Abstract

**Aim:** To explore how participants taking part in a session based on a solution focused approach to enhance self-management skills experienced the metaphor "Captain of the ship" used in the educational material.

**Methods:** A qualitative study with semi-structured focus group interviews with 16 participants in different self-managements programs. The educational material used the metaphor "Captain of the ship". The material had pictures of a turtle who was "Captain of the ship" in different situations. The pictures were accompanied by solution focused questions.

**Results:** Most of the participants found the metaphor "Captain of the ship" very helpful. They reported that it was easy to remember, enhanced the learning process, and could be used as a practical tool in everyday situations. Furthermore, the metaphor helped them to become more aware of their own responsibility for self-management.

**Conclusion:** The metaphor "Captain of the ship" was experienced as strengthening the messages from the solution focused approach.

Keywords (MeSH):
Metaphor, Motivation, Patient Education, Self Care.