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Satir Model Developmental Phases

沙維雅模式的歷史發展

約翰·貝曼

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Abstract

This paper outlines major shifts in the development of the Satir Model. In the 1960's, her approach was described as the Communication Model, based on her book *Conjoint Family Therapy*. Satir, Banmen, Gerber and Gomori wrote *The Satir Model* (1991) which focused on congruence and introduced the personal iceberg metaphor. The newest phase is *Satir Transformational, Systemic Therapy*, the therapeutic process of connecting with one's Life Force to become more fully human.

本文作者從歷史發展的觀點，回顧了沙維雅模式的發展歷程。1964年，沙維雅出版了《聯合家庭治療》一書，是沙維雅模式初型形成的標誌，在該著作中，沙維雅明確指出在治療中運用系統觀點的重要性，在當時沙維雅模式被認為是一種強調溝通模式的治療方法。此後沙維雅模式的發展經歷了三個主要階段：1970到80年代，沙維雅模式重點強調個人價值。到80年代後期，沙維雅成長模式發展成型。2000後，沙維雅轉化式系統治療模式發展而成，進一步統合了沙維雅模式的核心，例如四個核心目標、五項原則等。

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