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## **Suicide Prevention Using the Satir Model**

### **運用沙維爾模式預防自殺**

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### **Abstract**

For Satir, suicidality is a mental and emotional process that must be addressed at a deep level, the level of unmet yearnings. This article discusses several errors in suicide intervention and treatment, and includes several common myths and misconceptions about suicide. Dr. John Banmen presents the Satir Model's process for change, and an interview method for therapists.

This article is based on the suicide prevention training manual that Dr. Banmen developed for therapists in Hong Kong, which was first published in manual form by the Centre for Suicide Prevention and Research at the University of Hong Kong. It is reproduced from *Applications of the Satir Growth Model* (ed. J. Banmen, 2006). We thank the publisher- Avanta, the Virginia Satir Network.

在沙維爾雅看來，自殺是一種在精神和情緒層面的深層過程，治療時必須涉及未能滿足的渴望。本文首先澄清有關自殺干預和治療的一些誤解和歧見，然後貝曼博士用沙維雅模式詮釋了改變的過程，以及治療師可以運用的訪談方法。

本文基於貝曼博士撰寫的在香港培訓治療師時運用的自殺干預課程手冊，此手冊首版由香港大學防止自殺研究中心出版，由沙維雅成長模式的運用一書（*Applications of the Satir Growth Model*, ed. J. Banmen, 2006）重印，感謝沙維雅網絡（Avanta, the Virginia Satir Network）的出版。

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