

Metaphoric Associative Cards in the Work of a Psychologist

Метафоричні асоціативні карти в роботі психолога

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ABSTRACT

The aim of the article is to describe the advantages of metaphoric associative cards as a tool in the work of a psychologist.

Methods of research. To solve the tasks, a set of theoretical methods was used: analysis, synthesis, generalization of the material presented in the scientific literature on the problem under study.

The results of the research. The psychological functions of metaphoric associative cards are analyzed. It is shown that the implementation of these functions makes it possible to effectively use metaphoric cards as diagnostic and psychocorrective tools. The purposes of exercises based on metaphoric associative cards are generalized. It is presented that the goals are directly related

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to the manifestation and implementation of various psychological functions. The emphasis is placed on the fact that the rules for applying metaphoric cards are as flexible as possible and serve as a guide for creating the desired context in which everyone gets access to his or her creative background.

Conclusions. It is demonstrated that metaphoric associative cards (projective or psychotherapeutic cards) are used as a special psychodiagnostic and psychotherapeutic tool in professional psychological practice, including in the activities of the moderator of psychological groups (for «warming up» the group, establishing trusting relationships between group members, for diagnosing the actual needs of the group, etc.).

It is substantiated that associations that occur in a person when describing a card and commenting to them, reveal current states, experiences and needs, allow to identify basic fears and desires, internal conflicts, to determine personality traits, life strategies and goals, personal meaning of past experience, to «see» resources (both internal and external).

It is described that metaphoric associative cards, through metaphor (associations) allow to quickly get access to a stressful situation, which on the one hand, helps to identify incomplete internal processes, and on the other hand, to avoid additional retraumatization. In addition, MAC create a safe context for finding and modeling solutions, launching internal processes of self-healing and searching for their unique way out of the crisis life situation.

Key words: metaphoric associative cards, diagnostic and psychocorrectional tools, psychological functions of metaphoric associative cards, metaphor, current conditions, personal meaning, resources.

Introduction

Metaphoric associative cards (MAC), which are also called projective or psychotherapeutic cards, appeared in the 70-80s of the XX century as a special psychodiagnostic and psychocorrectional (psychotherapeutic) tool in professional psychological practice. It should be mentioned that MAC are applied both in individual work as well as in the activity of the leader of psychological groups (for «warming up» the group, establishing trusting relationships between group members, for diagnostics of the essential needs of the group, etc.) (Shebanova, 2014).

The aim of the article is to describe the advantages of metaphoric associative cards as a tool in the work of a psychologist.

The tasks of the article

The tasks of the article are to reveal the advantages of metaphoric associative cards as a tool in the work of a psychologist, to analyze the psychological functions of metaphoric associative cards and to systematize and generalize the basic scientific information about metaphoric associative maps as a tool in the work of a psychologist.

Methods and methodology

To solve the tasks, a set of theoretical methods was used: analysis, synthesis, generalization of the material presented in the scientific literature on the problem under study.

Results and discussions

Associations arising in a person's mind when describing a card and comments to them, reveal current states, experiences and needs, allow identifying basic fears and desires, internal conflicts, defining personality traits, life strategies and goals, personal meaning of past experience, «seeing» resources (both internal and external). Metaphoric associative cards, through metaphor (associations), allow quick access to a traumatic situation, which, on the one hand, helps to reveal incomplete internal processes, and on the other hand, to avoid additional retraumatization. In addition, MAC create a safe context for finding and modeling solutions, launching internal processes of self-healing and finding their own unique way out of a crisis life situation.

Associative cards as a special psychodiagnostic and psychocorrectional (psychotherapeutic) tool have the following advantages:

- create conditions (safe, trusting and comfortable environment) for self-disclosure, self-expression, self-cognition and more effective socialization in a group, in individual counseling or in a pair (in family counseling);

- can be used when working with people with different needs and different levels of development (ranging from children of 4 to 5 years old and to the elderly);

- allow to lower the protective barriers of the psyche, «bypass» the rational part of thinking and gain access to the resources of the unconscious, «bring» the deep (unconscious) material to the surface (in metaphorical language – they help to «get out of your shell» and «break the ice» in an anxious situation) that creates conditions for emotional regulation;

- available, convenient and economical in the use;

- help to create the dialogue between the internal and external, provide flexibility and depth of the received information;

- activate the right hemisphere, which is responsible for intuition and creative approach to life, «launch» various associations, fantasy, and creative spontaneous activity, which leads to unexpected insights;

- in individual counseling, they can be used as «substitution figures» when working in a therapist-client format on a one-on-one basis (during gestalt therapy, family constellations, etc.)

Metaphoric associative cards are a set of pictures of the size of a postcard or a playing card depicting landscapes, animals, household items, life situations, abstract paintings, fairy-tale characters, people (adults and children) and interactions between them. There are sets of cards in which the picture is combined with the inscription. In this case, people freely choose how to associate the problem, symptom or themselves with the picture or the meaning of the inscription; with entire picture or part of it (with any one element); the time of day or time of year; with color or some form, setting. In other words,

people freely choose not only their own associations, but also what they are ready to give up as insignificant for them at this moment. There are sets that include separately «cards with pictures» and «cards with words». The combination of pictures and words creates a play on meanings (since inscriptions, when placed in a different context, or «pictures» under the influence of another topic, are often enriched with new meanings, reveal other facets that are relevant to a person at a given moment).

In professional psychological practice, MAC is primarily a projective technique, which is based on the phenomenon of projection and allows to identify the underlying individual psychological characteristics of a person that are not available for direct observation. It follows that important is not the meaning that was originally laid in the picture by the author (the researcher, the artist), but the mental response that each individual person develops to one or another picture (or to certain words and phrases). Different people see completely different situations in the same picture, ascribing completely different qualities, properties, aspirations, desires, motives of actions (often opposite) to the «heroes» (actors of the plot). In other words, in response to a stimulus, each respondent presents his inner content of actual experiences. Moreover, even the same person, in different periods of his life, associations, and the context of a particular subject and the interpretation of what a person sees in the picture will differ each time. From this point of view, the deck of associative cards is inexhaustible – the number of combinations of subjects for psychological study is infinite.

The effectiveness of metaphoric associative cards is provided by a number of psychological functions that they perform as diagnostic and psychotherapeutic tools. All functions of MAC are closely intertwined with each other and are an important prerequisite for personal reconstruction.

We do not consider the following list of psychological functions of MA cards to be exhaustive, but in our opinion, these

are the main functions that allow their successful application both during the group process and in the provision of individual psychological aid.

The implementation of psychological functions provides emotional and behavioral stabilization (which is especially important when working with anxious and uncertain people, psychasthenics, schizoids, and those having other personality disturbances). Most functions contribute to the development of group relationships at all stages of the group process (initial, transition, work, and final). At the same time, some of them (for example, communicative, focusing, stimulating) play a more important role at the beginning of the group or therapeutic process (in the course of individual work), contributing to the formation and development of relationships.

All psychological functions are quite strongly pronounced at all stages of the process of psychocorrectional or therapeutic changes (stages of pre-reflection, reflection, action and retention). However, some of them (focusing, stimulating, etc.) play a decisive role in the transition from the pre-thinking to the thinking stage, and others (for example, the function of meaning formation, reframing, etc.) are more significant at the stages of thinking, action and retention.

The communicative function is connected with the fact that MAC can convey feelings and representations, and in a broader sense, be a means of perception, processing and transmission of information. In this case, it is possible to consider both interpersonal and intrapersonal aspects of communication. It should be noted that if the interpersonal aspect of MAC implies the transfer of feelings and representations from one person to another, then within the personal aspect stipulates the possibility of an internal dialogue with oneself and the transmission of mental material from an unconscious level to the level of consciousness.

The stimulating function of MAC is associated with the activation of the intellect and various sensory systems (audio,

visual, kinesthetic). In our opinion, the combination of the MAC with other types of creative activity contributes to the strengthening of this function (for example, writing poems or any other type of verbal products, which are further accompanied by a visual imaginary of MAC). This function plays an important role in motivating people who show asthenic and depressive symptoms.

The organizing (integrating) function is related to the fact that the images (MAC pictures) and the inscriptions to them (in those cases where there is such a combination) contribute not only to the more coordinated work of different sensory systems, but also to a different process of cognitive synthesis (other ordering of thinking processes, other structuring of thinking), which generates «new connections», new complex representations.

The focusing or actualizing function of MAC is related to their ability to activate memories while the attention of a person (group member, client, patient) is focused on certain objects. This function of MAC allows to temporarily fix the «needs, feelings and thoughts» and to achieve such a focus on them, which in ordinary life, under normal conditions, is inaccessible to many people. In other words, MAC make it possible to manifest, make latent, previously hidden needs or personality traits «visible». Due to this, a person can open up from a different side, unexpected both for themselves and for the people around them (this may appear in the comments to MAC or in creation of artistic narratives, as well as other creative products that can be combined with the cards).

Focusing attention allows starting the process of re-living (re-experiencing) of different events that occurred in the past (both positive and negative). Although repeated experiences of traumatic events can cause psychological discomfort, in the context of psychocorrection (psychotherapy), it is often necessary to complete and rethink a past situation. New findings

allow to achieve the retransformation of a traumatic situation and, speaking in figurative language, «see the light at the end of the tunnel».

The objectifying function of MAC lies in their ability to translate the personal characteristics of a person into visible experiences and actions. This function of MAC allows a person to become more aware of their belonging to a certain community or group (cultural, professional, etc.). In this case, the basis of identification, i.e. meaningful relationships with people and other objects are reflected. This allows a person to understand to what extent their emotional experiences, actions and deeds are connected with physical feelings, needs for change, a sense of cultural, gender, professional «Self».

The function of meaning formation is associated with the choice of an object (selection of the most significant material) and its content processing, taking into account the context of the situation. This allows a person to see the personal meaning of different life events, actions and experiences (both of their own and other people). The MAC also provides *the detachment necessary for self-reflection* («a look from the side», *dissociation*). Due to the visual imaginary of MAC, a person can «see» the experiences and actions in a new perspective, and accordingly, comprehend other, deeper or even alternative content. Thus, the function of the meaning formation is inextricably intertwined with the function of reorganization or reframing (changes in the meaning of an event when the perception of the context of a situation changes). Rethinking the experience and the establishment of new semantic links between events and various elements of the inner world is possible only under the influence of the above functions. It is under the influence of the function of meaning formation and reframing that the members of the group (clients) are able to understand the reasons for the emergence of certain problems in interpersonal relationships, as well as clarify the true meaning of their own needs and features of development (including «bad habits»).

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The reframing function – (Latin prefix Re- denotes the opposite action; Eng. Frame – create, construct, formulate). The technology of reframing was developed by R. Bandler and J. Grinder (80s of the twentieth century) (Bandler & Grinder, 1982).

Reframing is usually understood as a reformulation, a change in context, or a perception of a situation, a problem. In a broad sense, reframing is the ability to look at the situation from different views, taking into account different perspectives. Among the varieties of reframing, the content reframing of two types is most often considered (meaning reframing and context reframing). The technology of reframing relies on a number of basic provisions that are formulated by the authors based on their observations and psychotherapeutic practice:

1) a variety of solutions to a problem allows a person to become more free (the only option is not a choice, two is just an alternative, a true choice begins with at least three solutions to a problem; the more choices the more freedom);

2) the choice can be both conscious and unconscious;

3) each person has the resources that are necessary for change, the only task is to help them discover and master the necessary resources;

4) any pathological behavioral symptom (stereotype of behavior, «bad habit») performs a positive function under certain conditions. The behavioral stereotype, no matter how strange it may seem, is the most successful reaction that is available to a person in a given situation, since the behavior is always an unknown subconscious goal. Therefore, the process of psychotherapy must take into account the «secondary benefit» of the symptom (that is, before getting rid of the inadequate stereotype of behavior, it is necessary to investigate how to get «the same», but in a more appropriate way).

The function of meaning formation and reframing is also closely related to the function of deconstruction.

The function of deconstruction complements the function of meaning formation (in the sense that it expands the palette of meanings). From the point of view of the authors of the postmodern era (R. Solso, F. Funch and others), the meanings of human actions and experiences are a «construct», which is caused by the influence of culture and society, i.e. the influence of meanings of sign systems (both «language» and «non-language») (Solso, 2006; Fanch, 1997).

In fact, the meanings of actions, deeds, feelings and experiences, in principle, can have an unlimited number of other meanings (besides one that is «naturally given» and introduced in the process of socialization into consciousness and the unconscious). Accordingly, such a function of MAC as deconstruction, which is aimed at «freeing» a person from «constructed» values (which began to interfere, ceased to correspond to the inner world, i.e. became «false») and to form a new value system that more reliably reflects internal and external reality and objectively necessary. Thus, for example, as a result of treatment with the use of MAC, a woman comes to the realization that her obese body (excess weight) is not due to heredity (which she was absolutely convinced from childhood), but inadequate eating strategies (in particular, emotiogenic and external forms of response to food).

The function of deconstruction is closely related to the reframing function. In other words, the inclusion of one's own feelings and thoughts in a different context of perception can lead to a change in the values.

The expressive and cathartic function of MAC is associated with the perception of images («pictures») or inscriptions to them, as well as with the formation of a creative verbal product based on MAC. Repeated experience of feelings, especially in the presence of partners who show understanding, empathy, and verbal and non-verbal expression of emotions during psychological work with MAC, can lead to emotional purification and release from uncomfortable, painful, unpleasant experiences.

A creative verbal product that is made up simultaneously or in combination with MAC (poems, fairy tales, stories, essays, detailed commentary, etc.) allows a person to get to know themselves better, to look into the depths of their unconscious inner world. This phenomenon is a reflection of projection (projective identification). At the same time, the subject, under the influence of identification with the object of perception (whether it is another person or a plant, an animal, an inanimate object) «transfers» its experiences to it or begins to experience what the «object» experiences. In addition, the expressive and cathartic function manifests itself not only during the composition of a creative product (i.e., during the «invention» process itself), but also during its voicing by means of verbal and non-verbal expressions of feelings (facial expression, gestures, posture, breathing, pause, crying, etc.), which also contributes to the release of emotions and cathartic effect.

The protective function of MAC is closely related to the manifestation of various psychological defenses (including sublimation). For example, a person can choose a card having the «guarding» function (talismán, amulet, guardian angel). The protective function overlaps in part with the containment function, which is related to the fact that some particular associative card serves for «sewerage» (holding) psychic energy, which ensures distancing from traumatic and incomprehensible experiences, and therefore gives a feeling of some degree of control over them. For example, when working with her aggression, a girl gave the Snow Queen association to one of the cards, and then said the following: «I want to transfer my aggression to this Snow Queen so that she can freeze it and turn it into an ice statue (the girl brought her palms to her mouth and made an energetic «exhalation» – a symbolic action of the «transfer» of aggression to the Snow Queen. And may my aggression remain forever in this kingdom of eternal ice».

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The resource function of MAC is related to their ability to activate personal resources (potentials, capabilities) while concentrating the attention of a group member (client, patient) at certain points, for example, on «special energy» in the picture (some part of a card or composition as a whole), creative idea or successful resolution of the situation, which sounds in the story on the card. This function of MAC allows a person to fix their inner strength, capabilities (both internal and external), and to achieve such a focus on them, which in ordinary life, under normal conditions, is inaccessible to many people. In other words, MAC allow manifesting previously hidden resources and personal potentials to make them «visible». Due to this, a person can easily and quickly outline ways to solve a difficult life situation, build their own plan to overcome a crisis situation and follow it, adapting to different conditions, open themselves from a different, unexpected side, both for themselves and for the people around them. This may appear in the comments to MAC or the creation of artistic narratives, as well as other creative products that can be combined with cards.

The presence of certain resources, capabilities, potentials, expands the field of activity of the individual and gives a person confidence in the attainability of significant goals. Subjectively, the discovery or identification of resources in oneself, in some way increases the value of a person in their own self-image, making them stronger, more significant and productive. Changing the position of self-presentation changes the position of perception of others. When we make a judgment about another person, we take into account not only their current situation, but also potential opportunities and resources, since reserves and resources are in a certain sense the substantial capital of each person.

The functions discussed above are realized in the course of fulfilling the goals and objectives of specific exercise games based on metaphorical associative cards.

We are convinced that the considerable possibilities for varying the forms and variants of exercises based on metaphoric associative cards allow specialists to show their talent and skills both for the purposes of creative and emotional development of a person, and for the purpose of restoring physicality (as the basis of physical and mental health).

We found it possible to combine information and list possible goals in one set, since many of the exercises are related to the manifestation of different psychological functions of MAC and are aimed at the realization of most of the following goals (in certain variation):

Objectives of MAC-based exercises:

- actualization and expression of positive and negative feelings, their realization and integration, both in connection with a specific situation, and with different periods of life;
- actualization and manifestation of latent needs;
- identification, realization and reassessment of attitudes, values, personality traits, behavior strategies;
- realization of the dynamics of external and internal changes;
- disclosure of creative possibilities and resource potential of an individual (actualization and manifestation of internal and external resources);
- study of the system of relations, actualization and resolution of intrapersonal conflicts;
- realization and correction of maladaptive patterns of thinking and behavior, the causes of neurotic conflict, which are associated with certain psychological problems and the search for resources for its solving;
- development of reflection in relation to the «Self» image, improvement of communication and interaction skills; actualization and expression of feelings that are connected with the «Self» image, attitude to oneself and to various aspects of personal functioning;

– development of bodily self-consciousness and self-control, the strengthening of personal boundaries and the adoption of the «Self» image;

– development of social competence and interpersonal interaction (the skill of inclusion in joint activities); awareness of common problems and the provision of mutual emotional support.

Associative games-exercises (techniques) based on MAC, which are presented and described below, allow to get access to a holistic picture of own «Self» of the participant of a training group (or client), their personal myth about the world and about themselves in it, and also about the subjective image of the situation. They also help to clarify and realize the actual experiences and needs of the person, as well as unfinished conflict relations. In accordance with the graphic concept of our training, we suggested that participants explore the characteristics of their relationship in the direction of all four vectors (attitude towards the body, attitude towards food, attitude towards oneself and attitude towards Others). At the same time, MAC-based exercises «launch» internal processes of self-healing and creative search for their unique way of resolving problem life situations and normalizing the psycho-physiological state and behavior.

We see the general goal of MAC-based techniques in the search for alternative stories that are focused on finding external and internal resources and getting out of problem situations (as opposed to problem stories). Accordingly, in cases where the story / fairy tale ends positively, the psychologist helps a participant (client) to relate the fairy tale to his life reality and focuses attention on the hidden opportunities discovered.

In cases where a participant (client) ends a story / fairy tale with a negative outcome, the psychologist may suggest thinking over its possible dynamics for the better as homework. However, in the case of acute negative experiences (for

example, when working with children, adolescents or depressed adult clients), when a positive outcome is desired within «one meeting», the «Positive Note» exercise, which is aimed at resource state search can be one of the end options.

In performing the exercises that are presented below, we used different sets of metaphoric associative cards. In our opinion, it is possible to combine cards from different sets in psychocorrectional work based on MAC (Shebanova, 2014). Of course, each deck of associative metaphoric cards is unique. At the same time, different decks can be combined with each other, creating an infinite number of options for the play of imagination and opening up new possibilities.

Each card is a reference point for the emergence of ideas, associations, fantasies not limited by any frames. Rules for the use of MAC are as flexible as possible. They serve as a guide for creating the desired context in which everyone has access to their creativity (Shebanova & Tavrovetska, 2018).

Conclusions

Concluding the article, the fundamental principles that formed the basis for the use of metaphoric associative cards in the work of a psychologist are outlined as follows:

– metaphoric associative cards (projective or psychotherapeutic cards) are used as a special psychodiagnostic and psychotherapeutic tool in professional psychological practice, including in the activities of the moderator of psychological groups (for «warming up» the group, establishing trusting relationships between group members, for diagnosing the actual needs of the group, etc.).

– associations that occur in a person when describing a card and commenting to them, reveal current states, experiences and needs, allow to identify basic fears and desires, internal conflicts, determining personality traits, life strategies and goals, personal meaning of past experience, «seeing» resources (both internal and external).

– metaphoric associative cards, through metaphor (associations) allow to get access to a stressful situation quickly, which on the one hand, helps to identify incomplete internal processes, and on the other hand, to avoid additional retraumatization. In addition, MAC create a safe context for finding and modeling solutions, launching internal processes of self-healing and searching for their unique way out of the crisis life situation.

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Шебанова Віталія. Метафоричні асоціативні карти в роботі психолога

АНОТАЦІЯ

Мета статті – описати переваги метафоричних асоціативних карт як інструменту роботи психолога.

Для вирішення поставлених завдань було використано комплекс теоретичних **методів дослідження**: аналіз, синтез, узагальнення матеріалу, представленого у науковій літературі з досліджуваної проблеми.

Результати дослідження. Проаналізовано психологічні функції метафоричних асоціативних карт. Показано, що реалізація цих функцій дає змогу ефективно використовувати метафоричні карти як діагностичний і психокорекційний інструментарій. Узагальнено цілі вправ на основі метафоричних асоціативних карт. Представлено, що цілі безпосередньо пов'язані з проявом і реалізацією різних психологічних функцій. Зроблено акцент на тому, що правила застосування метафоричних карт є максимально гнучкими і слугують керівництвом для створення бажаного контексту, в якому кожна людина отримує доступ до свого творчого джерела.

Висновки. Презентовано, що метафоричні асоціативні карти (проектні або психотерапевтичні карти) застосовуються як спеціальний психодіагностичний і психотерапевтичний інструмент у професійній психологічній практиці, в тому числі у діяльності ведучого психологічних груп (для «розігріву» групи, встановлення довірчих відносин між членами групи, діагностики актуальних потреб групи тощо).

Обґрунтовано, що асоціації, які виникають у людини при описанні карт і коментарів до них, виявляють актуальні стани, переживання і

потреби, дають змогу виявляти основні страхи і бажання, внутрішні конфлікти, визначати особистісні риси, життєві стратегії та цілі, особистісний сенс минулого досвіду, «побачити» ресурси (як внутрішні, так і зовнішні).

Описано, що метафоричні асоціативні карти через метафору (асоціації) дозволяють швидко отримати доступ до психотравмуючої ситуації, що, з одного боку, допомагає виявити незавершені внутрішні процеси, а з іншого – уникнути додаткової ретравматизації. Крім того, метафоричні асоціативні карти створюють безпечний контекст для пошуку і моделювання рішення, запускають внутрішні процеси самоцілення і пошуку свого унікального шляху виходу з кризової життєвої ситуації.

Ключові слова: метафоричні асоціативні карти, діагностичний і психокорекційний інструментарій, психологічні функції метафоричних асоціативних карт, метафора, актуальні стани, особистісний смисл, ресурси.

Шебанова Віталія. Метафорические ассоциативные карты в работе психолога

АННОТАЦИЯ

Цель статьи – описать достоинства метафорических ассоциативных карт как инструмента в работе психолога.

Для решения поставленных задач был использован комплекс теоретических **методов исследования:** анализ, синтез, обобщение материала, представленного в научной литературе по исследуемой проблеме.

Результаты исследования. Проанализированы психологические функции метафорических ассоциативных карт. Показано, что реализация этих функций позволяет эффективно использовать метафорические карты как диагностический и психокоррекционный инструментарий. Обобщены цели упражнений на основе метафорических ассоциативных карт. Представлено, что цели напрямую связаны с проявлением и реализацией разных психологических функций. Сделан акцент на том, что правила применения метафорических карт являются максимально гибкими и служат руководством для создания желаемого контекста, в котором каждый человек получает доступ к своему творческому началу.

Выводы. Представлено, что метафорические ассоциативные карты (проективные или психотерапевтические карты) применяются как

специальный психодиагностический и психотерапевтический инструмент в профессиональной психологической практике, в т. ч. в деятельности ведущего психологических групп (для «разогрева» группы, установления доверительных отношений между членами группы, диагностики актуальных потребностей группы и др.).

Обосновано, что ассоциации, которые возникают у человека при описании карт и комментариев к ним, выявляют актуальные состояния, переживания и потребности, позволяют выявлять основные страхи и желания, внутренние конфликты, определять личностные черты, жизненные стратегии и цели, личностный смысл прошлого опыта, «увидеть» ресурсы (как внутренние, так и внешние).

Описано, что метафорические ассоциативные карты через метафору (ассоциации) позволяют быстро получить доступ к психотравмирующей ситуации, что, с одной стороны, помогает выявить незавершенные внутренние процессы, а с другой – избежать дополнительной ретравматизации. Кроме того, метафорические ассоциативные карты создают безопасный контекст для поиска и моделирования решения, запускают внутренние процессы самоисцеления и поиска своего уникального пути выхода из кризисной жизненной ситуации.

Ключевые слова: *метафорические ассоциативные карты, диагностический и психокоррекционный инструментарий, психологические функции метафорических ассоциативных карт, метафора, актуальные состояния, личностный смысл, ресурсы.*

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