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Couple Congruence and Spirituality in the Satir Model - Part I

沙維雅模式中夫妻的表裡一致和靈性：第一部分

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Abstract

Virginia Satir connected her positive approach with couples within her broad perspective of spirituality. This article offers her model of healthy couple relations as both a beginning and a springboard for individual and couple congruence. Her spiritual perspectives are here located within her early family roots in Christian Science and her later adoption of Martin Buber's I/Thou approach to self and other.

A hermeneutic study of mature couples from several religious traditions was conducted. The first couple interview - The Diamonds - is presented with reflections on the changes to the couple through their process and to their religious context. This results in a new couple mandala that posits four dimensions of the couple - self, other, us and context. At the center are the conjoint universal yearnings, as another doorway to the transformational power of the spirit. The study offers an expansion to couples therapy and furthers the inclusion of spirituality within academic discourse.

在廣義的靈性層面，沙維雅用她正面積極的治療取向與夫妻連接。沙維雅模式下的健康夫妻關係是通向個體和夫妻表裡一致的開始和出發點。沙維雅對靈性層面的關注始於早期她家庭與基督教科學派（Christian Science）的接觸，以及後期她接受馬丁·布伯我/你（I/Thou）觀點對自我與他人關係的理解。

作者用解釋學的方法研究了一些有不同宗教背景的夫妻，本文根據對第一對夫妻 – 鑽石夫妻（The Diamonds）的訪問，描述和反思了這對夫妻在宗教情境下的改變

歷程。研究發現了曼陀羅（Madala）在夫妻層面的表現至少有四個維度：自我、他人、我們和情境，在這四個維度的中間是普世的渴望，是通向靈性轉化力量的另一扇門。

About the Contributor

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