CLIENT USE OF METAPHOR IN SELECTED RECOVERY NARRATIVES (490 pp.)

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The study was designed to explore and describe processes of recovery
experienced by 10 persons who were recovering from psychological distress. All
participants had been receiving counseling services at Coleman Professional Services, in
Kent and Ravenna, Ohio. The study was a qualitative investigation of the metaphors used
by participants as they talked about their recovery processes.

Findings indicated that the process of recovery is complex and inter-relational.
Participants' recovery-related metaphors revealed the predominant use of the present
tense, active voice, and first person point of view; emergence of multiple and interrelated
dimensions and themes; the presence of varied recovery paths incorporating common and
unique experience; and the experience of paradox. Sub-questions addressed several
findings regarding the use of metaphor and identification of new aspects of recovery,
connection with milestones in recovery, and reflection on culture and its effect on
recovery. Findings also indicated that participants' use of metaphor served to illuminate
recovery processes. This occurred as participants utilized metaphor to know and
communicate their recovery stories. Use of metaphor aided participants in prioritizing
and guiding discussion; introducing, organizing, and expanding on aspects of recovery;
sharing simply and concisely; recognizing and communicating with diverse dimensions

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in their lives; accessing power to name their experience; and connecting with concrete or physical experience and moving into more abstract discussions. As participants accessed metaphor and accomplished these purposes, they illuminated processes related to their recovery.

It was concluded that it is important to continue dialogue with recovering persons. The study of metaphors used in recovery narratives was found to be useful in this endeavor. It was suggested that researchers conduct further study on recovery narratives and metaphors used within them.