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## **Integrating Wilber: A Therapist's Reflections on the Integral Theories of Ken Wilber**

### **整合肯恩·威爾伯 - 一個輔導者對威爾伯積分理論的反思**

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#### **Abstract**

Ken Wilber has formulated an “Integral” vision that seeks to connect psychological stages of growth with spiritual states of awareness along a “spectrum” of human evolution. While vastly comprehensive and stimulating, I believe it beneficial to strengthen his conceptions in the areas of spirituality within human relationship. The following presents a “dialogue” between Ken Wilber and Virginia Satir, a pioneer of family therapy who invoked spirituality in her work with clients. Wilber seems skeptical of the experience of “We” as a harmonizing between self and other, and suggests the path of “surrender” as a way to extinguish the ego self. In contrast, Virginia Satir offers “congruence” to connect one’s humanity with spirituality, along with the stepping-stones for healthy human relationships.

肯恩·威爾伯發展了一套理論，嘗試在人類進化的歷程中聯繫人的心理發展階段和人對精神追求的覺醒。作者認為肯恩·威爾伯理論不乏其完整性和啟發性，但是在有關人際關係的精神層面上有進一步發展的空間，所以作者嘗試讓肯恩·威爾伯與維萊尼亞·沙維雅展開了一次對話，沙維雅在治療中特別重視喚醒求助者的精神力量。從威爾伯的理論來看，他似乎懷疑能在自己和他之間達成和諧，所以他強調要用“自我屈服的道路”來突顯自我。相反，沙維雅指出，與健康的人際關係一樣，要用“表裏合一”的方法來加強自己和精神層面的聯結。

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