

## **The Impact of Narrative Therapy on Emotional Resilience in Adolescents: A Comparative Analysis of Metaphoric Language and Direct Communication Approaches**

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### **Introduction**

A significant approach toward emotional resilience has been underscored in the form of narrative therapy—the stories a person holds about his or her life. It is more specifically the stage of teenage life, which is a very critical phase in developing any person's emotional growth and psychological well-being. It is a domain that, through its very construction and the narratives that young people create from their life experiences, belies an intersectionality with such a powerful force in the language of therapy. Effectiveness has been demonstrated overall, but strikingly, there has been a lack of research with those practices of language use strategies among adolescents that would be most powerful for emotional resilience. Most of the literature on narrative therapy deals with its capacity to empower somebody through changing their life stories. Little has been argued, however, about whether the use of metaphoric language which allows a more symbolic expression and a deeper emotional exploration or direct communication is more effective within therapy, particularly with regards to adolescents seeking clarity and linearity within the therapeutic process. This lack in the literature indicates that it presents a sharp problem for research: the need to identify what type of therapeutic language strategy—metaphoric or direct—is more effective in enhancing emotional resilience among adolescents. This current research will be done in two parts: first, looking into the comparison of metaphoric language in building emotional strength with adolescents vis-à-vis direct communication, and secondly, which method could possibly prove most potent in narrative therapy. Critical in this respect will be how findings, with some evidence base, could inform therapeutic practices on how to best use language in therapy with young people. In this case, the study would have every base covered, from the quantitative assessments of emotional resilience to qualitative analysis on how to look through the issue. However, the limitations to the study are not lacking in flaws: A sample of 50 adolescents might do for preliminary findings but may not generalize so well. The participants also belonged to the particular age bracket of 13 to 18 years, which could miss the experiences of other adolescents. Ignoring

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these limitations, the current research offers valuable insight into how language is played out in narrative therapy, setting parameters for effective therapeutic intervention in adolescents.

## **Methodology**

This research will use a mixed-method approach to further investigate the role metaphoric language would have in contrast with direct communication on the emotional resilience of an adolescent participating in narrative therapy. In doing so, it shall employ both quantitative and qualitative methodologies for data collection, in order to examine how such linguistic strategies work. The sample consists of 50 adolescents between the ages of 13 and 18, randomly divided into two groups. One group was exposed to metaphoric language, and the other to direct communication, during narrative therapy sessions. Quantitative changes in the degree of emotional resilience would be measured with administered standardized psychological scales on one hand—pre- and post-therapy. In this respect, the choice of such scales has been made as would properly capture the dimensions of emotional resilience in adolescents. Such data will be gathered by analyzing all transcripts of sessions and shall help to know more in-depth regarding the differences made through each language strategy on the processing of emotions and development of resilience. The current research focuses on qualitative analysis as part of uncovering adolescents' accounts and brings relevant findings on the effectiveness of each therapeutic way. This larger methodology then enables in-depth research into the differences created by each language strategy of metaphorical and direct speech on the emotional resiliency of adolescents.

## **Results and Discussion**

The following research is conducted to determine if, in narrative therapy, metaphorical language is more effective than direct communication in promoting the emotional strength of adolescents. In a mixed-method methodology, both quantitative evaluation and qualitative analysis were carried out to understand comprehensively the possible effectiveness of each therapeutic language strategy. Results from Quantitative Data: Quantitative analyses conducted on standardized psychological tests before and after the intervention indicated large gains in emotional resilience for both groups. Members of the metaphoric language group trended off in resilience score improvement over those of the direct communication group. More specifically, significant improvements were observed in measures of emotional processing and self-regulation for the metaphoric group. This observation may be used as evidence for the hypothesis that metaphoric language use triggers examination and hence improves the way that teenagers deal with and understand their feelings.

This enriched the results, for the qualitative analysis of the interview transcripts built on information from the therapeutic sessions. It finds support in the view that use of metaphorical language by those informants in some ways enables them more easily to verbalize emotions in a sophisticated manner since when they were teenagers, they became more skillful in using symbolic language—a kind of tool with which they could draw out more intimate emotional understandings and hence enhance their ability to withstand adversities. On the other hand, even if the group who had direct communication showed positive developments, the language used was kind of simple and bland in identifying deep levels of an emotional investigation. At any rate, metaphorical as well as literal communicative strategies seemed to significantly play a prime role in emotional resilience attainment in these adolescents but, nonetheless, bear two extremely different purposes. Direct communication really assisted those subpopulations of adolescents who were either very emotionally sensitive or very creative.

This allowed them to actually connect their feelings to their emotions in a more experienced approach. Face-to-face interaction, on the other hand, enables much brighter and more immediate understanding of emotional issues, therefore being helpful for those who can reason less abstractly or who need more concrete direction. Such findings support these therapeutic styles being attuned to the needs of the individual. Therapists need to include direct, simple communication not only if their adolescents work well with metaphorical or symbolic expressions but if clarity is needed at the time. This kind of matching approach allows a better way for working on increasing emotional resilience in each adolescent. Overall, while metaphoric language is somewhat more effective in building emotional resilience, both are also efficient and should be used relatively based on the specific needs and leanings of the individual adolescent. The results further add value to existing knowledge about the process of therapeutic language techniques and their effects on emotional resilience by suggesting practical details toward the fine-tuning of narrative therapy methods.

## **Conclusion**

The current research has established that metaphoric language is superior to direct expression in increasing adolescents' emotional strength through narrative therapy. The study illustrates that, both therapeutic interventions enhance the emotional regulation, albeit metaphoric language appears to provide somewhat higher therapeutic outcomes in the case with the high emotional vulnerable adolescents or those who are more inclined towards the use of visual rather than verbal forms of communication. It is because, according to the research, metaphoric language helps to elicit better emotional information processing and self-regulation. Direct communication, although not as vivid, allows for clear

and immediate interpretation as it is especially helpful for those with difficulty thinking abstractly. The outcomes highlight that language strategies used by therapists depend on the need of each adolescent, discuss metaphoric language for clients, who enrol the symbols and direct language for those, who require direct instructions. Further studies should be conducted to evaluate whether it is possible to use both metaphoric and direct approaches in CBT for better effectiveness and to examine the long-term impact of the language interventions occurring during the therapy process. Future research could also compare how effectively the presented approaches work with different groups of adolescents and within different therapeutic modalities.

**Keywords:** Adolescents, Emotional Resilience, Metaphoric Language, Narrative Therapy, Therapeutic Communication

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