

The Wisdom Box

The Official Newsletter of the Satir Institute of the Pacific

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Unsung Hero for 2004

**Dellrae Butler presents
2004 Unsung Hero
Award to Pauline Chan
at the AGM in May**

See p. 2 for Dellrae's
presentation speech

Message from the President

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The Board recently held its first meeting since the AGM at the beginning of May. We welcomed three newly elected, enthusiastic, volunteers to the Board, Jennifer Barrett from Kamloops, Pauline Chan and Karen Keyes (see photo on p.4). We also accepted Todd Clark's resignation from the Board and his position as Treasurer and presented him with a Certificate of Appreciation for his work on the Board and for the Institute. Todd has decided he needs to focus his whole attention on his health, so he is also letting go of his work producing our video tapes and as Chair of the Welcoming Committee for international participants at the Advanced Training Week in White Rock in Au-

gust. Karen Keyes has taken over the Treasurer's responsibilities.

Most of us joined the Institute because we were excited about what we were learning and the connections we made through our training programs. One of the challenges for the Institute is helping our 85+ members find ways in which they can remain involved and actively contribute to the organization. Anne Morrison, our Director of Membership Services, and her Committee will be phoning everyone to connect and find out if you are able and willing to use your talents and time to help the Institute fulfill its goals in the coming year. There are many opportunities to help, for

example, with membership services, fireside chats, the Wisdom Box, the Task Forces, Research, the Special Event, Welcoming Committee in August, etc. Without the energy, commitment and new ideas of volunteers the Institute will not be able to continue its growth and achievements.

As many of us wind down and look forward to some relaxation with family and friends during the summer, my hope is that you will each find time to look at new possibilities for your volunteer involvement with the Institute.

Michael T. Callaghan
President, June 2004

Pauline Chan – Unsung Hero for 2004

By – Dellrae Butler

This is the second year of the Unsung Heroes Award. This award is given to a Satir influenced and practising person who is nominated by the "Satir Community." The selected person is not on the Board and is not receiving any remuneration for their efforts. In other words, the candidate for this award is doing wonderful work without reward and quite possibly their actions are unknown to many. This is why we titled the award "The Unsung Heroes Award." This year the candidate was selected by a committee of three : Anne Morrisson, Kathlynn Maki, and myself.

Interestingly, the candidate chosen possesses many of the same traits as the last year's candidate. This person is a self starter, creative, optimistic, idealistic, highly intelligent, and

occasionally goes by two names. This person works within the framework as a Satir therapist, and within the larger community in a volunteer capacity. Like last year's person, Jackie Armstrong, this person pulls spiritual resources into her work. In addition, she has a foot placed knowledgeably in two cultures and converses ably in more than one language.

By now you are probably taking guesses as to the identity of this year's Unsung Hero. I must add that this is a humble person who would prefer not to have a lot of fuss. In fact, her motto is "one doesn't have to be perfect, one just has to get the job done." Possessing a master's degree in social work and having been a supervisor abroad she knows how to lead people. She

now devotes much of her time off from her position at Family Services to giving weekly seminars, workshops, and counselling to those at her church. She helps children, adolescents, and adults from many cultures. Furthermore, she speaks on radio and TV.

Her personal life is a classic example of Satir philosophy: always moving in a positive direction, always challenging herself and growing. She believes in this so strongly that at a young "motherly" age, she decided to conquer her terror of deep water and learn to swim. The outcome of this, coupled with her fitness, is that people at the pool often mistake her for her daughters.

It is hard to find anything negative to say about this woman, and so easy for me to go on and on about her

attributes. But of course we all have some quirky aspect of our personalities – and hers is the curious feat of juggling a husband and a "boyfriend" whom she maintains that she followed to Canada! After doing some research, I found that this was in fact true. This person claims to have a soft spot for one Dr. John Banmen. What is even more interesting is that Kathlynn Maki-Banmen is fully informed as to this state of affairs.

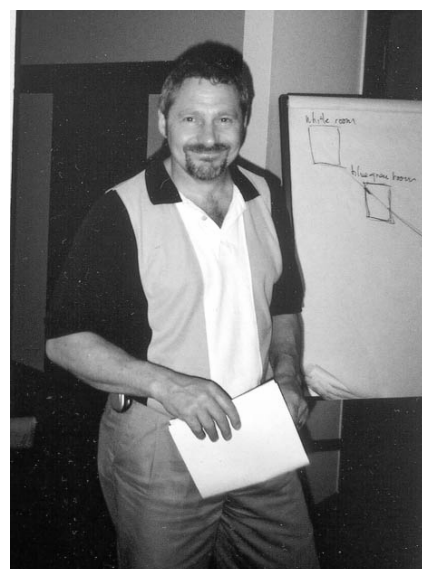
This heroine of 2004 – our Unsung Hero's Award winner – is our very own Pauline Chan. Please join me and the committee in presenting the Satir Institute of the Pacific's Unsung Hero Award to Ms. Pauline Chan!



An Evening of Adventure by Kathryn Patterson

"The process of change involves a willingness to experience discomfort and the unfamiliar"...and so began an evening of doing, processing, learning, and fun. On June 16th, Klaus Klein and Jennifer Nagel facilitated a clinical meeting that allowed those in attendance to learn about Adventure Based Therapy (ABT) and the many ways in which it compliments the Satir Model. True to ABT, we learned by doing and started

off with a game called Warp Speed. On the surface, a fun, team-building game; however, at a deeper level the game highlighted both group dynamics and individual experiences. At the end of the seminar we used chiji cards (shop.store.yahoo.com/twheels/chijicards.html) to share our learnings and insights from the evening. The two hour session flew by and participants left feeling energized and inspired.



Martin Bartel was guest speaker at the May AGM. His topic was Satir & Spirituality

Fireside Chats – Keeping the Embers Alive !

Fireside Chats provide home settings for current and potential Satir Institute of the Pacific members to come together and share their personal and professional experiences with the Satir Model.

Kelowna by Donna Huggins

At the end of May the Kelowna Fire Side chat group met for the first time! Eight of us met at the home of our very gracious hostess, Virginia Hallonquist. We were treated to a beautiful meal, and a warm and trusting environment. Our connections are so alive that it didn't take long before we eagerly shared both personal and professional experiences. It has been exciting to find out that the iceberg is now an active part of several addiction recovery groups across the valley, is being implemented in quick "assessment" sessions within the school system, and is a tangible part of our efforts to be better parents and partners in our personal lives.

We also squeezed in some time to talk about our hopes and plans for our group. At this time we are planning to rotate hostess duty, and to meet every couple of months. We are aware that a level I training group is currently under way in

Kelowna and want to extend an invitation to all of the graduates of the group! We know that the group may evolve and grow to a size that would warrant the establishment of another group. We are keeping the structure of the group loose right now. We did some brain storming about possible topics and/or activities for future meetings.

If you are interested in attending a fire side chat in or near Kelowna please let Donna Huggins at dhugs5@shaw.ca know! We plan to meet again some time this summer!

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### **Vernon** by Mary-Ann Reid

We continue to have 6 regular members that meet every month or two. As usual, we continue to share facilitation, tears, laughter, and great food—lots of great food! Our meetings have included a variety of styles, techniques, and tools, with each of us offering our unique gifts.

Most recently, we began a strategic plan for our group, using a model which integrates Satir's levels of experience (in Banmen's Iceberg and other similar models by Satir authors) and the concept of 4 levels of ex-

perience, including physical, emotional, mental, and spiritual (from Energy Based Healing and many cultures around the world). This process deepened our awareness of ourselves as individual members of the group and our sense of being a group as a whole. It provided an opportunity to share and clarify our experience in a safe environment.

We last met in June when Mary-Ann facilitated a one-day workshop called "The Practitioner's Care for Self." The workshop integrates Satir's Self Mandala and concepts with Energy Based Healing concepts. The experience was very positive for both the facilitator and the participants. The impact was profoundly deep and healing, and has continued to unfold for each of us. The participants have requested a Level 2!

We are taking a break for the summer, and will meet again in September.

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Merritt by Anne Morrison

A new Fireside Chat group will be starting up in September in Merritt. The host will be Audrey Ward. Audrey has recently completed Level I training in Merritt and has volunteered to co-

ordinate the first Fireside Chat group that emerged from the NVIT Family Practice course. For further information, see Audrey's contact info below.

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If hosting a Fireside Chat for your area appeals to you, please let Anne Morrison, Membership Director, know at [annekm@telus.net](mailto:annekm@telus.net). For further information about the next Fireside Chat meeting in your area, please contact:

**Mary-Ann Reid**  
Vernon Area Host  
[maryannr@shawbiz.com](mailto:maryannr@shawbiz.com)

**Linda Prochaska**  
Vancouver Area Host  
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**Donna Huggins**  
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**Anne Morrison**  
Fraser Valley Host  
[annekm@telus.net](mailto:annekm@telus.net)

**Audrey Ward**  
Merritt Area Host  
[audward@ocis.net](mailto:audward@ocis.net)



## New Members

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

### **Professional:**

Hortensia Polanco

### **Clinical:**

Yuk Yi Cheng

### **Affiliate:**

Linda Lucas  
Bettina Harach  
Leah McIntosh  
Priscia Reynolds



**For information and membership applications contact:**

**Al Wiebe**  
**Coordinator of Membership Services**  
**604.539.2529**

## The Magic

By Mary-Ann Reid

From: Reid, M. (2002). The Impact of the Satir Model: A Process for Fostering Transformative Learning. Unpublished Manuscript. (bibliography available upon request)

Unfortunately, people sometimes view Satir's work as "special magical skills that common mortals do not possess," or they, "after watching her, have rushed out and used her techniques in a 'cookie cutter' approach without understanding the context in which she use[d] her tools" (Satir & Baldwin, 1983, p. 225). However, the reality is that "such an attitude does not recognize the tremendous amount of effort and work [Satir] devote[d] to the development of her skills" (p. 225). Between these extremes, is the magic, which involves mastery of the skills and the qualities needed "on both a human and professional level" to use this approach. Beyond all the methods and techniques that are offered, the literature on the Satir

Model (and transformative learning) emphasizes the importance of the facilitator's Self as the most critical instrument for the transfer and impact of learning. Satir is remembered for her deep respect for the fact that her students all had "very different personalities, styles, and techniques" of their own, and how she encouraged "her students and colleagues to be willing to try any learning she [had] to offer, but to take only what [fit] for them" (p. 227). Also, "to be meaningful, techniques need to be tailor-made for the situation. Otherwise, they should not be used at all" (p. 241). Thus, the methods and techniques of the Satir Model are not meant to be cloned. Each situation is different and, depending on the situation and the facilitator's personal style, decisions about the environment, design, and process of the learning and therapeutic experience will emerge.

Satir and Baldwin (1983) declare, "The common bond

uniting those who use [Satir's] approach is not a set of tools but a commitment to the basic assumptions and values that underlie her work" (p. 226). The first commitment is to "an appreciation of life in all its manifestations" and a belief that, "given the proper conditions, every form of life is oriented towards growth" (p. 226). The second commitment is to an assumption that clients have the resources they need to grow within them, and that "the client needs to be responsible for himself at all times, and the therapist must abandon the role of rescuer" (p. 227). The third commitment is to a non-judgmental attitude, in which "the therapist [or educator] views whatever happens from a multi-causal perspective that excludes blame" (p. 227). The fourth commitment is "to be open and willing to use his [or her] humanness as a therapeutic tool," knowing that "whatever we actually do with others has to be funneled through ourselves as people" (p. 227).

This commitment, however, requires facilitators to be congruent. Satir suggests that the use of self "is an awesome task. To be equal to that task, one needs to continue to develop one's humanness and maturity" (Satir & Baldwin, 1983, p. 227). Educators and therapists need to be willing to keep themselves "open to [their] own emotional blocks and to learn more about [themselves]" (p. 231). In the transformative learning literature, Freire (1998) discusses the "essential elements of witness," which include "consistency between words and actions . . . boldness . . . radicalization . . . courage to love . . . faith in the people," and being "authentic" (p. 157). Likewise, Satir understood "the enormous power residing . . . in congruence of body, heart, mind, and speech" (Brothers, 2000, p. 3).

The facilitator as a learner and role model is identified as one of the significant conditions for foster-

(Continued on page 5)



Three new members elected to the Board at the May AGM  
L-R: Jennifer Barrett, Pauline Chan, Karen Keyes



Linda Prochaska was recognized at the AGM for her countless hours of work as Program Registrar

## News Around the Institute

We have been very fortunate to have benefitted in the past from the hard work of **Todd Clark**. Those of you who know him, and a lot of you do, will realize what a pleasure Todd is, and how dedicated Todd has been to helping the Satir Institute in the past. Unfortunately he has been given a diagnosis of cancer in the past 3 months, and has had to start to concentrate on himself and his health for a change. We all care very greatly for Todd and are thinking of him.

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Anne Morrison has enjoyed teaching Level I courses this past year in Kelowna, Cranbrook, and Merritt! Her Merritt experience was especially noteworthy, as it represented the first time that Level I was actually incorporated as the whole curriculum of a course for the Nicola Valley Institute of Technology's university credit social work program! Through a partnership between NVIT and the SIP, Anne was enlisted as a sessional instructor for the NVIT Family Practice course

for both 3rd and 4th year social work students (as well as interested community members/practitioners who wanted Level I certification). Many of the students were Aboriginal and Anne reports that she was profoundly moved by the privilege and opportunity to teach and companion the students on their journeys through the Level I personal and professional integration of the Satir Model. Anne looks forward to sharing her experiences with other folks working within First Nations settings!

It's another girl !

Our Institute seems to be blossoming!

Dara Rosenzweig now has a baby girl, as an addition to her other little girl. Dara was the wonderful person who edited the Wisdom Box for so long, then did the desktop publishing until recently. Congratulations Dara.



The Magic

(Continued from page 4)

ing transformative learning (Taylor, 1998). Miller (1999) suggests that "personal presence is a very important element in teaching" (p. 10). He reminds us of the power in presence, which includes authenticity, empathy, and mindfulness, and says, "If we can be fully present to our students, then we can do much to nourish their souls" (p. 10). Similarly, we are reminded of this principle by Satir, who "found human experience holy" and came to understand "the healing power she had witnessed residing in authenticity: the congruence of body-mind-heart-soul unified, expressing the same coherent message of self" (Brothers, 2000, p. 3). For me, this is the most important principle of my own practice and the key to fos-

tering transformation.

The essence of the Satir Model as I perceive it is based on descriptions of Satir's ability to draw forth "the essential personhood in the other" (Brothers, 2000, p. 5). Satir (1988) suggests that "the task of the therapist [and educator] is to see the light that shines in every person or family, and to uncoil the wrappings that shroud that light" (p. 133). Brothers describes her observation of Satir working with people during workshops: "Essence rose to the surface in the person" and "the soul, however battered and broken, would flutter forth and shimmer there, bathed in the presence of Virginia's own soul" (p. 5). The impact of this connection was that "once a person had this moment of truth, there was

no going back. They would carry, forever, this glimpse into their own potential" (p. 5). Meanwhile, all Satir had done "was to beam in on the person's uniqueness" (p. 5).

Fostering holistic transformative learning is complex and requires a tremendous amount of effort and integrity. The magic of this task is both complex and simple. It is the facilitators' ability to be congruent and humble, to use themselves as instruments to make contact with people's humanness, and to draw out and nurture the learners inner resources—those seeds waiting to grow. As Miller (1999) describes, when he looks back at the influential teachers in his life, "It was not so much what or how they taught, but some aspect of their humanity that touched me" (p.

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Satir Around the World

By an unknown author at the AVANTA Meeting in 2003

THE SATIR INSTITUTE OF THE SOUTHWEST

The inimitable Jean McLendon writes that she wants you to know "that all systems, in this case organizations, have their seasons and sometimes the seasons are so severe that the system's roots will die and sometimes it just appears that there is no growth. Given a little time and nutrients there can be a new surge of growth." Jean has seen the institute through at least three births already and it is in yet another transitional crisis. Whether the institute will be rebirthed into another life or its afterlife is up for question. In the meantime, though, Jean and her crew continue their fine work with their Leadership Workshop, Practitioner Program and the Personal Development workshops. While the institute enjoys an excellent reputation with feedback from its programs uniformly positive, training dollars in the US have shrunk over the past years and competition is fierce.

In addition to their first rate workshops and trainings, the institute also sells some creative products such as symbols for the Self-Esteem Maintenance Kit and beautiful quilt wall hangings with symbols of the self-esteem maintenance kit embroidered in brilliant colors.

SATIR INSTITUTE OF THE NORTHWEST

Mary Madland from Wenatchee, Washington has gotten a second wind and has taken over the Satir Institute of the Northwest hoping to resurrect it and set it back on its course in her neck of the woods in Washington. Margarita Suarez recently visited there to help Mary jump start the institute. The institute has reformulated its board and is already into its second video discussion series using tapes of Virginia doing family therapy. A series in Fall and Winter will cover

HONG KONG SATIR CENTER

The seeds of the Hong Kong Satir Center were sown first in 1983 with a visit to Hong Kong by Virginia Satir. More ploughing and sewing continued with the entrance of John, Jane and Maria and later, Kathlyne Maki-Banmen to the Hong Kong scene. Since then the center has grown by leaps and bounds. The inauguration of the institute took place in 1989 followed in 1991 by its registration as a charitable organization. Growing from office space of 80 sq. ft., the institute now boasts 1300 sq. ft. and has offered counseling services since 1998. The Hong Kong Satir Center is indeed blooming with Marie Lam and Grace Yung conducting A Professional Counseling Certificate Course offered since 2001, Home for the Hearts since 2000, and another program, Returning to the Authentic Self. Grace Yung has also been working with the schools applying the Satir Model to work with parents. The institute has also branched out internationally with Grace conducting a certificate course in Malaysia since 2001. I was so excited to meet these wonderfully creative women who are energetically advancing the Satir Model in so many ways.

the Chico tapes. Each session includes tape viewing, discussion and an experiential activity. September 19th Bill and Ann Nerin will conduct a family reconstruction workshop for 17 registrants and another reconstruction is planned for April though the leader has not been determined as yet.

Obviously, Mary hasn't wasted any time. She is putting her motivation and energy to work big time in the Northwest. Way to go.

SATIR PROFESSIONAL DEVELOPMENT INSTITUTE OF MANITOBA

Having been incorporated in 1991 as an educational institute, the institute in Manitoba operates on nearly a 100% volunteer basis. President Gilles Beaudry heads a board of seven persons with Maria Gamori and Alvin Gervais as members of Avanta in the institute. Since 1991 the institute has sponsored a variety of training events beginning with a number of several day events the themes, The Unfolding Self and Journeys to Self and progressing to a full-blown two-year training program combining Family Reconstruction and Systemic Brief Therapy. So far most of the training has been conducted by Maria and Gilles although in 1995 and 1996 John Banmen and Katyne Maki-Banmen came to Winnipeg to teach the Systemic Satir Brief Therapy Process.

The institute is currently working to develop the next generation of faculty to ensure that the Satir model continues in Manitoba. Faced with competition from other therapeutic models such as Solution Focused Therapy, the institute leaders have been challenged in attracting a sufficient number of individuals to a training program which emphasizes the therapist's use of self and in holding the interest of the professionals in training. Efforts are beginning to pay off though since two individuals have recently joined the rank of potential faculty having attained acceptable levels of proficiency in the use of the model, tools and vehicles. Keep on plugging, Manitoba brothers and sisters!



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— \$25
- ♦ Quarter 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

September 7, 2004

Please submit any articles, ideas, gossip, poems or anything else to the Editor.

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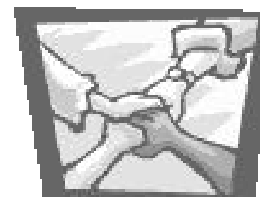
Group Supervision with Dr. John Banmen

The supervision group will consist of a maximum of six people to be held monthly on Monday, Tuesday, or Wednesday from 6 - 9 p.m. starting in September.

If you are interested, please contact John at:

E-mail: john_banmen@telus.net or
Phone: 604.591.9260

Cost \$50 / evening for 6 evenings.



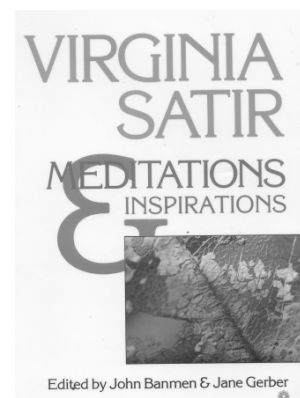
Resource Corner

Banmen, J. & Gerber, J. (Eds.). (1985). *Virginia Satir: Meditations and inspirations*. Berkeley, CA: Celestial Arts. ISBN: 0-89087-421-2

This book is a collection of Virginia Satir's inspiring words and meditations that she used during her workshops. Banmen and Gerber, two of Satir's close friends and colleagues, have gathered together a selection of the most popular pieces. These meditations offer

whole-person experiences for relaxing, centring, and preparing for transformative learning. They encourage people to make contact with their intuition and inner resources, while tuning into all their senses. Each meditation reflects Satir's remarkable way of connecting with each person's core and stimulating his or her right brain processing. Each passage also represents Satir's belief that we are all interconnected, spiritual beings,

working together to become more fully human. This book offers a variety of meditations to use with individuals, couples, or groups. Facilitators need to be discerning about the suitability of each meditation relative to the character, readiness, and interest of each participant/client—as well as the whole learning and/or therapeutic environment.



By — Mary-Ann Reid

Fall Training Programs

Satir's Systemic Brief Therapy - Level I in Richmond, BC

Kathlyne Maki-Banmen, MA with Dr. John Banmen, R. Psych

September 18 & 19, 2004

October 16 & 17, 2004

November 20 & 21, 2004

January 8 & 9, 2005

February 5 & 6, 2005

Now Registering

For information, contact Linda Prochaska at 603-879-6654 or email lprochaska@shaw.ca

**For program and registration
information contact:**

**Linda Prochaska
Registrar of Programs**

**604.879.6654 or
Registrar@satirpacific.org**

Satir's Systemic Brief Therapy - Level II in Richmond, BC

Dr. John Banmen, R. Psych & Kathlyne Maki-Banmen, MA

September 25 & 26, 2004

October 23 & 24, 2004

November 27 & 28, 2004

January 15 & 16, 2005

February 12 & 13, 2005

Now Registering

For information, contact Linda Prochaska at 603-879-6654 or email lprochaska@shaw.ca

Satir's Systemic Brief Therapy - Level II in Kelowna, BC

Kathlyne Maki-Banmen, MA

October 1, 2 & 3, 2004

November 5, 6 & 7, 2004

December 3, 4 & 5, 2004

January 29, 2005

Now Registering

For information, contact Donna Huggins at 250-769-7943 or dhugs5@shaw.ca

Help Wanted

The Wisdom Box needs you. We are a committee of 4 so far, including me Pauline Mullaney, editor, Hugh Morrison co-opted husband of Anne Morrison who does the desktop publishing, Kathryn Patterson and Bruce Cullen. We need some help with stuffing envelopes, interviewing the odd person, and offering creative ideas. If you have some ideas or a little time please contact me at p.mullaney@shaw.ca

Creative Therapy Conference 2005

We are planning a Creative Therapies conference for April of 2005 and are looking for energetic people to create a team of folks for the planning committee. If you are up for some organizational fun contact Katharine Carol at kcarol@uniserve.com

Volunteer Opportunity !

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**