

The Satir Journal, Volume 3 Number 1
ISSN – 1718-2050 (print)
ISSN – 1718-2069 (online)

My Father, My Client: The Hidden Power and Influence of the Therapists' Family of Origin on Clinical Work

我的父親、我的服務對象：輔導員的原生家庭對輔導地影響和隱形作用
馬塔琳·渥爾夫

Marilyn Wolf, M.Ed., LPC, LCAS
Greensboro, North Carolina

Abstract

Our clients simply want from us exactly what my father and I wanted and what I believe we all want - to be seen and heard for who we are, to be acknowledged for the hard work we do as human beings on this earth, to be met exactly where we are and not turned into what someone else wants us to be for any reason, and to be given the support we need to save ourselves. It is within this safe space of acceptance, respect, and love, a sacred space really, that we heal and grow. Regardless of technique or modality, professional orientation or theoretical grounding, this is the very least we can do for our clients and the very best we can give them.

作者從反思一次輔導過程開始，指出在該輔導過程中，從一個服務對象身上看到自己原生家庭的影子（父親、母親、和兄弟姐妹），作者認為這些印象或感受對治療過程有一些隱形地作用和影響。鑒於此，作者在參加由沙維雅學院組織的督導小組定期聚會時，嘗試探索自己的原生家庭，透過體驗自己的應對模式、回顧童年時的原生家庭，改變了自己的內在，感受到與父親的聯結。在此後與同一服務對象的輔導中，作者感到自己很大的改變，更能夠用接受、尊重、和愛來推動服務對象的改變。

(To purchase the Full Article, see "Individual Articles" at the SIP store)