

***METAPHORIC BRIDGES: EXPLORING THE CONNECTIONS BETWEEN LITERATURE AND
PSYCHOTHERAPY, WITH A GLIMPSE INTO IRANIAN CULTURE.***

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Words have the power to heal and transform. The transformative power of words is exemplified in psychotherapy, which harnesses the healing potential of dialogue. This presentation focuses on the role of metaphors as catalysts for transformation in the psychotherapy process. Metaphors can be defined as linguistic expressions in which one or more words are used outside of their usual meaning to express a similar concept; they link two unlike entities based on their shared features. By forging connections and unlocking profound understanding, metaphorical thinking can be of great importance in psychotherapeutic discourse. This presentation parallels the linking function of transference in psychotherapy—which relates the patient’s present experience with their past—and the identical role metaphors play in literature and ordinary language. It highlights the bridge-building function of transference and metaphor in amplifying and creating meaning. The presentation will look at psychoanalytic metapsychology, transference-countertransference dynamics, and psychotherapeutic interventions through their inherent metaphorical nature. The presenter will underscore the significance of metaphorical thinking in psychodynamic psychotherapy and concludes by highlighting the profound influence of culture on the creation and usage of metaphors. He will draw upon examples from Iranian literature to illustrate the intricate relationship between cultural nuances and metaphorical expressions. Through this exploration, the presentation will deepen our understanding of the transformative power of metaphoric bridges in the landscape of psychotherapy.