four levels — theorisation, training and practice — can provide an abstract framework for a feedback system.

Chapter 7 looks at "the co-textual environment of metaphors". In this chapter, Tay makes a significant contribution to the study of metaphor signalling (Goatly, 1997), and tuning devices (Cameron & Deignan, 2003). The author argues that metaphor scholars have approached the study of these devices at clause level, and this should be broadened to gain a better understanding of how they function in extended metaphors in discourse. He argues that by applying the notion of metaphor types discussed in Chapter 4 it is possible to locate 'strategic junctures' where these discourse markers in conjunction with the alignment and category metaphor types can be seen to contribute to wider discourse objectives.

Tay identifies and manually analyses a total of ten extended metaphors to ascertain the presence of discourse markers in these strategic junctures. Within the ten extended metaphors, he finds a total of 78 strategic junctures in which 94 discourse markers were present, leading him to suggest that there might be a correlation between strategic junctures and the presence of discourse markers. For instance, in his analysis of an elaboration of a category type metaphor, Tay shows how discourse markers co-occurred at the strategic junctures of this metaphor type, namely (i) where the source and target concepts are introduced, (ii) where the superordinate concept is stated, and (iii) where the source concept is elaborated as a valid exemplar for a given category. For the alignment metaphor type, he illustrates how discourse markers were also found at the strategic junctures of this metaphor type: (i) introduction of source and target concepts, (ii) source and

target entity association, and (iii) generation of source domain inferences that map onto the target. Therefore, Tay argues that this co-occurrence of discourse markers at the junctures of the category and alignment types in extended metaphors is not coincidental, but that discourse markers together with the metaphors contribute towards the discourse objective at hand. In terms of the prescriptive aim, Tay briefly discusses how psychotherapists should pay attention not only to which metaphors to use, but also how metaphors should be presented to the patients. He also considers other communicative functions of discourse markers such as indirectness, politeness and naturalness which could serve in clinical practice.

In the last chapter, the author provides a synthesised summary of the main contributions of his analyses both for the descriptive and prescriptive aims of his study. In addition, he picks up a number of themes that have emerged from his research: the stable and dynamic nature of metaphors in psychotherapy, their multifunctional nature and the skill required to master metaphor use in therapy. Tay also points to future research directions that can be pursued by metaphor scholars and by psychotherapy researchers and practitioners: quantitative analyses of metaphors in psychotherapy, a multimodal approach to metaphors, the role played by culture in construction and interpretation of metaphors and the negative outcomes that may derive from the use of metaphor in clinical practice.

Dennis Tay's "Metaphor in Psychotherapy" provides an insightful contextualised analysis of metaphors in a discipline which has concerned itself with their utility in clinical practice. Throughout the book, the author is at pains to point out that there is as yet no concrete evidence of a causal relationship between the use of a specific metaphor and patient improvement or clinical success, but highlights the potential of a more conscious and informed management of metaphors. Also worthy of mention is the didactic tone that the author adopts in the book, as well as the usefulness of the numerous charts and figures that serve as a summary of the authors' major points. Furthermore, the reconciliatory nature of Tay's approach is also a strength. This is particularly noticeable in Chapter 3, where he shows that the actual ideational resources of metaphor can better be explored by a combination of the insights offered by different approaches, and in Chapter 4, where he carefully recasts metaphor processing models as discourse strategies. In the final chapter, Tay further argues that it would be desirable to abandon the conceptual/discourse metaphor theory dichotomy and to approach the study of metaphor from a functional perspective. A major shortcoming of the book is the lack of quantitative data to support some of the author's observations, although Tay's introduction warns readers about the solely qualitative nature of his study and the author suggests quantitative analysis as a future direction that could be further pursued in the last chapter. The author analysed a total of 253 transcripts of sessions from 20 therapist-patient pairs. The duration of the sessions ranged from

5 to 20 hours. In view of the considerable size of the data it would have been useful if he could have provided some kind of quantification to demonstrate that the patterns described are not marginal to the genre examined but that they present some degree of systematicity. This weakness aside, the book as a whole will be of interest to metaphor scholars and most probably to psychotherapists.

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Reviewer's address

Julia T. Williams Camus
University of Cantabria
Avda de los Castros s/n
Santander, Cantabria 39005
Spain

williamsj@unican.es