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**Wheel of Resources:  
Preventative Assistance for Hurricane Katrina Workers**

**資源輪：對參與巨風卡特里娜災後重建工作者的預防性干預**

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**Abstract**

While the Satir Model has been applied in the area of crisis preparation and critical incident stress debriefings over the past 20 years, little, if anything, has been published on this topic. Since current thinking in the area of crisis debriefings emphasizes accessing client resiliency and teaching coping skills, the Satir Model is especially useful since it is a health-oriented approach. Also, the actual methods used to teach the theory involve participants at multiple levels so that they fully engage students. In addition, since the various tools are free of professional jargon, they are easily accessible to individuals at all educational levels.

Here the author describes the application of Satir's tool, The Wheel of Resources (Satir, 1982) as the centerpiece of a brief psycho-educational intervention aimed at preparing technical workers assigned to help with reconstruction efforts in New Orleans following the devastating effects of Katrina.

在過去 20 年，沙維雅模式常被運用於危機預警和突發事件之後的壓力舒緩，但是在這方面的文獻討論比較少。鑒於當代危機干預更強調評估受害者的抗逆性和教導應對策略，這與沙維雅模式健康取向的理念非常契合。在教導沙維雅模式的概念時所運用的方法能適合於不同層面的受訓者，促進他們的充分參與。再者，沙維雅模式各種技巧的描述也很少專業術語，適合不同教育程度的受訓者。

本文中作者分享了運用沙維雅模式資源論（沙維雅，1982）的方法作為核心而發展成的一個短期心理教育干預小組，目標是培訓準備去幫助巨風卡特里娜災後重建的工作人員，裝備他們如何進行危機干預。

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