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The Satir Model With Female Adult Survivors Of Childhood Sexual Abuse

運用沙維雅模式幫助女性兒童性虐待倖存者

Anne Morrison and Judy Ferris

Abstract

There are various therapeutic approaches to working with female adult survivors of childhood sexual abuse. This article will explore the range of approaches and specifically examine the benefits of the Satir Model (Satir, Banmen, Gerber, & Gomori, 1991) which stresses the impact, not the “story,” of the abuse. A case example will demonstrate the therapeutic efficacy of the Satir Model.

Judy Ferris was a long time friend, member and mentor in the Satir community who passed away unexpectedly on January 31, 2009. Her *compassionate presence* and pioneer work will always be remembered and her wisdom will continue to shape the breakthroughs in this field.

This article is reprinted from *Satir Transformational Systemic Therapy*, ed. Dr. John Banmen, (2008), Science and Behavior Books.

本文作者描述了各種試圖幫助女性兒童性虐待倖存者的輔導方法，並重點討論了運用沙維雅模式來幫助這些求助者的好處，特別是沙維雅模式強調不要只關注當事人受侵犯的“故事”，而要關注兒童期遭受性虐待對當事人的影響。接著，作者用個案來闡明如何運用沙維雅模式極其運用的效果。

茱迪·費理斯(Judy Ferris)是沙維雅大家庭的好朋友，她不幸在 2009 年 1 月 31 日突然辭世，相信她對沙維雅模式的貢獻和智慧會永遠活在我們心中，鼓勵我們繼續在沙維雅大家庭中的友誼和探索。本文重印與由約翰·貝曼 2008 年編輯的《沙維雅轉化式系統治療》一書。

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