

The Satir Journal, Volume 1 Number 3
ISSN - (print) 1718-2050
ISSN – (online) 1718-2069

Satir's Internal Process, Self-Esteem and Non-Defensive Responses

沙維雅模式的內在過程、自尊和面對危機時的非防禦性反應

Stanley J. Gross, Ed. D.
Quincy, Massachusetts

Abstract

This article pays homage to Virginia Satir's exercise "Ingredients of an Interaction." The author describes its adaptation to a series of educational workshops for the public and for professionals. The exercise takes her concept of an internal process and the author's view of self-esteem to a structure designed to bring the two together. It is followed by a self-test for defensive and non-defensive responses to threat.

本文作者對沙維雅模式中一個治療技術 – 成份互動 (Ingredients of an Interaction) 深表敬意。文章表述了作者如何在一系列針對大眾和專業人士的教育工作坊中運用這項技術。作者在運用時主要根據沙維雅模式中有關內在過程的概念，同時結合作者對自尊的理解，並嘗試把兩者有機地結合起來。作者還用自我報告的形式測量工作坊參加者面對威脅時的防禦性和非防禦性反應。

e- mail: [Stanley J. Gross](mailto:Stanley.J.Gross)

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