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## Metaphor And The Satir Therapist

### 比喻和沙維雅治療師

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### Abstract

*“The psychological mechanism of transforming energy is the symbol.”* (Jung). Unconscious feelings may be difficult to put into normal day to day language. The metaphor offers a safe and natural link between our energetic cognitive domains of the subconscious to create a new meaning, emotion, and response. As therapists, we must be prepared to use metaphors to make a point, while simultaneously be open to and welcome the possibility of metaphors generated by clients. In this instance, we ask questions that guide clients to describe their internal experience in detailed images. While clients work from the safety of the metaphor, they remain in control of their process. They find their own solution to their own problem in a gentle and profound manner of their choosing, and thus are responsible for their own transformation. This article describes the power of the metaphor for the client and the Satir therapist.

能量轉化的心理機制是符號 — 卡爾·榮

潛意識很難用日常語言來表達，比

喻卻能幫助我們在認知層面創造性地表達新的意義、情感和反應。作為一個治療師，我們要掌握用比

喻來向服務對象說明我們看法的技巧，也要隨時歡迎服務對象用比喻來表達他們的想法。

這樣做，我們可以用問題來帶動服務對象表達

內在的經驗。當服務對象開始運用比喻時，他們仍然保留有控制權，他們找到解決問題的可行方法，也對自己的轉變負責。最後，作者強調了比喻對治療師和服務對象的雙重作用。

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