January 28, 2026
Program Title: Facilitating Insight and Healing Through Client-Generated (Clean Language) Metaphor
1.5. CEU's

Tracy Payton Watson, a licensed professional counselor with extensive education, experience, and contributions to the field of counseling and hypnosis. She serves as the President of the North Texas Society of Clinical Hypnosis,

This presentation explores David Grove's Clean Language Method, a client-centered approach to psychotherapy that uses precise, non-directive questioning to facilitate insight and healing through metaphor. Participants will learn how Clean Language preserves client autonomy by minimizing therapist assumptions, interpretations, and influence, allowing clients' own words and metaphors to guide therapeutic change. The session will outline the core principles of Clean Language, including the therapist's stance of curiosity and "not-knowing," the role of metaphor as an organizing system of experience, and the standardized question sets used to elicit and track client-generated metaphors. Clinical applications for trauma, anxiety, depression, addiction, chronic pain, and somatic experiences will be discussed, along with ethical considerations for preserving client agency and supporting trauma-informed care. Through illustrative transcripts, case demonstration, and interactive reflection, participants will gain practical skills for integrating Clean Language into clinical practice.

Members: FREE
Sign up for membership or as an attendee at:
northtexashypnosis.org