

The Satir Journal, Volume 4 Number 1
ISSN – 1718-2050 (print)
ISSN – 1718-2069 (online)

Applying the Satir Model of Counseling in Mainland China: Illustrated with Case Studies

Yang Li, M.Ec
Beijing, China
E-mail: yangliyl@ sina.com

Lou Vivian W. Q. Ph.D
Department of Social Work & Social Administration
The University of Hong Kong
E-mail: wlou@hku.hk

Abstract

With more and more attention to problems in mental health in mainland China, the Chinese people are further along in accepting counseling services as part of their health care system. Thus, the need for high quality counseling services is skyrocketing. Given the great compatibility with Chinese culture and tradition, the Satir model has shown its tremendous vitality ever since it was introduced to China in 2003. The Satir model can provide tailor-made therapy solutions to people suffering from mental health problems associated with the more negative influences of Chinese culture and tradition. This paper aims to analyze these possible negative influences, such as invalidation of self, high expectations towards self, and incongruence in expressing feelings. Then, it will illustrate how the Satir model helps people to recover through transformation. Counseling experiences with 16 clients in Beijing, mainland China were used to illustrate the process. With its strength-orientation and change-directed therapy approach, the Satir model has shown its effectiveness in helping Chinese people transform into people with higher self-esteem, who take responsibility, who can make choices and behave congruently.

Key words: Satir model, Chinese culture and tradition, mental health problems, counseling

(To purchase the Full Article, see "Individual Articles" at the SIP store)