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Building Healthy Self Identity in Gays and Lesbians: A Satir Approach

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Abstract

This article examines the impact of heterosexism and homophobia on the development of self-identity in gays and lesbians and explores the treatment of the subsequent internalized homophobia that is experienced to some degree by most gays and lesbians. In that process of healing, Dr Carlock also emphasizes that focusing on the formation and assimilation of healthy core beliefs drawn from positive experiences is essential to the recovery of a strong core sense of self.

The author demonstrates how concepts and processes of the Satir Model may be used to bring about this transformation of self-identity. Dr. Carlock describes a treatment process which includes three prongs:

- Building awareness of positive and negative core beliefs and values individuals hold about gays and lesbians and awareness of how the individual has coped with being gay or lesbian;
- Assimilating support of both internal and interpersonal resources and processing positive and negative experiences related to being gay or lesbian;
- Transforming negative experiences related to being gay or lesbian and the faulty conclusions drawn from these experiences.

Included in the text are numerous short vignettes which illustrate concepts related to the treatment, as well as discussion of how specific tools in the model (e.g., iceberg, family maps, life chronology, sculpting, circle of support, and the self-esteem tool-kit) can be used to facilitate transformation.

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运用沙维雅模式为男女同性恋者建立健康的自我认同

本文

检视了男女同性恋者在发展自我认同时遭受的来自异性恋主义和同性恋恐惧的影响，并探索如何治疗继发性内化的同性恋恐惧，大部分同性恋者都曾经或多或少体

验过这种恐惧。卡洛克 (Carlock) 博士强调，在治疗过程中复苏同性戀者核心自我意识的關鍵，是在积极经验基础上形成和内化健康的核心信念。

本文展示了如何運用沙

维雅模式的概念和过程带来實現這種自我认同的转变。卡洛克博士将这一治疗过程分成三个部分：

首先，建立个体

对同性恋所持的积极与消极的核心信念及价值观的觉察，并察觉个体应对作为同性恋者的經驗过程。其次，内化来自内在和外在人际网络中的支持性

资源，體驗与成为同性恋者有关的积极与消极经验。最後，

转变那些与成为同性恋者相关的消极经验，和从这些经验中得出的错误结论。

本文

汇集了很多具体事例，用以说明与治疗相关的众多概念，并讨论如何运用沙维雅模式中的一些特殊工具（如冰山比喻、家庭图、生命历程表、塑造、支持循环、自尊工具等），以促进上述的转变。

本文的重版，得到了《Application of the Satir Model》

（2006, Avanta）一书主编约翰·貝曼（John Banmen）博士的许可。

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