The Wisdom Box Version 3, Issue 4

The Wisdom Box

April 22, 2001

The Official Newsletter of the Satir Institute of the Pacific

Board of Directors 2000–2001

President: Michael Callaghan

Secretary: Pauline Mullaney

Treasurer: Alan Baiss

Director of Training: John Banmen

Director of Membership Services: Anne Morrison

Directors:
Martin Bartel
Wendy Lum
Kathlyne Maki-Banmen
Don Potkins
Dara Rosenzveig
Sue Taylor

Announcements

The Annual General Meeting of the Satir Institute of the Pacific will be on:

May 17th, 2001— 6-8 pm

At the Richmond Inn, 7551 Westminster Highway

Everyone is invited to mingle with other Satir enthusiasts at dinner. Reservations have been made after the AGM at The Mariott (7571 Westminster Highway—very close to the Richmond Inn). Kathlyne and John's son is a chef there, so it should be a wonderful dinner!



Thoughts on the Therapeutic Exploration Workshop

Another successful first for the Institute took place on February 24th, 2001. The 43 participants at the workshop experienced trauma being addressed from the perspective of Milton Erikson's work by Dr. Brian Pound, and from the perspective of Virginia Satir's work by the Institute's Stephen Smith.

It was a busy day of lecturettes,

experiential exercises and small group work. The feedback indicates that participant's expectations were generally well met, we had some helpful suggestions and received encouragement to follow this format again.

Tentatively next winter we will present another workshop that will give participants the opportunity to expand professionally. A significant topic in counselling practice will be addressed and Satir and another approach will be developed and compared.

Members can now make suggestions about both the topic and second model to be presented. You may submit your ideas to Alan Baiss at 250.360.1958.

Inside this issue:

Directors 2001

Upcoming Special Event-

Ongoing & Upcoming Programs

November 24, 2001

6

6

Suicide Task Force	2
News Around the Institute	2
Thoughts on the November 2000 Special Event	3
Advertising and Classified Ads in The Wisdom Box	4
Nominations for the Board of	5

Message from the President

As a gardener spring is a time of new growth and looking forward to fresh flowers, fruits and vegetables - the results of our efforts. There will be some old favourites and some new varieties from the seeds we have sown.

In the last year the Institute has continued its growth with some old favourites - for example Phase 1 and 2 Trainings in Vancouver and *The Wisdom Box.* It has also tried some new varieties – for example the Special Event featuring our own members, the Trauma Workshop, and the development of the Website. These are ways to

spread knowledge of the Institute and help individuals increase their expertise in the Satir Model.

The Annual General Meeting of the Institute on May 17th is both a time for looking at where we have been in the last year and for looking forward to new possibilities.

We will say thank you to some Board members who are leaving the Board and a welcome to new Board members. Those elected will bring new enthusiasm and new energy and ideas to add to our vision and activities. We will also have a new

President. It has been an honour to be the first President of the Institute and wisely the Constitution requires a change after three one-year terms. I look back over the last three years and am truly amazed at how far we have come and the possibilities that have opened up.

I regret that I will not be able to be at the AGM. Renate and I are taking an extended holiday in Europe, visiting both our families and enjoying exploring new places together.

Michael T. Callaghan President

Suicide Task Force

While working as a behavioral investigator for the BC Coroner's Service I became convinced Satir Model theory had much to offer the world's efforts pursuant to suicide intervention and prevention. This led to introducing Dr. Banmen to the BC Coroner's Service.

Dr. Banmen was subsequently retained as a consultant to a coroner to examine a particular and complex youth case of completed suicide. After examining existing records pertaining to the deceased youth Dr. Banmen submitted a report containing comprehensive information about how the Satir Model understands suicide. Here is an excerpt from Dr. Banmen's report.

"Many reasons for suicide and attempted suicide have been put forth. We hear a lot about the external factors that are major contributors to the cause of suicide. These factors, including drugs and alcohol, loss and grief, divorce, peer pressure, reduced job opportunities, economic competition, and world tension have all been used to explain the suicidal scenario.

The external, contextual, environmental, interactive factors

are probably stronger stressors now than in previous decades. Yet, most teenagers seem to handle these stressors well. All of life is within a context. How we handle the impact of various stressors might be a more important consideration than the stressors themselves."(Banmen 2000, p.1)

John and I felt more could and needed to be done to bring Satir Model understanding of suicide and it's prevention to a greater audience. Several of us who had graduated from Satir Level I & II training had begun talking about adolescent suicide and suicide in general.

With this collective growing enthusiasm Dr. Banmen, in his role as Director of Training for the *Satir Institute of the Pacific*, on September 5, 1999 sent invitations to those of us who had been in discussion on the topic of suicide. Dr. Banmen's invitation was to form a suicide task force with these specific tasks to perform:

- ⇒ What suicide prevention and treatment programs are presently available in BC.?
- ⇒ What does the recent literature say about suicide

By—Jim Smith

prevention and treatment?

- ⇒ What could the Satir model offer in the area of suicide prevention and treatment?
- ⇒ Can we and should we develop a new suicide prevention and treatment program/curriculum using the Satir Model?
- ⇒ If so, can we provide training programs for therapists?
- ⇒ Can we present our developments at conferences?
- ⇒ Can we write about and research our ideas?

The task force group met approximately once a month usually on Thursday nights for 2 hours at a time. The seven challenges to the task force gave quick focus and direction to the work to be done. Those attending brought experiential knowledge from the field as well as their new discoveries from the Satir Model training.

Jennifer White agreed to sit as a consultant to the task force with her knowledge and experience from her work with the Suicide Prevention Information and Resource Center of British

Columbia. Jennifer had recently co-authored "A Manual of Best Practices in Youth Suicide Prevention" that subsequently received wide distribution through the province.

October 2000, 3 members of the task force presented at the Canadian Association for Suicide Prevention Conference held in Vancouver bringing forth some of the concepts from our work on the task force. This included understanding behavior as coping and how the Satir therapist would approach treatment using the Iceberg Metaphor, the Coping Stances and extending the invitation to live. Responses heard were favorable.

Most recently the task force members have been preparing possible articles for the Journal of Contemporary Family Therapy on the subject of suicide using the Satir Model. This exercise has assisted the goal of the task force. The task force on suicide looks forward to updating our fellow Wisdom Box readers in the near future.

For more information call Dr. Banmen (604-591-9269) or Jim Smith (604-826-6489).

News Around the Institute

Beth Lisson and John Riopka are doing a workshop for couples in Kuala Lampur, Malaysia in July, hopefully combining that with attending the 4th annual European Family Therapy conference in Hungary.

Beth is also co-teaching a Family Therapy Course for the University of Victoria in the counselling masters program.

Martin Bartel is also teaching a Intro to Counselling course and the *Practicum Site Clinic* at Trinity Western University in the Counselling Psych Program.

Jim Smith & Wendy Lum

will be presenting an *Adolescent Suicide Prevention* presentation at the Langley Best Western on May 28th, 2001 from 7:30–9:30 p.m.

Kathlyne Maki-Banmen was recently in Cuba with a delegation of 30 other people to study suicide and their health care system. She was favourably impressed and we should be skeptical of the US propaganda machine!

Wendy Lum, who is getting married this summer, will then be moving to Reno, Nevada. We will miss you Wendy!

Bruce Cullen will be the chair of the Fall Special Event, anyone who wants to volunteer please contact him at 604.515.7727.

Todd Clark is our new Lending

Librarian. A detailed account of what you may lend will be in the Fall newsletter.

In September, Mary-Ann Reid will be the new *Wisdom Box* Editor—we warmly welcome her aboard!

Dara Rosenzveig will (probably) still be creating the newsletter digitally and the summer newsletter is being cancelled, as she will be busy having a baby. Wish her luck!

Thoughts on the November 2000 Special Event By—Lorrie Brubacher

Peace Within, Peace Between, Peace Among. This subtitle of a 1991 book of Meditations of Virginia Satir, edited by Banmen and Banmen was also the name of the successful Satir Institute of the Pacific's November 2000 conference for personal and professional growth. In the spirit of a Cree elder who said, "You cannot pass along what another person 'really' told you; you can only pass along what you heard," I will pass on to you some of what I heard.

Coming form Manitoba, it was a joy to again see many of the people that I had spent a week with in residential training in Federal Way in the summer of 1999. It was a greater surprise to come upon two Manitoba women at the morning coffee break!

In the keynote address, Kathlyne Maki-Banmen spoke of peace as something more than stopping interpersonal and international fighting, and also deeper than internal personal happiness. She suggested that peace begins with our journeys to and from the inner core. She spoke of Virginia Satir as a visionary-before-her-time with the message of living from the positive source of energy that is innate in every human being. This process of human growth, driven by the positive energy inside every human being is similar across cultures.

Drawing from Joan Borysenko's three levels of courage: willful, psychological, and spiritual, Kathlyne described three parallel types of hope, and added courage, forgiveness and love, as the four ingredients on this journey towards peace.

To live from our inner core of positive energy we need: courage in the face of fear; hope which is "neither passive waiting nor forceful anticipation"; creative hope that allows us to passionately envision new pos-

sibilities in the midst of chaos; forgiveness which creates internal peace, in spite of unchanging external circumstances, this comes from recognizing the universal common core is oneself and one's perpetrator; and love, the antidote to living in restraint from fear, hopelessness, and resentment.

For those of us who become disheartened with the enormity of our work as therapists, or who struggle with whether individual and family therapy can have a positive impact in saving our planet, she left us with the words of Mother Teresa who said, "I never look at the masses as my responsibility. I look at the individual one at a time... one drop in the ocean... just begin with one."

A highlight of Anne Morrison and Wendy Lum's wellness-based workshop on Grief, Loss and Change, was their challenge to the myth that grieving means letting go, and saying good-bye forever. "Usually what we see when people go through change is that they don't let go," said Anne.

Using the Satir model of change, as presented by Steve Buckbee, they presented the Satir process of transformation. The reframe to the myth of letting go then becomes: "You don't have to let go. You develop a new relationship with the loved one who has died."

The way in which that person remains with you changes, and becomes symbolized in new ways as the grieving person goes through the chaos of change and loss and reshapes their own identity, by living out these questions: "Who am I now? How do I want to build the connection with the person I have lost? What do I want to build to reflect who I am now?"

Hope for those in grief comes in the discovery that no one can take away one's sense of their own inner core. Wendy shared her personal experience of grieving the death of her brother by exploring the impact of this experience through the different levels of the iceberg. She showed how she was able to meet her yearnings for caring, connection, belonging and acceptance through the ongoing and transformative process of grieving.

Marga Hanna's presentation on transcending the traumic image with art therapy opened us to the possibility that positively directional change begins with replacing the notion that there is only one right way, with an

openness for inclusivity and creativity. We were given the task of drawing a "symbol from the heart" that represented who we are. This exercise challenged our preconceived polarities of right and wrong, and imposed expec-

tations of how we must be. Working with this symbol from the heart, she presented art therapy as a means of allowing the heart and soul to speak.

During the fight for survival, human beings become increasingly disconnected from their inner core: the essence of their humanness. Art therapy is a powerful way for people to reconnect to the inner source of their being. Expressing of the internal impact of events through art, provides people with an avenue of expression that frees traumatized individuals to seeing their intrinsic value beneath the turmoil and alienation resulting from trauma

Art therapy is a significant process for creating the positive change which Virginia Satir taught. The images in art become an externalization of the internally held impact of a person's experience.

Images are a way of giving expression to never-yet-verbalised emotions and experiences, thereby making it possible for the client to reconnect with their creative life force energy. Artwork becomes a tool for enhancing a client's self-worth. It is important that the therapist, working with art therapy also reconnects to the life force energy, so as to be fully present as a witness to their client's transformative reconnections.

The day ended with the moving story from a client, W. who had been the victim of years of ritual and sexual abuse. She told the story of her therapeutic journey, following a brief introduction by John Banmen. "We all have the same life energy," he said. When it has been damaged, how do we get back to it? How do we "rehabilitate a damaged soul?"

She confirmed for us the indomitable power of the human spirit! She told of how helpful many therapists and group experiences had been along the path of her healing journey to reclaiming her sense of self. As John said, the best therapist in all this was W. herself.

The key therapeutic ingredients appear to have been two-fold: the value of the therapeutic relationships, in particular, the therapists' abilities to be fully present, with enormous patience and a clear focus. In this regard John repeated the Zen Buddhist saying, "Don't just do something. Be there!"

The second key therapeutic ingredient was giving her the tools with which she could work between sessions. John and W. put great effort in acquiring tools for her to work with between sessions. These tools (Continued on page 5)

Advertising and Classified Ads in the Wisdom Box

The Wisdom Box is now accepting classified ads and regular advertising. Here is our policy.

Advertising is welcome. The Satir Institute of the Pacific reserves the right to reject advertisements which do not meet the general purpose of the organization. Send all copies, payments and inquiries to the Editor. A cheque payable to the Satir Institute of the Pacific must accompany your copy.

Display advertising rates:
• Full page— \$50

Half page— \$25Quarter page— \$12

Classified advertising: The cost for professional related items such as office rentals, items for sale, equipment needs, supervision etc. for up to 3 lines are free for members and \$1 per line for others.

If possible, please forward articles and advertisements via

e-mail attachment (in Word for Windows format) and/or computer disc, camera ready, for the Editor at the address listed below

Attention Advertisers: The Wisdom Box is published four times per year. Summer, Fall, Winter and Spring. For those interested in advertising Fall events and programs, the next deadline for submission is October 12th, 2001. Please submit any articles, ideas, gossip, poems or anything else to the Editor.

Editor: Mary-Ann Reid 7818 Okanagan Landing Dr., Vernon, B.C., V1H 1H2

Tel: 250.549.2664 Fax: 250.260.4186

E-mail:

newsletter@satirpacific.org

Classified Advertising

 Anyone aware of 800 ft₂ space for lease, appropriate as a possible workshop space with kitchen facililities in the lower Mainland—please contact Pauline Mullaney at Tel: 604.875.2653 or E-mail at: Pollmull@aol.com



SYSTEMIC FAMILY CONSTELLATION WORKSHOP ACCORDING TO BERT HELLINGER'S APPROACH

This is an opportunity to experience the extraordinary systemic family constellation work of German psychotherapist Bert Hellinger as facilitated by Garielle Borkan. Hellinger's work has been hailed as one of the "most original in contemporary psychotherapy."

THIS WORKSHOP IS DESIGNED FOR INDIVIDUALS AND COUPLES WHO ARE SEEKING WAYS OF WORKING WITH THE DIFFICULTIES IN THEIR LIVES WHETHER MANIFEST IN PHYSICAL ILLNESS OR IN DISRUPTIVE LIFE PATTERNS, AS WELL AS THERAPISTS AND HEALTH PRACTITIONERS WHO ARE LOOKING TO EXPAND THE WAY THEY WORK WITH THEIR CLIENTS IN NEW, EXCITING AND POWERFUL WAYS. ANYONE CAN BENEFIT.

Workshop Facilitator: Gabrielle A. Borkan, M.S.W.

Gabrielle Borkan obtained her psychotherapy license in Germany and has been closely working with Bert Hellinger for six years.

When: June 22—24, 2001. Friday: 6—9:30 pm, Sat and Sun 9 am—6 pm.

Where: Abercorn Inn—9260 Bridgeport Road, Richmond, B.C.

(If staying at the hotel, there are special rates when you mention that you are there for the workshop.)

Tuition: \$280 (There is a student rate available). Deposit \$100.

Refunds are available until 10 days prior to the workshop, minus \$30 processing fee.

For more information and to register please contact:

Karin L. Tschanz, M.Th., 3166 St. Georges Avenue, North Vancouver, B.C., V7N 1V2

Tel: (604) 987-8282, Fax: (604) 985-7667, E-mail: ktschanz@ primus.ca

Nominations for the Board of Directors 2001

Three Board positions are becoming available this year. Membership to the Board of Directors is a three year commitment.

This year we need to elect a new President because, according to our constitution, we cannot re-elect Michael (he has presided for three consecutive years). Please think about possible candidates and be sure to nominate them!

To become nominated or to nominate someone you think would benefit the Board, follow the steps outlined below.

Step 1:

Decide who you would like to nominate. Remember, you can nominate for all positions, and as many people as you would like. You can nominate a person for more than one position. You may also nominate yourself. Feel free to copy this form as many times as necessary, if you are nominating more than one person.

Step 2:

Call your nominee(s) to make sure they are willing to run.

Step 3

Fill out the form below and mail or fax it to *SIP* care of—Martin Bartel, 5937 Cutler Rd., Agassiz, B.C., VOM 1A2 Tel: 604.796.0152, Fax: 604.796.2517.

Faxes are encouraged!

Nomination Form for the Board of Directors	
Your Name (please print)	
Are you a Clinical Member? ☐ Yes ☐ No Are you a Professional Member? ☐ Yes ☐ No Are you a Student/Affiliate Member? ☐ Yes ☐ No	
Name of Nominee:	
Address of Nominee:	
Nominee's Phone Number:□Home, □Work	
Are you nominating for a specific position? ☐ Yes ☐ No	
If yes, for which position(s)?	
Have you verified this person's willingness to be nominated? Yes If not, please do so <i>prior</i> to sumitting this form.	
Please submit all nominations before May 1st, 2001.	

Thoughts on the November 2000 Special Event Cont. By—Lorrie Brubacher

(Continued from page 3)

included:

- 1. Go home and practice NOT reacting to what she had reacted to in the past.
- 2. Practice staying in the present.
- Practice living with her self -the self which the traumas had disconnected her from.

"Every single part of me was going to be rescued and integrated," she said of her therapeutic journey. In my opinion, everyone in the audience was touched by this story of transformation and integration, from brokenness to wholeness.

The conference has, in the words of Virginia Satir, nurtured my "ability to be grounded, inspired and connected." (p.35, Banmen and Banmen). It also

challenges me to continue integrating new learnings into an experiential model of counselling that is congruent with whom I am as a person and therapist.

New Members

A warm welcome to the following new member of the Satir Institute of the Pacific:

Affiliate— Bonnie Mason Professional— Todd Clark

Upgraded to Professional— David Bradshaw Sue Taylor



For information and membership applications contact:

Anne Morrison
Director of
Membership Services
604.856.8317

Upcoming Special Event—November 24th, 2001

Watch out for our upcoming Special Event in November! Details will be in the Fall Newsletter and in separate mail outs. Contact Bruce Cullen at 604.515.7727 if you want to volunteer for any part of making this second annual event another success.



Ongoing & Upcoming Programs

Satir's Systemic Brief Therapy Training Program—Phase II John Banmen & Kathlyne Maki-Banmen Ten Day Program—Started December 2000



Satir's Systemic Brief Therapy Training Program—Phase I John Banmen & Kathlyne Maki-Banmen Ten Day Program—Sept. 8/9, 2001, Oct. 6/7, Nov. 3/4, Dec. 1/2, Jan. 19/20, 2002.



For program and registration information contact:

Mindy Kolman Registrar of Programs 604.535.3488 or Registrar@satirpacific.org

Satir's Systemic Brief Therapy Training Program—Phase II John Banmen & Kathlyne Maki-Banmen Ten Day Program—Sept. 15/16, 2001, Oct. 13/14, Nov. 10/11, Jan. 26/27, 2002, Feb. 23/24.



Satir's Systemic Brief Therapy Training Program—Phase I In Victoria Beth Lisson & John Riopka Ten Day Program—Oct. 20/21, 2001, Nov. 17/18, Dec. 8/9, Jan. 12/13, 2002, Feb. 9/10



Don't forget to visit our website!!!

www.satirpacific.org

Submit ideas and content to Kathlyne Maki-Banmen Tel: 604.591.9269 or E-mail: kmb@satirpacific.org

Other Programs Endorsed by the Board of Directors

AVANTA Advanced Intensive Residential Training Program John Banmen & Kathlyne Maki-Banmen Dumas Bay Center, Washington, U.S.A. August 7—13, 2001

Hong Kong Satir Institute & AVANTA Advanced Intensive Residential Training Program John Banmen & Kathlyne Maki-Banmen Hong Kong Institute of Education, Hong Kong, CHINA July 20—26, 2001