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44 Universal Therapeutic Metaphors Told during the Italian Lock Down Due to Corona Virus: Enhancing Listeners' Hope and Resilience

From march 21 to may 3, every day I sent to patients, colleagues and friends a universal metaphor with the intent of making the lockdown lighter and more pleasant. I will share the strategies I utilized to select the metaphor apt to those painful and threatening days due to Corona Virus. I will also explore the criteria followed to identify the main character of the story, the experiences helpful to experiment the value of thoughts, emotions, behaviour mostly relevant during the pandemic lockdown.

I will finally underline some Therapeutic suggestions interspersed into the metaphors able to evoke the characteristics of the resilient process useful in this period.

The teaching outcomes are

1. To illustrate some characteristics of universal metaphor to elicit resilience
2. Offer some basic ingredients to create universal metaphors
3. Give some ideas to elicit the resilient process
4. Present 44 metaphors