

THE USAGE OF THE NARRATIVE APPROACH IN THE PSYCHOLOGICAL CONSULTING BY MEANS OF THE METAPHORIC ASSOCIATIVE CARDS (MAC)

The article is dedicated to the analysis of the possibilities of the metaphoric associative cards usage when applying the narrative approach in the psychological consulting. The cards are considered as the instruments for the multimodal stimulation of the client towards the comprehension of his intentions (beliefs and values) and the intended choice of the preferred life stories.

Narrative exercises are a partnership between psychologist and the patient. These exercises enable a patient to switch from the familiar and well-known being to the "possible" state. Narrative consultant uses various communicative methods to let the partner applying to his strengths or weaknesses. Metaphoric cards stimulate the associative thinking and encourage the client's story. The cards are the external mechanism for structuring the self perception of the particular situation. The metaphoric nature of the pictures lets a client to perceive the problems in a dissociated manner. This reduces the resistance and allows to overcome the psychological defense. The visual metaphors carry multiple impacts on the client's inner world. Being underpinned with the verbal metaphors, the impacts become even stronger.

The metaphoric nature of the cards is revealed both on the image-perception level and during the communication with the psychologist. A client may easily tell about the negative images without binding this image with himself. The problem can be analyzed with the help of the hypothetic heroes and their stories; the way-outs can be analyzed and investigated. The result of such consultancy is the fact that a client considers himself as the subject in his story. The "safe territory" is formed so that a client can consider his life from the resource position and distance himself from the true to life experience which can be rather traumatic. Such position can help a client to take the right choice and the his life towards the needed direction.

Keywords: *narrative approach, metaphoric associative cards, communicative methods, safe territory, preferred life stories.*