

**Self- Empowerment for Women Experiencing Spousal Violence:  
A Study of the Residential Program of the  
Good Shepherd Centre of Singapore**

**夫妻暴力中受害婦女的自我充權 – 一項在新加坡好牧人中心的研究**

Susan Chia Sok Hia,  
MA. (Pastoral Leadership), SRN.

**Abstract**

In Singapore, the Good Shepherd Centre opens its door to welcome women who have immediately left an abusive spousal relationship. They are often in a state of fear, insecurity, guilt, helplessness and loss, and are often too upset to make reasonable decisions concerning their future. The Good Shepherd Centre developed its residential program using the Satir Model, as its values and beliefs resonate with that of the Good Shepherd Spirituality in upholding the dignity of persons and in helping these women to experience healing and hope.

This research study begins with a contemporary examination of spousal violence in Singapore, and the patriarchal culture that is a contributing factor to these incidents. The study then describes the “Healing and Recover” group-counselling program in which six women, residents of the Good Shepherd Centre, had participated. This is carried out by means of a participant-observation methodology.

The analysis of the research confirms the assumptions that the Satir Model as a brief, transformational model has been an effective process of empowering women to re-claim their own sense of worth and dignity. It has empowered them to cope more positively with their decision to leave an abusive marital relationship. This experience of healing has opened up a new path ahead for them, and they are more confident of making a difference in their own lives.

新加坡的好牧人 (耶穌基督的稱號) 中心收留因夫妻暴力而離開家庭的受害婦女。夫妻暴力中受害婦女在離開家庭之後，通常感到害怕、不安全、有負罪感和無助感，她們常常因為太沮喪而無法打算將來。好牧人中心運用沙維雅模式發展了一個治療小組，因為沙維雅模式的價值觀和信念與好牧人中心的精神非常吻合，例如支持受虐婦女的尊嚴、燃點她們生命的希望等。本文首先描述了新加坡的夫妻暴力情況，指出新加坡的家長式文化是造成家庭暴力的一個文化因素。然後作者描繪了一個“療愈”和“康復”小組的治療過程，該小組共有6位住在好牧人中心的婦女參加，還運用參與觀察的方法進行了研究。分析

結果發現以短期和轉化式治療策略為特徵的沙維雅模式，能夠有效地幫助受虐婦女重新找回自己的尊嚴和價值、用更正面的方法來應對自己離開家庭的決定。小組的過程為她們的未來燃點了新的希望，她們更加有信心過新生活。

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