

## 約翰·貝曼博士

### – 沙維雅模式的普世治療貢獻

**摘要：**沙維雅女士對心理治療，尤其是家庭治療的領域，有著許多傑出的貢獻。講座將檢視沙維雅模式的哲學及理論層面，並集中了解其治療系統當中重要的概念如一致、生存、作為其信念基礎的靈性部份、在生命能量層次的改變及轉化以及自我的性質。講座亦回顧其轉化工具，如自我環、互動的要素、面貌舞會、運用家庭圖作成長及治療目標、以及其模式於抑鬱症、悲傷與失落、自殺、夫婦、家庭、飲食失調、酗酒及其他表徵問題的應用。講座亦將概括介紹全球沙維雅轉化系統治療工作的發展。

## Dr. John Banmen

### – Satir's Universal Therapeutic Contributions

**Abstract:** Virginia Satir has made many outstanding contributions to the field of therapy, especially family therapy. The talk will look at some of the philosophical and theoretical aspects of her model. It will also focus on some of the major tenants of her therapeutic system such as congruence, survival, spirituality as the basis of her belief system, change and transformation at the life-energy level, and the nature of Self. The talk will also review some of her vehicles of change, such as the mandala, ingredients of an interaction, parts-party, the use of family-of-origin maps for growth and therapy, and many therapeutic applications of her model, such as with depression, grief and loss, suicide, couples, family, eating disorder, alcohol and various other presenting problems.

A brief overview of the practice of the Satir Model (therapeutically called Satir Transformational Systemic Therapy) around the world will also be covered.