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## **The Satir Model and Emotionally Focused Therapy: A Response to Lorrie Brubacher**

**沙維雅模式和情緒為本的輔導：回應羅拉·布魯巴嚇  
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### **Abstract**

A comparison of the Satir model and Emotionally Focused Therapy (EFT) is presented in response to Lorrie Brubacher's article "[Integrating Emotion-Focused Therapy with The Satir Model](#)." The author draws a comparison between the two models to create a framework for addressing the claim by Brubacher that the Satir model is but a "mere collection of creative techniques" without integration with EFT. After reading the Brubacher article, the author attends a seminar by Dr. Sue Johnson on Emotionally Focused Therapy in pursuit of formulation of a response to Brubacher's claims. In addition, she consults with several of Satir's long time students to get their reactions to the Brubacher article focusing on the role of attachment theory and empathic attunement in Satir's work. Based on her comparison of the two models, her own work with clients briefly referenced, and consultations with Satir students, the author concludes that the models are indeed complementary with the use of the EFT model providing enrichment to the Satir model in the therapy room.

羅拉·布魯巴嚇的文章《整合沙維雅模式和情緒為本的輔導》指出，離開了情緒為本的輔導，沙維雅模式只不過是收集了許多有創意干預方法的集合。作者為了回應布魯巴嚇的這個觀點，參加了由蘇博士負責的情緒為本輔導的訓練，並諮詢了幾個沙維雅模式的長期追隨者和從業者，在此基礎上比較了這兩種輔導模式，特別在依附理論和同理心的層面，提出了一個理論模型來回應布魯巴嚇的觀點。作者認為，這兩種輔導模式是互為補足的，輔導中運用情緒為本的方法可以使沙維雅模式的運用更加充分。

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