

The Satir Journal: Satir Transformational Systemic Therapy
Volume 5 Number 1 Spring 2012
ISSN – 1718-2050 (print)
ISSN – 1718-2069 (online)

An Example of the Use of Self in Satir-Based Family Therapy

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Abstract

The author defines Satir's "use of self" as a tool in Satir therapy with families. She outlines the change-focused steps of a Satir family session and then shares a case study of a family in crisis, illuminating her personal "use of self" experiences in each of five sessions. She proposes that Satir's therapeutic effectiveness can be achieved by other therapists, in part through developing the personal congruence of the therapist.