

Satir Interaction Model

Steven M. Smith

Weinberg	Satir		Question
Intake	1. Sensory input	<i>facial expression</i> <i>body position</i> <i>skin color changes</i> <i>scent</i> <i>breathing</i> <i>words</i> <i>tone</i> <i>pace</i>	What did my senses take in?
Meaning	2. Interpretation		What meaning do I make of what I sensed?
Significance	3. Feelings		What feelings do I have about the meaning I made?
	4. Feelings about feelings		What feelings do I have about those feelings?
Response	5. Defenses	<i>projection</i> <i>denial</i> <i>ignoring</i>	What defenses do I use?
	6. Rules for commenting		What rules for commenting do I use?
	7. Observable outcome		

For More Information

Satir, Virginia, *The Satir Model: Family Therapy and Beyond*, 1991, ISBN 8314-0078-1.

This book is written for a family therapist. If you want to see how therapists think about and use the model, it's worth reading.

Weinberg, Gerald M., *Becoming a Technical Leader: An Organic Problem-Solving Approach*, 1986, Dorset House Publishing, ISBN: 0-932633-02-1.

Chapter 10 is dedicated to the Interaction Model. Weinberg says—

I find Satir's model particularly appealing to my technical background as a computer programmer because it breaks down a seemingly complex process into a series of simple steps. This step-by-step analysis may seem tedious at first, but it can give you the power to understand why people react to you the way they do.

If you don't have much time to read, I believe this ten page chapter is the most concise, lucid discussion of the model and its importance that you will find.

Weinberg, Gerald M., *Quality Software Management, Vol. 2: First-Order Measurement*, 1993, Dorset House Publishing, ISBN 0-932633-24-2.

The entire book is about the Interaction Model and how to apply it to technical work. I've read it several times. And I plan to read it again.