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## **Alleviating Prejudice and Hate: The Strategies of Virginia Satir**

### **消除偏見和仇恨：沙維雅的策略**

Sandy Novak, MS, MA, LPC  
Psy.D. Candidate,  
Southern California Univ. for Professional Studies  
Senior adjunct faculty member,  
Naropa University, Boulder, Colorado

### **Abstract**

The author offers her experience of growing up with prejudice as a child in a mixed-racial neighborhood in Milwaukee. Now a trainer in the Satir model, she offers how Virginia Satir connected prejudice to the erroneous hierarchical paradigm about human beings and their relationships. Through a recorded session, the author demonstrates how Satir connected these beliefs to feelings of vulnerability and low self-esteem with a client. This transformational strategy is compared to contemporary social psychology research on transforming prejudice.

作者在密爾沃基（美國城市）一個混合族群的社區中長大，這樣的童年經驗使她有許多偏見。現在作為一個沙維雅模式的培訓者，作者分析了沙維雅如何理解偏見，沙維雅認為偏見是不正確的階級範式下人性扭曲的結果。然後作者透過沙維雅的一個治療片斷，展示在治療中如何在脆弱性和低自尊上與案主的偏見取得連接。最後，作者比較了沙維雅轉化式的治療策略和當代社會心理學中有關偏見轉化的研究。

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