The Application of Conceptual Metaphor Theory to the Treatment of Depression

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Abstract : Conceptual Metaphor Theory (CMT) proposes that metaphor is fundamental to human thought. CMT utilizes embodied cognition, in that emotions are conceptualized as effects on the body because of a coupling of one's bodily experiences and one's somatosensory system. Time perception is a function of embodied cognition and conceptual metaphor in that one's experience of time is inextricably dependent on one's perception of the world around them. A hallmark of depressive disorders is the distortion in one's perception of time, such as neurological dysfunction and psychomotor retardation, and yet, to the author's best knowledge, previous studies have not before linked CMT, embodied cognition, and depressive disorders. Therefore, the focus of this paper is the investigation of how the applications of CMT and embodied cognition (especially regarding time perception) have promise in improving current techniques to treat depressive disorders. This paper aimed to extend, through a thorough review of literature, the theoretical basis required to further research into CMT and embodied cognition's application in treating time distortion related symptoms of depressive disorders. Future research could include the development of brain training technologies that capitalize on the principles of CMT, with the aim of promoting cognitive remediation and cognitive activation to mitigate symptoms of depressive disorder.

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Keywords : depression, conceptual metaphor theory, embodied cognition, time

Conference Title : ICNCS 2020 : International Conference on Neuroscience and Cognitive Science

Conference Location : Boston, United States

Conference Dates : April 23-24, 2020