

## “If Depression is the Solution, What are the Problems?”

### “如果抑鬱是一個解決問題的方法，問題在哪裡呢？”

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## Abstract

Dr. John Banmen cites the growing pandemic of depression in the developed world to ask a provoking question - whether or not depression is used as a solution for a myriad of unresolved feelings on the part of the client. Concurring with the conclusions of medical doctor D.R. Klein, biologist Bruce Lipton and author J. Ruskan, he states that it has become evident that depression is not a particular feeling in itself, but emerges as a *symptom of the suppression of feelings*. Dr. Banmen offers a clinical profile of depression and uses a case example of his former client “Carl” - as one who has suffered from depression for over twenty years. It is seen that depression has become a form of avoiding one's negative feelings, one's negative perceptions, one's unmet expectations, and more basically avoiding the pain of not getting one's yearnings met.

The orientation of the Satir Model is presented and offered as an effective treatment in a few months of therapy. Dr. Banmen includes several components of Satir Transformational, Systemic Therapy (STST) that are utilized. This includes basic theoretical concepts of the model, the essential elements of change, and a significant guideline for therapists to use at the beginning of a clinical session. The therapist's own preparation will assist the client to access hope, patience and renewed feelings of love.

在引述了在發達國家日趨嚴重的抑鬱症發病率之後，貝曼博士 ( Dr. John Banmen ) 提出了一個發人深省的問題：抑鬱症是否是個體為了解決自己內在的情緒困擾而採用的解決問題的方法？這個假設與克林 ( D. R. Klein ) 醫生、生理學家力普頓 ( Bruce Lipton )、和露思康 ( J. Ruskan ) 的想法不謀而合，貝曼博士指出抑鬱不是一種特異性的情緒狀態，而是在壓抑其它情緒之後的一種症候群。接著，貝曼博士描述了抑鬱症的臨床症狀，並用卡爾 ( Carl ) 的案例來解釋，卡爾得了 20 年抑鬱症，分析顯示他用抑鬱症逃避了面對其它的負面情緒、負面觀點、和未滿足的期望，最根本的是他用抑鬱症逃避了面對因不能滿足的深層渴望所帶來的痛苦。然後，貝曼博士敘述了沙維雅模式的基本假設，以及如何運用沙維雅模式在短期內 ( 幾個月內 ) 治療抑鬱症，沙維雅轉化式系統治療 ( Satir

Transformational, Systemic Therapy, STST ) 模式中有一些主要成分可以運用，包括模式的基本概念、改變的基本要素、以及在臨床工作初期的重要指引。最後，作者指出治療師自身的良好準備可以幫助案主找到希望、耐心、以及更新的愛。

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