

Satir in the Sand Tray: Facilitating Peace Within

在沙盤治療中運用沙維雅模式 – 促進內在安寧

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Abstract

This paper describes how the Parts Party, one of the therapeutic techniques developed by Virginia Satir, was integrated with DeDomenico's Sandtray-Worldplay Therapy to help a client resolve intrapsychic conflict. The emotional distress of unmet childhood biopsychological needs creates intrapsychic conflict that can be difficult to resolve. Satir defined intrapsychic conflict as non-congruence, or an absence of harmony, clarity and emotional honesty. Sandtray-Worldplay Therapy (ST-WP) is a phenomenological method of sandplay that pre-supposes that the unconscious is used to pathologizing real experience and to undermine the freedom of creative expression. This Integrative Method is an effective tool for resolving intrapsychic conflict because the two methods are compatible on a number of levels. Each is experiential, providing an opportunity for multi-dimensional application and interpretation. Each operates from a strength-based approach and assumes that individuals have within them the key to the potential transformation and resolution of their problems.

Both the Satir Model and Sandtray-Worldplay allow the therapist to tailor the healing journey to fit the client, rather than trying to fit the client into a particular school of psychotherapy. Both methods require the therapist to possess a high degree of self-awareness. In addition, both methods use an externalization and symbolization process to help individuals work on what is often hard to articulate and to make contact with, namely, their intrapsychic processes and conflicts.

As therapeutically powerful as the traditional Parts Party method is, moving this from a two-dimensional to a three-dimensional medium, using figures that the client can choose, hold, and move, can strengthen the anchoring aspect of the therapeutic process. Like the Parts Party, sand tray play helps clients identify and acknowledge their inner resources and strengths, thus facilitating change. This Integrative Method provides a clear path to congruence because of the power of the creative intrapsychic housecleaning that the client uses.

本文介紹如何結合迪多米尼哥沙盤小世界治療 (DeDomenico's Sandtray-Worldplay Therapy) 和沙維雅的“角色聚會” (Parts Party) ，來幫助受助者解決內心衝突。兒童時代由於心理

上未滿足的需要而引起的憂傷情緒會引起內心的矛盾和衝突，這些內心衝突不易解決。沙維雅把內心衝突定義為一種非表裡一致的狀態，或者說個體不能和諧清晰地、如實地反映他的情緒。沙盤小世界治療建基於現象學的理论，它假設個體用潛意識使真實經驗病態化，並且壓抑個體創造性的表達。鑒於兩者在以下的許多方面都有可比性，把這兩者結合起來可以更適切地處理內心衝突。首先，兩者都是經驗性的治療方法，創造了在多緯度上運用和詮釋的機會。其次，兩者都從優勢觀點出發，相信個體有動力和資源來實現轉化式的改變，並解決生命中的問題。第三，兩者都要求治療師跟據案主的情況來選擇性地運用治療過程，而不是要求案主來配合治療師按步就班的治療模式。第四，兩者都要求治療師有非常敏銳和清晰的自我醒覺。最後，兩者都運用外在的、象徵性的過程來代表內在的、不容易用語言表述的部分和過程。當把原始二維的“角色聚會”變成三維的沙盤小世界時，案主能更加主動地去選擇、擁有、和擺放自己的“角色”，這樣做可以更有效地加強治療的錨定（anchoring）效果。如同運用二維的“角色聚會”一樣，沙盤小世界的體驗可以幫助案主發現自己內在的資源和優勢，從而促進改變。當案主用這種創新的方法來清理自己的內在時，通往表裡一致的道路就變得更加清晰了。

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