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Effects of Individual Psychotherapy using the Satir Model on an Alcohol-Dependent and Depressed Patient

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Abstract

The author offers his medical report on an alcohol dependent and depressed patient who was treated using the psychosocial Satir Model. The presenting problems were the patient's anxiety about depression that influenced the re-using of alcohol and his subsequent feelings of hopelessness. Despite being a prolific author, the patient's self-esteem was low; he felt lonely, depressed, and bored with the problems related to his alcohol consumption. The author used various techniques and strategies to help the patient explore problems using the *Personal Iceberg Metaphor*, a tool from the Satir Model. The goal was to address the impact of former trauma by helping the patient identify his inner experiences, understanding his coping stances and adaptation for survival, charting the patient's growth from a family map, connecting the patient with his life-force energy, using positive thinking and finding outside resources for support. Results of treatment have shown that by changing of the patient's internal world, there is acceptance of self, more peace and calm, a continued ability to stop drinking and a sense of personal pride in alcohol abstinence.

沙维雅模式对酒精依赖和抑郁症患者个体心理治疗的效果 本文报告了使用沙维雅社会心理模式治療一位酒精依赖和抑郁症患者的进程。该病人所呈现的问题是担心自身抑郁情绪、感到焦虑，並因此再次酗酒、并继发无助无望感。虽然案主是一个多产作家，但他的自尊很低，感到孤独、忧郁，并深受与酗酒有关问题的困扰。作者作为治疗师，使用沙维雅个人冰山比喻的多种技术和策略来帮助案主探索内在的自我。目的是通过帮助案主认同内心经验，使他认识到早期创伤对他地影响，理解自己的应对和生存适应方式，并透过家庭图的绘制来重构案主的个人成长历程，使案主重新连接他的生命能量，学习使用积极的思考方式及寻求外部资源的支持。治疗结果显示，通过内心世界的改变，案主获得了多方面的成长，如自我接纳、心态平和宁静、持续戒酒的能力，及基於成功戒酒的成就感。
关键词：沙维雅模式 酒精依赖 抑郁症

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