

Therapists' Experience Using Satir's Personal Iceberg Metaphor

治療師運用沙維雅“個人冰山”比喻的經驗

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Abstract

This study explores therapists' own experience using the Personal Iceberg Metaphor drawn from Satir's Transformational Systemic Therapy (STST) training program. The iceberg metaphor provides a framework for insight into the internal world of the person. Participants included nine therapists (seven women and two men) between 35 - 61 years of age, who received training in the beginner and advanced level. A phenomenological approach was used to interview participants and analyze the data. The researcher conducted two interviews with each participant over a seven month period. The study found that five common themes emerged: The lived experience of the Personal Iceberg Metaphor: (1) facilitates awareness, (2) is an integration process of externalization towards internalization, (3) fosters acceptance, (4) facilitates change, and (5) fosters spiritual development and connection to Self: I Am. In addition, each participant experienced intrapsychic and interactive impacts and changes, as their inner world was explored. The findings from this study illustrate how therapists positively changed through their involvement and exploration with the Personal Iceberg Metaphor utilized within Satir's Transformational Systemic Therapy training. These include recommendations for therapists' personal and professional development, research and practice.

本文分享了運用沙維雅“個人冰山”比喻的經驗，“個人冰山”比喻源自沙維雅的轉化式系統治療模式，“個人冰山”比喻提供了了解個人內在世界的框架。本研究的結果基於9位治療師（7女2男）運用“個人冰山”比喻的經驗，他們全都完成了沙維雅系統治療的初級和高級訓練。本研究運用現象學的方法進行訪問和結果分析。在7個月期間，研究者對每一個治療師訪問2次，分析結果發現了五個主題。第一，“個人冰山”比喻可以促進個體對內在自我的醒覺。第二，“個人冰山”比喻可以理解為一種推動外在和內在整合的過程。第三，“個人冰山”比喻可以提升自我接受性。第四，“個人冰山”比喻能促進改變。第五，“個人冰山”比喻能促進精神層面的發展和與“真我”（Self: I am）的連接。再者，

每一個受訪者都認為當他探索內在自我的時候，感受到了對他內在心理的影響與改變，以及對人際關係的影響與改變。

以上的結果顯示了治療師如何經驗沙維雅模式中的“個人冰山”比喻來實現自身的改變，他們變得更加積極和正面。最後，文章就治療師的個人和專業成長、研究和實踐提出了建議。

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