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Reflections: the Oral History of Virginia Satir – an Interview with Dr. Bunny Duhl

反思：弗吉尼亞·沙維雅的口述歷史 – 訪問柏尼·杜爾 (Bunny Duhl) 博士

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Abstract

In this interview, the reader is offered a glimpse of Virginia Satir through the eyes of one of her trusted colleagues, Dr. Bunny Duhl. While the author conducted and videotaped 18 interviews of elder therapists in Avanta, now known as the “Virginia Satir Global Network” (VSGN), this interview is the first that has showcased in its entirety. The interview gives the reader a taste of Virginia Satir’s influence on the many talented people who trained with her. Satir reveals herself to Bunny Duhl as the brilliant therapist, educator, change agent, creative spirit for which she was known around the world. But the interview also sensitively reveals the disparagement and personal and professional attacks Satir weathered over the years from her male colleagues in the early family therapy movement. She had radical ideas, radical methods, and she always questioned the status quo. Her colleagues wanted to compete in academia and in the research world. Family Therapy was still trying to qualify as a legitimate approach. The interview also touches the edges of evident sexism that was apparent but unacknowledged. Revealed also are bits and pieces of Satir’s shadow side, her personal challenges and her very human struggle to stay congruent.

本文透過訪問沙維雅非常信任的同事杜爾博士來揭示沙維雅的學術和人生。作者在一個訪問18位“沙維雅全球網絡”(Virginia Satir Global Network, VSGN)資深治療師的項目中，對杜爾博士的訪問是第一個完成的，也是整個計劃中的典範訪問。

訪問

揭示了沙維雅對她的許多有才幹的追隨者的影響，在杜爾博士眼中，沙維雅是一位全球知名的、傑出的治療師、教育家、帶動改變者，並且充滿創意精神。訪問同時展示了一些敏感議題，例如沙維雅在早期家庭治療發展運動中所承受的來自男性朋輩的個人和專業方面的攻擊和輕視。她思維敏銳，擅於運用“叛逆”性的方法，還常常挑戰“常規”。當時，家庭治療還在爭取成為治療體系中主流的一部分，她的同事更多地是想在學術界或者研究領域立足。訪問顯現出當時非常明顯的、但是沒有被認同的性別歧視。訪問也讓我們看到沙維雅的一些不為人知的部分，她個人面對的挑戰，和她對表裡一致的執着追求。

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