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**From the Satir Model to the *I Tao*:
Reconstructing Family Rules
in a Hong Kong Cultural Context**

從沙維雅模式到“易道”：在香港情境下重塑家規

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Abstract

Being a therapist trained in the Satir Model and a Chinese born and educated in Hong Kong, the researcher tried to execute this study drawing on both conceptual resources of the Satir Model and Chinese cultural traditions that go back in recorded history to more than two thousand years. Data for the study was specifically drawn from two four-day Personal Growth Workshops in Hong Kong attended by a total of 53 (42 female and 11 male) ethnic Chinese secondary school teachers. Participants were found to employ strategies to assert their individual needs without leaving the collectivist framework. Elements of a new framework based on the *I Tao* (as found in the classical Chinese *I Ching*) were identified and found to be useful to explain personal growth and reconstruction of family rules within the Chinese hierarchical collectivist culture. Use was made of the “*guas*” of the *I Ching* to describe change as experienced by the participants. Finally, suggestions are proposed for an effective use of the Satir Model within the Hong Kong cultural context and within an *I Tao* framework in four major counseling situations.

作者在香港成長和受教育，又接受了沙維雅模式的訓練，在這樣的背景下，作者嘗試結合沙維雅的概念和中國幾千年的文化傳承。本研究的結果建基於二個四天的個人成長工作坊，參加者為 53 位中學老師（華人、42 女、11 男），研究發現這些參加者能夠在不破壞集體主義的文化氛圍下，自信地表達自己的需要，在這個發現的基礎上，作者嘗試用易經中的“易道”框架來解釋如何在受中國文化（等級分明的集體主義）影響下的香港實現個人成長和家規重塑，並運用易經中的卦象來描述參與者所經驗的改變。最後作者就如何在香港運用沙維雅模式提出了建議，特別是如何在四種主要的輔導情境中運用“易道”框架

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