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**A Personal Journey through the
Grief and Healing Process with
Virginia Satir, Dr. E. Kubler-Ross, and J. William Worden**

**次個人的哀傷和治療經歷：與弗吉尼亞·沙維雅，
庫伯·羅斯博士和威廉姆·伍德同行**

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Abstract

This article explores the author's personal experience undergoing the process of grief, mourning, and healing after the death of her parents. The author then integrates the works of three clinical theorists who assist those who are dying or experience grief from the loss of a loved one. She begins with Virginia Satir's Process of Change. Next, she integrates Dr. Kubler-Ross' Five Stages of Psychological Reactions to examine the processes that the person who is dying goes through. Finally, she offers J. William Worden's Four Tasks of Mourning that supports one on the journey of healing while grieving a loss. The author states: "I am aware that I am not through the full impact of accepting their death and embracing a new way of being in the world without them. Since their deaths, however, I have taken a new direction in the field of counseling. I no longer am pursuing marriage and family therapy, but focusing on grief and loss. My spiritual beliefs about the world and about people have both deepened because of my search for answers around the meaning of life and death."

本文作者探索了她自己在父母去逝之後的哀傷和治療過程，並結合了三種幫助治療喪親後悲傷的理論。首先作者闡述了弗吉尼亞沙·沙維雅有關改變過程的理論，然後結合庫伯·羅斯博士關於喪親之後五個階段的心理反應（Five Stages of Psychological Reactions），分析喪親者的心路歷程，最後，她用威廉姆·伍德的四種哀傷治療目標（Four Tasks of Mourning）來分析如何支持一個喪親者走出哀痛。

作者說：在失去父母之後，我深深體會到自己的轉變。我將不再關注婚姻問題或者一般的家庭治療，而會把注意力集中在哀傷輔導上，在追尋生死意義的時候，我改變和深化了自己對世界和人的精神境界的看法。

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