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Catherine Chung and Pamela Leung

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Satir Around the Globe

The Effectiveness of a Satir-Based Personal Growth Workshop among Chinese People (Preliminary Report)

Catherine Chung & Pamela Leung, Hong Kong Satir Centre for Human Development

Hong Kong Satir Center for Human Development was incorporated in 1989 to promote the Satir Growth Model. It offers various services, like workshops, counseling, supervision & sale of books. To look into the effectiveness of personal growth workshop with a more scientific perspective, the Center commissioned the current research in 2013. This empirical study is divided into two parts, namely (1) scale development & (2) outcome evaluation.

- (1) **Scale Development:** The aim was to operationalize the concept of self-transformation through the development of a quantitative measurement tool in Chinese. Cross-sectional investigation with convenience sample of 500 participants was conducted. After review by experts, statistical analysis with means of factor analysis & testing of convergent & discriminant validity (as compared with existing scales with similar constructs) was conducted. Sample size was 500. A questionnaire was finally established. The scale was found to be with high reliability & strong validity.
- (2) **Outcome Evaluation:** Using the scale developed, we were to determine whether the Satir Model, as it is utilized in the personal growth workshop, was effective in bringing about positive changes in workshop participants. In addition, the study was designed to investigate whether there are particular elements benefitting the participants. Measurement tools include both the scale established & focus group.

Participants were from four experiential workshops led by a very experienced trainer. The workshop lasted for 21 hours, spreading over three and one-half consecutive days. There were a total of 94 participants. Half were assigned to the experimental group, who would be put under workshop intervention & half of them were assigned to the control group, who have not attended the workshop when they filled in the questionnaires. Measurements were obtained before (Baseline), immediately after (Post-Treatment) and at around one-month follow-up (Follow-Up) for the experimental group, and at equivalent times for the wait-list control group. Mean tests were conducted on the demographic characteristics & also the behavioral measures. The analyses showed significant positive effects for the variables.

Thirty-nine participants were invited to join the focus groups. The focus groups also allowed them to give valuable feedback on the workshop setting, timing and workshop leaders.

This is a milestone as it is a pioneering project in developing a large-scale with controlled experiment to conduct study on Chinese participants. Upon the completion of the interpretation, the

research results with statistical data would be openly presented. Hope this will bring insights for the application of the Satir Model in human work.