

Сетевое научно-практическое издание

## **АНТОЛОГИЯ РОССИЙСКОЙ ПСИХОТЕРАПИИ И ПСИХОЛОГИИ**

Фундаментальное издание материалов научно-практических конгрессов  
Общероссийской профессиональной психотерапевтической лиги  
и Национальной саморегулируемой организации  
«Союз психотерапевтов и психологов»

Партнёр издания – Федеральное государственное бюджетное образовательное учреждение дополнительного профессионального образования "Российская медицинская академия непрерывного профессионального образования" Министерства здравоохранения Российской Федерации (РМАНПО)

Издание включает: аннотированные программы, концепции конгрессов, резолюции, пресс-релизы, доклады и тезисы докладов, а также иные формы: аннотации и пост-релизы круглых столов, мастер-классов, лекций и др. научных событий, научно-практические статьи.

**Титульный редактор Антологии – профессор Макаров Виктор Викторович**  
9259036@gmail.com, 9259036@mail.ru, viktormakarov.ru  
+7 (917) 533-39-29, +7 (495) 925-90-36

**Главный редактор выпуска Антологии – профессор Макаров Виктор Викторович**  
9259036@gmail.com, 9259036@mail.ru, viktormakarov.ru  
+7 (917) 533-39-29, +7 (495) 925-90-36

**Заместитель титульного редактора Антологии – Камалова София Цихиловна**  
oppl.doc@gmail.com  
+7 (916) 062-00-26

**Выпускающий редактор Антологии – Булычева Анна Евгеньевна**  
anna2269212@gmail.com  
+7 (913) 911-69-36

# **АНТОЛОГИЯ ВСЕМИРНОЙ ПСИХОТЕРАПИИ**

## **СПЕЦИАЛЬНЫЙ ВЫПУСК**

### **ПСИХОТЕРАПИЯ В ПОМОЩИ ГРАЖДАНАМ, СЕМЬЯМ, КОЛЛЕКТИВАМ, ВСЕМУ ОБЩЕСТВУ ВО ВРЕМЯ ПАНДЕМИИ, ВЫЗВАННОЙ КОРОНАВИРУСОМ**

Материалы Онлайн преконгресса  
Девятого всемирного конгресса по психотерапии  
«Дети. Общество. Будущее – Планета психотерапии»  
(Москва, 24 июня – 29 июня 2020)

МОСКВА  
2020

котором находился объект отвращения (травматическая ситуация) релевантны техники реконсолидации травматических воспоминаний. Проработка травматического опыта в терапевтической ситуации.

Принцип "бритвы Оккама" на нейронаучной основе позволит психотерапевту/психиатру избежать заведомо нерелевантных интервенций. А также эффективно определить соотношение психотерапии и психофармакотерапии. Психотерапия может быть рассмотрена как метод нисходящей модуляции церебральной активности, а психофармакотерапия - восходящий (Boeker, 2016). Нейронауки, устанавливая конкордантность психотерапии и фармакотерапии, позволяют осуществить отбор психотерапевтических методов с точки зрения их согласованного взаимодействия с психофармакотерапией.

Современная психотерапия, на наш взгляд, не может относиться к нейронаукам как к чему-то факультативному и находящемуся на периферии практической деятельности в области психического здоровья.

#### Литература

1. Boeker H. Psychotherapie und Pharmakotherapie bei depressiv Erkrankten. In: Küchenhoff J, editor. Psychoanalyse und Psychopharmakologie. Stuttgart: Kohlhammer; 2016. p. 131–48.
2. Gabbard GO. Psychodynamic psychiatry. Washington DC: American Psychiatric; 2014.
3. Hartwich P. et al. Obsessive-compulsive disorder. In: Neuropsychodynamic Psychiatry. Springer International Publishing AG, part of Springer Nature; 2018 H. Boeker et al. (eds.), 309-319.
4. Kandel, E. R. (1998). A new intellectual framework for psychiatry. American Journal of Psychiatry, 155, 457–469.
5. Mentzos S. Lehrbuch der Psychodynamik. Die Funktion der Dysfunktionalität psychischer Störungen. Göttingen: Vandenhoeck & Ruprecht; 2011.
6. Nakao T, Matsumoto T, Morita M, et al. The degree of early life stress predicts decreased medial prefrontal activations and the shift from internally to externally guided decision making: an exploratory NIRS study during resting state and self-oriented task. Front Hum Neurosci. 2013; 7:339.
7. Nakao T, Okada K, Kanba S. Neurobiological model of obsessive-compulsive disorder: evidence from recent neuropsychological and neuroimaging findings. Psychiatry Clin Neurosci. 2014; 68 (8): 587–605.
8. Pauls DL, Abramovitch A, Rauch SL, Geller DA. Obsessive-compulsive disorder: an integrative genetic and neurobiological perspective. Nat Rev Neurosci. 2014; 15 (6): 410–24.

### HOME AS A METAPHOR FOR EXTERNAL AND INTERNAL SPACE: GUIDELINES FOR USING METAPHORICAL ASSOCIATIVE CARDS

**Anna K. Fam**, PhD, International laboratory of positive psychology of personality and motivation of NRU HSE, department of psychology of HRU HSE.

The article is dedicated to the analysis of the phenomenon of home as a metaphor for internal and external space in human life. Using specially selected metaphorical associative cards for analyzing the client's image of home allows to work on such topics as one's self-attitude and relationship with significant others, one's family and life, to identify current internal conflicts, personal boundaries, meanings and values of a person, to find resources for solving problematic life situations.

The article provides guidelines for creating a kit of thematic metaphorical cards, as well as a detailed description of exercises for individual and group work (for psychodiagnostic, psychotherapeutic and training purposes).

**Keywords:** home, image of home, metaphor, metaphorical associative cards, personality resources, exercises.

The metaphor of the house is multifaceted. First, a house is a *home*, a place where a person spends a significant part of their life. Normally, this is an emotionally important space, deeply individual and deeply personal, bearing a strong imprint of the person's way of thinking, habits and values, their lifestyle. A good house is a place where you can, having thrown off a fair amount of conventions, become completely yourself, restore strength, get support; it is a powerful ecosocial resource for personality [4]. If the home environment does not give you a feeling of security and comfort, does not nourish and does not please – this can become a source of great anxiety and oppression.

The theme of the house is closely related to the theme of the *family*. After all, a house is not just a location, but also includes people (and maybe even domestic animals) living in it, which means that it is the space for relations and for communication. Talking about family, in turn, can evoke memories of the *childhood home* and the *parental family*. Discussion of the image of the house in your life can be a good occasion for reflection on *your own kind*, your roots and, if you continue this associative chain further, of your rootedness in the world. Thus, the whole *planet Earth* can be called home. Such a perusal of this metaphor allows us to raise a question of how a person sees their place in the world (or their vocation) and how they build relationships with life, which brings to the discussion of desires, life projects, hopes and plans for the future.

Home is also the *inner space* of person, i.e. what makes them unique and allows them to be themselves: their body, feelings, values and meanings [3]. Working with the metaphor of home in this case is a conversation about self-attitude and self-acceptance, the ability to see oneself from the side and readiness for an internal dialogue, and at the same time – a conversation about the boundaries between "mine" and "others", the public and the intimate, external and internal. In this case, the visual metaphor can be a good basis for discussing whether a person has to defend their individuality and defend the right to have something of their own, and what they feel in a situation where their boundaries are violated.

It is worth noting that, despite the diversity of the image of the house, in most cases it is a resource for a person, associated with comfort and reliability, a place where they feel good (if there is no such space in life, a person usually experiences a

feeling of homelessness than that their house is “bad”). Consequently, house can be considered as a metaphor of vital supports, human resources (both external and internal). External supports may be the help and support of loved ones, certain circumstances and living conditions, and internal ones are personal beliefs, intelligence, life experience, faith, certain qualities of character, etc.

Metaphoric associative cards (MAC) open up a wide space of possibilities for exploring the various facets of how the topic of the house is presented in human life.

MAC as an instrument of psychotechnical, psychodiagnostic and psychotherapeutic work is gaining more and more popularity in the practice of modern specialists (see, in particular, [2, 5]). Associative cards are actively used in counseling, psychotherapy, coaching, diagnosing of the emotional sphere and interpersonal relationships, in groups and in individual work with children and adults, as well as for self-discovery and the development of imagination and observation. The use of metaphors, or “visions, dreams of language” [1] allows us to make the process of working with person’s experience productive, exciting, and at the same time as gentle as possible.

Work with MAC devoted to the theme of house can be aimed at several main targets, including:

- research of one’s inner space (self-image and self-relation, parts of one’s personality, one’s own fears, desires, resources, boundaries, values);
- analysis of family relationships;
- study of the perception of a real home and the image of an ideal home;
- search for resources, including the current / problematic life situation;
- study of the image of a significant other.

For such work, you can either use ready-made thematic decks (for example, associative cards “House” by N. Buravtsova with colleagues, metaphorical associative cards “House of My Soul” by Yu. Karaseva and Yu. Voronina), or create your own set by selecting photographs posted on the Internet, reproductions of paintings by various artists – or by contacting an artist to prepare sketches (this will allow you to create a unique MAC deck). Optimally, the deck should contain at least 50-70 cards (one or another card can be removed from the deck for work with specific client; it is based on the tasks facing the specialist).

Optionally, you may supplement cards with images with a set of cards containing individual words that can reflect certain associations, meanings, values, experiences of a client. So, in particular, studying of *security, comfort, space*, you may use the following words: “comfort”, “a little”, “a lot”, “protect”, “Brownie”, “closely”, “survive”, “fight”. Studying issues related to *rooting, relationships with others, continuity, childhood*, you may prepare cards with the inscriptions “childhood”, “time”, “memory”, “old”, “small”, “scary”, “close”, “children”. The theme of *uniqueness of personality, self-expression, boundaries* is well worked out with the help of cards “mine”, “other’s”, “strange”, “deception”, “fragile”, “other”, “unique”, “creativity”. Working with the *resources*, such cards as “favorite”, “lively”, “holy”, “dream”, “breathing”, “rejoice”, “strong”, “warm”, “communicate” are suitable. These words are given as an example; the list of possible concepts-stimuli is not exhaustive, of course.

Compiling the unique set of cards, it is recommended to choose the most diverse paintings, drawings or photographs that differ in style, content, composition and number of details; giving preference to unfinished, ambiguous (possibly even not totally painted) images. Vivid, colorful illustrations made in different techniques will provide a wide field for the manifestation of fantasy and the flight of free associations. The plasticity of the images of home, their multi-interpretations will help the specialist and client freely “slide” in time, quickly shifting the focus from the current life situation to the analysis of events of the past and the work with expectations from the future. It is recommended to include in the deck pictures of the most diverse abodes of human and animal (nest, burrow, cage, rural house, tent, yurt, castle, ancient buildings, modern skyscrapers, the globe ...). You may also experiment with angles: a bird’s eye view on the house, from the bottom up, from the side, from the inside. Cards that depict only a part of a building (basement, corridor, arch, etc.) are likely to prompt the client to mentally draw the missing fragments to the whole, to conceive the context, eliminating the initially specified uncertainty, but even more “simple” cards will not have an unambiguous meaning (for example, a house in the sand can be a symbol of a serene, happy childhood, and the fragility and insecurity of the world).

When selecting cards, it is important to consider that some of them are more suitable for working with resources and values (in particular, the image of a church, a hut with light in the window in the forest can be resource ones). Some are more likely to allow access to displaced, conflicting experiences (for example, cards with the shadow of a house, a house with several light and one dark window, a fire, an orphanage, etc.). Some cards can be an important tool for discussing family topics and interpersonal relationships, especially if they depict living creatures or people silhouettes, in addition to building elements and interior details. The presence of several characters opens up great scope for imagination, giving to the person the opportunity to identify with any of them at their discretion (depending on this, the message that the card carries and the feelings that it causes will be completely different). Cards that appeal to well-known plots (historical, mythological, fairy tale), as well as representing unusual examples of the house (a gin in a jug, a house flying away, a ship, the Tower of Babel, the tent of the Shamakhan Queen, the barrel of Diogenes, etc.) are convenient material for work with life scenarios, goals, hopes and desires. At the same time, all the above ideas for working with cards should not be considered as clear “rules” for their use: after all, the “card – interpretation” link is not hard or rigid, pictures and words can provoke a wide variety of associations, down to opposite. Each metaphoric card in the set will have exactly that meaning that is attributed to it by the person holding it in their hands.

The following are various options for working with metaphoric cards dedicated to the image of the house. Of course, the list of exercises given here is not exhaustive. Rather, these are ideas that can (and should) be supplemented, developed and modified depending on the goals of the work, the preferences and experience of the specialist and the client’s characteristics.

#### EXERCISE “WHAT KIND OF HOUSE AM I?”

##### Purpose

This exercise can be used in order to study the client’s internal space (self-image, personality parts, fears, desires, resources, boundaries, self-reliance). In addition, it make possible to explore how the person perceives their real home, or how they

would like to see their ideal home. Of course, depending on the psychological problems which are being solved using this technique, the order and the content of the questions can vary significantly.

This exercise is more suitable for individual work (in diagnosing and in the process of psychological counseling and psychotherapy), but can also be adapted to work with a group. In addition, it can be used for self-discovery.

#### *Description*

Choose the card that you most associate with your personality (or the place where you live, or the place where you would like to live). Justify your choice. Give a name to the selected card.

Describe the house on the card. What is it like? Is it big or small? New or old? Warm or cold? Cramped or spacious? Cozy or uncomfortable? "Own" or "other's"? Is it reliable, fortified, protected – or flimsy, vulnerable? How sustainable is it? Does it look like other houses: is it an ordinary or unusual home? Is it quiet or noisy? Empty or crowded? What sounds, smells are the characteristic of it?

What is the interior of the house? What is its facade? Do they harmonize?

Is the space of the house divided into rooms? Is there a basement, attic, closet? Which place in the house is the most beautiful / warm / cozy / most visited? Is there any space in the house that is almost never used / where it is rarely cleaned / where something is broken or destroyed / where children or guests are forbidden to enter?

Is it open or closed? Does it have a door, windows? Where do they go? In what area is it located? What is around it? Are there any other houses nearby? Is the house fenced?

Are there any inhabitants? Who are they, how many are they? What parts of the house are they located in? Do they live here temporarily or permanently? Who holds the house key? Who is responsible for housekeeping, cleaning the premises? Do guests come to this house?

Do the inhabitants in this house like it? How do they breathe there? What dreams do they see there?

What dangers may lie in wait in the house? And beyond? From what, on the contrary, can a house protect its inhabitants, what can it give them? And how can tenants look after the house to protect it from premature destruction?

Imagine that you are a traveler who happened to be near this house. What will catch your eye at the first glance at it? What do you want to do: to pass by, to go up and examine the house closer, to take a picture of it as a keepsake, to sit on its doorstep and go on freshly, to stay there for the night – or to stay here for life?

If you were a tenant of this house (or an architect, or a designer, or a gardener), what could you suggest to improve in the appearance of this house, to improve the quality of life in it?

#### *Options of exercise*

1. After the picture of the house is selected, you can invite the person to select the words associated with this image. Cards with words specially prepared for this set can be combined with materials from ready-made sets of metaphoric cards (in particular, cards with words are present in decks of the Genesis Publishing House). From them you can draw upon words and phrases that relate to topics of childhood and family (for example, "From the trunk of the past. A metaphor of childhood experiences"), life retrospectives and perspectives ("The ways and roads. A metaphor of the life path"), openness to the world ("Windows and doors. A metaphor of interaction with the outside world"), and also characterize existential images – I, life ("A tree as an image of a person"), describe feelings of security and threat ("On nature and weather. A metaphor of the emotional sphere"), etc.

2. If at some stage of the work one image of the house will not be enough (for example, when describing different parts of the house or analyzing its facade and interior decoration), you can offer the client to select more cards with pictures.

3. If you need to consider the studied image in dynamics (its development from the past to the future), you can ask the person the following questions: "What happened to this house before?", "What will happen to it later?" In case that work occurs in a dynamic manner (for example, a ship, a flying house, a caravan in the desert), the questions can be formulated as follows: "Where does it swim from (fly, go)?" Where will it sail (fly in, come in)?"

4. One of the options for the exercise ("Visiting card, or "What kind of house am I?") is most suitable for group work and can serve the purpose of self-presentation of participants and their acquaintance with each other. Possible instruction is "Choose a card (image of the house) that will help you to introduce yourself to the group", "Imagine that you have turned into a house. How can it look like? Select the appropriate card. Tell us about yourself on behalf of your chosen home."

### *EXERCISE "WHAT WOULD SUIT ME?"*

#### *Purpose*

The exercise is aimed to explore the image of oneself.

It is suitable for working with a group.

#### *Description*

Choose the card with the image of the house that you most associate with yourself. Show the selected card to the group.

Now carefully look at the cards of other participants. Think about what details of the facade, interior, and surroundings of these houses would you like to "try on" with the image of your own house? What new qualities would your home acquire in this case?

### *EXERCISE "WHO IS THAT?"*

#### *Purpose*

This exercise is aimed to compare the image of oneself with how other people perceive a person.

It is suitable for group work.

#### *Description*

Each member of the group should choose a card with a picture of a house which is most suitable for their personality. Further, all cards are dealt to the leader, who shuffles them and shows them to the group one by one. The task of the participants is

to determine the "owner" of the card in each case. If guessing the "master" requires a lot of efforts from the group, this can be a good occasion for individual reflection and material for discussion on the group.

#### *EXERCISE "HOUSES-ANTIPODES"*

##### *Purpose*

This exercise is designed to study the image of an ideal home and analyze life values.

Exercise is suitable for both individual and group work.

##### *Description*

Choose a card that shows the most attractive home for you – the place you would like to live in.

Now select the card that shows the most uncomfortable, unpleasant house for you.

Give a name to both of the cards. What is their fundamental difference? What must be in the house so that you can call it yours?

#### *EXERCISE "A HOUSE FOR FAMILY"*

##### *Purpose*

This exercise can serve as a continuation of exercise № 1 or as an independent technique aimed to studying the issue of the family (it is suitable for studying both the image of the family in which the person grew up and the image of the family that they created themselves).

Exercise is more designed for individual work.

##### *Description*

Choose a card that is associated with your family. Describe the house shown on the card. Give a name to the card.

Imagine that your family will live in this house. Where do you live? Where other family members will be accommodated?

Will there be a place in the house reserved for spending time together with all the people living in it? Does it have a personal space for every household? Are there any areas where one of the family members cannot enter (or can enter under certain conditions)?

##### *Options of exercise*

After choosing a card with a picture of a house, you can invite the person to select several cards with words to give them the opportunity to better tune in to the study of family topics. As in one of the variants of the exercise "What kind of house am I?", cards with words specially prepared for this set can be combined with materials from ready-made sets of metaphoric cards.

#### *EXERCISE "FAMILY AS A HOUSE"*

##### *Purpose*

This exercise is suitable for exploring family topics.

It is more intended for individual work.

##### *Description*

Let's fantasize. If you portray your family as a house, how could this house look like? Choose the most suitable card in the kit. Describe it. Give it a name. If this house would be alive – what could be its character?

If you imagine that you and your family members are parts of this house, then where are you shown on the card? And what parts are other members of your family?

What function does each of these parts of the building fulfill? What can happen to a house if something happens to this or that part (for example, it will disappear, or increase in size, or change its color or the material from which it is made)?

Are there any elements that you would like to add to the house? How will this change the image of the house?

##### *Options of exercise*

After choosing a card with a picture of a house, you can invite the person to select several cards with words. As in previous cases, if necessary, words specially prepared for this set can be supplemented with words from other sets of metaphoric cards.

#### *EXERCISE "REFRAMING"*

##### *Purpose*

This exercise is designed to analyze the current (including problematic) life situation and search for a resource in it.

It can be used both in individual and group work.

##### *Description*

Choose a card that reflects your current life in general. Describe the card in one word.

Imagine that you are the inhabitant of this house (if possible, show yourself on the selected card). How do you feel in that capacity?

What dangers can lurk in this house? What dangers, by contrast, can await you beyond?

What can the house protect you from, what can it give you? What can be such a resource in your real life situation?

#### *EXERCISE "HOUSE-RESOURCE"*

##### *Purpose*

This exercise focuses on finding resources.

It can be used as an auto-training technique, in individual work (as a part of psychological counseling and psychotherapy) and in working with a group (including the training format).

##### *Description*

Choose an image of the house that is a resource for you. It can be a card that you like, on which your eyes rest, which evokes pleasant memories... Alternatively, imagine what a place might look like where you would feel good.

Name the selected card. Describe what resource is in it for you. How could you bring this resource into your current life?

#### *Options of exercise*

1. After choosing a card with a picture of a house, you can invite the person to select several cards with words. If necessary, the words in this set can be supplemented with words from other sets of metaphoric cards.
2. Helping the person establish deeper contact with their resource, you may offer them to close their eyes, relax and take a mental journey into the space depicted on the card.

#### **EXERCISE "WHO LIVES THERE?"**

##### *Purpose*

This exercise is designed to explore the image of a significant other. Its use may be especially relevant in cases where there are difficulties in establishing contact or in communicating with another person, understanding their feelings and needs, and accepting certain aspects of their personality.

##### *Description*

Imagine a person N. Choose a card with a picture of a house that associates with this person. Describe this image, comment on your choice.

Now imagine that you are a traveler who accidentally finds himself next to this house. Which features of the façade and of the area will catch your eye in the first place? What impression does the house make at first sight? At what distance is this house comfortable for you? And if you come closer – what will you feel? If you need to go inside, what do you do: knock, call, look into the window? Or do something else? And if you go inside the house – what will you see there? Describe the situation inside: interior details, objects, sounds, smells, etc. Is it cleaned or messy, dark or light, spacious or crowded, etc.?

Who can live in such a house? Describe the owner in detail. Is it an adult, an old man, a child? Man or woman? Is he/she handsome or ugly, tall or short, healthy or sick? Cheerful and lively – or miserable and lonely? What is his most cherished desire? What is he/she afraid of more than anything? How does he/she live inside this house?

Do you want to do anything for him/her?

#### **References**

1. Davidson D. Chto oznachayut metafory [What is the meaning of metaphors]. Teoriya metafory [the theory of metaphors]. Moscow, 1990, pp. 172-193.
2. Kazantseva E.V. Metaforicheskie assotsiativnye karty kak «magicheskaya» psikhoterapevticheskaya praktika [Metaphorical associative cards as a "magical" psychotherapeutical practice]. Nauchno-metodicheskij elektronnyj zhurnal «Koncept» [Scientific-methodical digital journal "Concept"], 2017, no. 1. URL: <http://e-concept.ru/2017/170023.htm> [The date of application: 25.02.2020]
3. Lenge A. Fundamental'nye motivatsii chelovecheskoi ekzistentsii kak dejstvennaya struktura ekzistentsial'no-analiticheskoi terapii [Fundamental motivations of human existential as effective structure of existential-analytical therapy]. Psikhoterapiya [Psychotherapy], 2004, no. 4, pp. 41-48.
4. Nartova-Bochaver S.K., Bochaver A.A., Dmitrieva N.S., Reznichenko S.I. Dom kak zhiznennaya sreda cheloveka: psikhologicheskoe issledovanie [Home as a living environment of a human: a psychological research]. Moscow: Pamyatniki istoricheskoy mysli, 2016, 220 p.
5. Shebanova V.I. Primenenie metaforicheskikh assotsiativnykh kart v korrekcionnoj rabote narushenij pishchevogo povedeniya [Application of metaphorical associative cards in correctional work for eating disorders]. Prakticheskaya psikhologiya i sotsial'naya rabota [Practical psychology and social work], 2014, no. 6, pp. 7-22.

### **ОБРАЗ ДОМА КАК МЕТАФОРА ВНУТРЕННЕГО И ВНЕШНЕГО ПРОСТРАНСТВА: РЕКОМЕНДАЦИИ ПО РАБОТЕ С МЕТАФОРИЧЕСКИМИ АССОЦИАТИВНЫМИ КАРТАМИ**

**Фам Анна Хунговна**, [anna.fam@gmail.com](mailto:anna.fam@gmail.com), к.пс.н., Международная лаборатория позитивной психологии личности и мотивации НИУ ВШЭ, департамент психологии НИУ ВШЭ, Россия, Москва.

Статья посвящена анализу феномена дома как метафоры внутреннего и внешнего пространства в жизни человека. Исследование образа дома с помощью специально подобранных метафорических ассоциативных карт позволяет в безопасной и экологичной форме проработать с клиентом вопросы отношений с самим собой, своим родом, жизнью и значимыми другими, выявить актуальные внутренние конфликты, а также личные границы, смыслы и ценности личности, найти ресурсы для решения проблемных жизненных ситуаций.

В статье приводятся рекомендации по составлению собственного комплекта тематических метафорических карт, а также подробное описание упражнений для индивидуальной и групповой работы (как в психодиагностическом или психотерапевтическом, так и в тренинговом формате).

*Ключевые слова:* дом, образ дома, метафора, метафорические ассоциативные карты, личностные ресурсы, упражнения.

Метафора дома многогранна. В первую очередь, дом – это *жилище*, место, где человек проводит значительную часть своей жизни. Как правило, это эмоционально заряженное пространство, глубоко индивидуальное и глубоко личное, несущее на себе сильный отпечаток образа мыслей, привычек и ценностей хозяина, его стиля жизни. Хороший дом – это то