

THE SATIR APPROACH: UNDERSTAND YOUR INNER ICEBERG

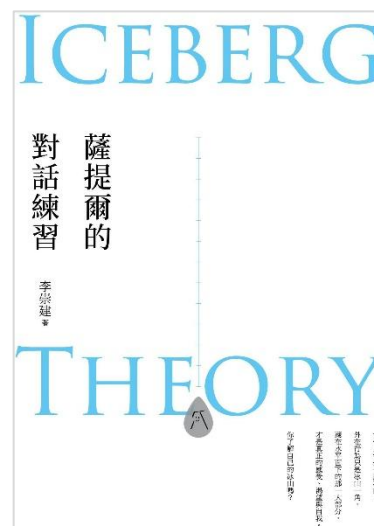
薩提爾的對話練習：以好奇 的姿態，理解你的內在冰 山，探索自己，連結他人

* Over 130,000 copies sold

Lee Chung-Chien uses Satir's iceberg model to teach readers to see through superficial behaviors and understand their actual needs at the deepest levels, as well as to resolve conflicts, repair relationships, and reconnect with others through effective communication.

The superficial behaviors we encounter in our daily interactions often mislead us, showing us only the tip of the iceberg rather than the true source of a problem. American family therapist Virginia Satir created her iceberg metaphor to illustrate a person's inner and outer selves: what we see is only a small part of the whole; far more lies hidden beneath the surface.

Satir's collaborator, Dr. John Banmen, has actively promoted her model for many years; educator Lee Chung-Chien, a disciple of Banmen with extensive experience in teaching, consulting, and conducting workshops, has developed a practical framework based on Satir's metaphorical iceberg – a cross-shaped structure with the iceberg as its vertical axis and personal life experience as the horizontal axis. Using this framework, readers will learn to sort through their past, connecting with feelings, expectations, yearnings, and their core being (self). This helps them to break away from habitual defensive stances (blaming; placating; computing, or being super-reasonable; and distracting) and move instead towards one that consistently cares for the inner self and connects authentically



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with others.

The book covers the communication issues that matter most to today's reading audience: marital disputes, sibling conflicts, and parent-child conversations. Each topic is accompanied by a wealth of real-world examples, demonstrating the transformative power of Satir's model, which transforms relationships from "persuading" to "understanding" and from "solving problems" to "building connections".

The Satir Approach has sold over 130,000 copies, helping countless readers to cultivate acceptance and rebuild trust. This is a guide that balances theory and practice for anyone seeking to improve the quality of their communication.

Lee Chung-Chien 李崇建

Lee Chung-Chien is an author, educator, and advocate of the Satir Model. A former alternative junior high school teacher, he has dedicated his career to training others in communication skills, traveling widely in Taiwan, Singapore, Malaysia, China and North America. He is the author of books such as *Teaching with the Heart*, *Teacher in the Rye*, *Schools Without Walls*, and *The Satir Approach*. For many years, he has helped people repair their relationships and rebuild themselves through listening and questioning.