



The Wisdom Box

The Official Newsletter of the Satir Institute of the Pacific

Summer 2010 Issue

SATIR INSTITUTE OF THE PACIFIC'S AGM

For some of you this may be your first Annual General Meeting for others it maybe your twelfth. So a little bit of history to start. The Institute was registered as a non-profit society in BC in August 1998 and later as a Charity with Revenue Canada. At that time a number of us were members of the North West Satir Institute (NSI), which had members in both Washington and BC. After 12 years of offering workshops, seminars and training programs in BC and Washington State, it was decided by the Board and membership of NSI (when I was President) to split the Institute into two separate institutes: the Northwest Satir Institute in Washington and the new Satir Institute of the Pacific Northwest in BC. We later dropped the 'Northwest'. By November 1st 1998 we had 23 members. We had a Level 1 starting Sept 1998 and a Level 2 starting Nov 1998 and another Level 1 starting Jan 1999. We also had a Special event with Maria Gomori in Nov 1998. In March 1999 there were proposals for a Level 3 program and a residential Train the Trainers Program. The Advanced Residential came later, although the first one was put on by NSI in 1996 in Bellingham. These early core objectives of providing training for practitioners and trainers and services for our members have remained constant over the years.

Board of Directors

2010—2011

President:

Michael Callaghan

Past President:

Linda Lucas

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Linda Lucas

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Director of Training:

Dr. John Banmen

Director of Membership Services:

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Director of Marketing:

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Directors:

Madeleine De Little

Enrique Monje-Alvarez

The names of our training courses may sound the same but there has been significant development both in the content and with different formats to meet the needs of our students and their communities. Dr. John Banmen in our Wisdom Box for July 2008 (available on the SIP website) has an article entitled 'Satir Model – Developmental Phases'. He concludes: *In summary, I see four name stages of the teaching of Virginia Satir over time.*

1. *Conjoint Family Therapy and the Communication Model of the 1960s.*
2. *The Human Validation Model of the 1970's and early 1980's.*
3. *The Satir Model/the Satir Growth Model. Starting during the late 1980's still going strong.*
4. *Satir Transformational Systemic Therapy. New century, 2000.*

In popular usage, the Satir Model will probably stay put. In formal therapeutic literature Satir Transformational Systemic Therapy will grow in use as the spiritual, transformational aspects get more understood and used.

It is the development of STST that has made the content and experience offered in our training courses so successful and attractive to professionals. From our beginnings in the Lower Mainland, then more widely through BC, we now attract students from around the world. Likewise SIP members are providing training not only in BC but in many parts of the world, from New Zealand to Asia to Europe and the Middle East. The Institute has become the de facto

world leader for training in the Satir Model/STST.

Some achievements to celebrate this year (in no particular order) include:

- At its retreat in September the Board laid out its lengthy list of short term goals relating to each of the Institute's purposes and accomplished about 90% of them during the year
- We welcomed new Advisory Board members. We were fortunate that we found such a talented group of people from around the world who agreed to share and support our Institute with their wealth of experience and knowledge for the next three years

Continued on page 2

- The renewal of the lease of our office at the Phoenix Centre for another three years. This partnership is valued by both Phoenix and SIP
- The presence of our office, together with our very capable, administrative assistant, Cindi Mueller, provided us with stability; a visible location in the BC therapeutic community, as well as a responsive voice to colleague's worldwide.



- The move to a computerized book-keeping system, although this has increased Cindi's workload, has reduced duplication and streamlined our fiscal processes.
- PayPal was introduced, particularly for purchases from the expanded Bookstore
- The post of Membership Director, which had been vacant for a whole year, was filled and more member activities took place.
- Our membership continued to grow worldwide with about 130 members
- Our newsletter, The Wisdom Box, attracted worldwide attention through distribution to members, publication on the SIP website and Satirworks
- Completed publication of the third Volume of the Satir Journal and a special issue for the Hong Kong Satir World Conference
- Our Level 1, 2 & 3 training programs, including a new Level 1 Residential Program, continued to receive high ratings from participants
- Our latest Initiative is to engage West coast Web, who upgraded our database, to redesign the SIP website over the next few months

Your Board members have again worked hard over the year, Dr. Pindy Badyal as Treasurer, Teresa Mclellan as Secretary, Dr. John Banmen as Director of Training, Linda Lucas as Membership Director, Madeleine De Little as Wisdom Box Editor, and Shelley Jensen as chair of the Nominating Committee and Board nurturer providing goodies to sustain us through our meetings. Each has contributed way beyond these roles to make this a cohesive working Board. I have appreciated and enjoyed spending time with you and thank you for your contribution to the Board and the Institute. The Board has been supported by many volunteers serving on Training, Membership, Finance, Satir Journal and Website redesign committees and others willingly taking on large and small tasks to ensure the success of the Institute.

I appreciate and thank all of you for your time and energy. We have three contractors: Cindi Mueller has done an outstanding job in her role as administrative assistant; Dr. Steve Bentheim, our Satir Journal editor, has worked extremely hard to edit submissions and produce three issues of the Journal; Graeme Sheeley has maintained both the SIP and Satir Journal websites as well as setting up the Journal for the printer. I would also like to thank and appreciate them for their work. Lastly, I would like to appreciate all the members who belong to the SIP community and share their passion for the Satir Model.

Respectfully submitted
Michael Callaghan

Editors note :The picture above is painted by my dear friend Sue Northcott. The Satir Institute has made huge strides this year and some leaps into the unknown. Congratulations, light and love to all of you. <http://www.suzannenorthcott.ca/welcome.htm>

WELCOME NEW MEMBERS TO SATIR INSTITUTE OF THE PACIFIC

*Melissa Capadouca—Community
Debbie Clelland—Community
Louise Cournoyer—Community
Trace Hobson—Affiliae
Laurie Lang—Community
Pramedai (Cammie) Reed—Community
Nancy (Fanglei) Wang
Gayle Wiggett*

SATIR WORLD CONFERENCE IN HONG KONG

JUNE 2010

By Steve Bentheim, Editor, *The Satir Journal*

When I awoke on the plane I found myself flying through white cotton candy balls into Hong Kong Harbor. My concern was if the small umbrella I bought four years ago in Prague would be strong enough for sub-tropical rainstorms. But these small worries receded at the hotel where I re-connected with the Banmens, Wendy Lum, Steve Buckbee, Mike and Dan, Sandy and Fred. We were given an evening banquet with the other “foreign dignitaries,” including the Satir Global board and Maria Gomorri who had just turned a young and graceful 90. Even the weather stayed sunny and warm.



The first day of the conference opened at the Hong Kong Baptist University with a stunning on-stage lion dance. At our first morning break, we unfurled the banner above the *Satir Journal* table. Stephen Smith helped with the sales from the nearly 700 delegates there. The first presentation I attended was by Colleen Murphy on how neurobiological research of the brain supports the concept of the “irrelevant” coping stance. I found this quite a relevant study!

The second day opened with Wei Yung Lee’s video-taped sessions of her work with families in crises. “People from China and Taiwan certainly have their marital conflicts, but the more energized Hong Kong families play it out like Kung-Fu.” This gives you a sense of her upbeat tone. Lee then implored: “Therapy has to be fun, or you will suffocate from the difficulties!”

the journal, and in the evening I chaired the shared humor as well, such as how Caesar Chan, the conference chairman, sent us an email just before we arrived about the specific hours the conference would be closed during monsoons! His dedicated work and that of his entire staff was amazing.

The third day, our SIP table had sold out all the old copies of International Editor’s Meeting. Along with our business, we

The next day, Dr. Parichawan Chandarisi (Anna) offered a presentation on how doctors in Thailand study the Satir Model for caring and self-caring and to learn the interactive aspects of the healing process. Then, Dr. Paul Yang, a medical doctor, described how Chinese cultural concepts relate to the iceberg metaphor. It was my turn to offer a workshop with Mary Yi, a “brand new” interpreter which was fine, as this was new for me as well. The exercise was to confront the anger we have directed toward someone, as a part of spiritual growth in therapy.

The Satir Global Outstanding Service Award was given to Kathlyne Maki-Banmen and a Lifetime Achievement Award to Sandy Novak. Appreciations to Grace Yung and to Marie Lam kept us up and cheering. Dr. John Banmen gave the final keynote address, referring to his article on Forgiveness as Therapy and Stuart Piddocke’s article on The Self in the new issue of *The Satir Journal*.

At our last evening banquet, we said goodbye on the floating seafood restaurant. Tali and Nitza (Brodi-Miller) let me know they were disappointed we had sold out all the journals because they needed John Banmen’s article on forgiveness for their peace work in Israel the following week. To my surprise, I found there was one last copy in my briefcase. “The article on forgiveness is just what we need,” Tali said as she thanked us. And I am thankful to SIP and to my fellow staff at the Salvation Army for being such a supportive part of my being there!



Editors note Thanks to Steve for all his work as the Editor of the journal. mdl

Satir in the Sandtray

Where words cannot reach

October 9th and 10th 2010

Place: 23253 Francis Avenue, Fort Langley, BC V1M 2R7

If you ever work with human beings then you should attend this work shop!

Sometimes it is so hard to find the words to put to the underlying iceberg. If any one is in such pain or confusion then a wonderful technique is to express the iceberg non verbally. We have been doing this through art, dance, play music etc for many years but this model that I use combines everything you have learned in level 1, 2 Satir with the techniques and underlying principles of traditional play therapy. You do not need any previous training in Play therapy to attend this weekend level 3 course. The photos below serve to illustrate the training and understanding you will gain



In the first photo above I asked the child to make a picture of herself and her family. I asked about the picture and asked if she was in it. She pointed to the three eggs. I asked what they represented. So I reflected that her feelings of anger, confusion and scared were huge, to the point of taking her over. (The other figurines represent her family with love around her.) I reflected that she had made herself with no body no arms, no face. She was all emotion. The goal of this session was to reduce the overwhelming feelings. By the end of the session the child had placed a happy face above the sand tray. (not shown) The following week I focused on when she felt happy and safe. This turned out to be only when she was with her mother. (see photo top right) So that week the sessional goal was to focus on the strength of the relationship between her and her mother. We explored her part of the iceberg with her mother rather than the part that she was overwhelmed by.

Over five weeks she had transformed the initial feelings of anger , fear and confusion to feeling in control with hope. I just asked her to make a picture of her iceberg (see below) Then together we found the words to her positively transformed ice berg. She had picked up a figurine with the word stop in her hand, found a tiny candle that she wanted lit, and the word hope on a rock. She placed a barrier to keep out the feelings of anger and confusion. The reflection went something like " So you now feel more in control and know that you have the skills to tell yourself you are safe even when you are not with your Mum." Making this picture experiential and anchoring the change was the final step and off she went skipping down the garden path. (literally).



You will see many slides like these and you will have opportunities to use the sand tray yourself. During the training you will :

- Become comfortable using the sand tray and learn how to set up a sand tray and what kinds of figurines to collect.
- Understand the images of underlying themes in the sand tray like: anxiety, sexual abuse, abandonment, depression, loss and grief through death, family separation etc
- Learn how to reflect on what is in the sand tray and how to ask questions about what is happening in the sand tray.
- Be able to recognize all the parts of the iceberg in the sand tray.
- Be able to transform the intrapsychic system by facilitating change in the sand tray which in turn brings about change in the interactive system
- Know how to help interpersonal systems change from the inside out by changing the images in the sand tray. Tapping internal resources and yearnings to create visible positively directional goals and subsequent healing Making the changes in the sand tray experiential
- Understand the different ways of 'using the sand tray through non-directive and directive play.
- Be made aware of the spiritual use of a 'private request.'

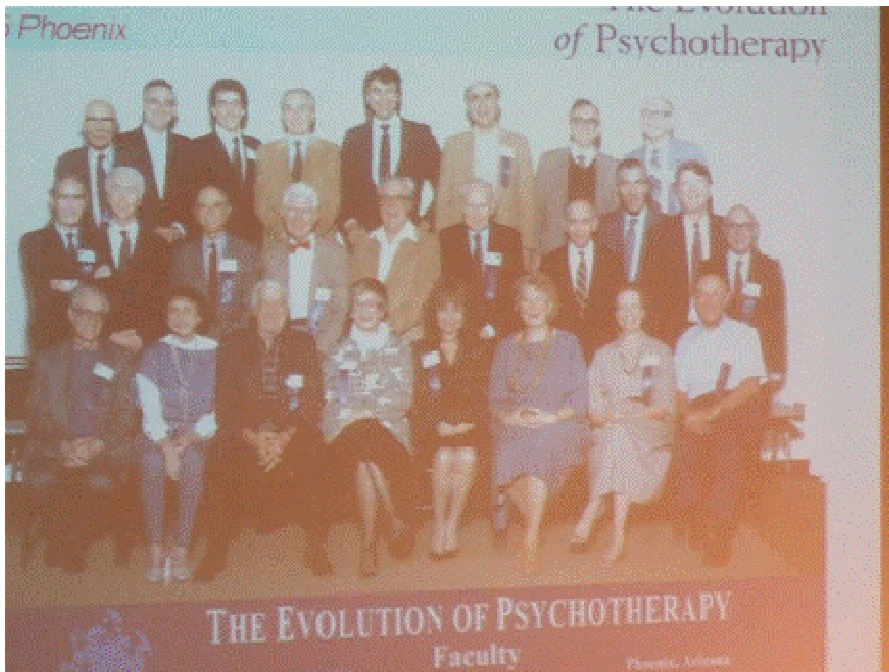
See you on Saturday October 9th. For further information see page 10

Where in the World are we?

The Satir Institute of the Pacific is holding training sessions for therapists, psychiatrists, etc in many countries of the world. John Banmen has recently been to China, Hong Kong and Turkey. In September John will be at our board retreat in Whistler and then off to Atlanta Georgia. In October he will be in Taiwan, Hong Kong, Shenzhen China, Korea, and Shanghai. In November he will be Beijing and Thailand. India has him in December. (I am exhausted just writing this all down.)



I know that Sandy you have been in China, and I know that Kathylyne you have been training all over the world and here in the lower mainland for the summer intensive at Rosemary heights. Linda Lucas has been training away from her home in Idaho. She has been here in Canada with Kathylyne at the level 1 intensive. All of you who are training abroad please write to me and let me know where you are training. Those of you who live in all these wonderful places, can you write a short piece on how the training has impacted your life. Also look out for an article in the Vancouver Sun newspaper about "Why the Satir model is not more well known in B.C. Canada."



Virginia Satir is front row third from the right but who else is here.? When was it taken?

Todd Clark Unsung Sung Hero Award Presentation



Congratulations to this year's recipients, Marie Lam and Wendy Lum. They were not able to be present to receive their awards at the A.G.M. as they were both on their way to Hong Kong for the Conference.

(advertisement)

Counselling for children and families

Madeleine De Little

Fort Langley

fort.playroom@shaw.ca

Satir Institute of the Pacific

Announces

Satir Journal Volume 4 Number 1

Is now available

Volume 4 No. 1:

- Forgiveness as Therapy in the Satir Model – John Banmen, R. Psych.
- Applying the Satir Model of Counseling in Mainland China: Illustrated with Case Studies – Yang Li, M.Ec. and Lou Vivian W. Q. PH.D.
- Development and Validity of the Congruence Scale Based on Satir's Growth Model - Mun-Jeong Ko and Bong-Whan Kim
- The Self: Reflections on its Nature and Structure According to the Satir Model - Stuart Piddocke, LLB, PH.D.
- Dead Kids Talking: Youth Suicide Prevention using Satir Transformational Systemic Therapy - James William Smith, M.A.
- **Insights** – A Series of Meditations from Virginia Satir: Self-Esteem Maintenance Kit – Carolyn Nesbitt, PH.D., R. Psych.

To order go to the store tab at www.satirpacific.org
or contact Cindi Mueller at admin@satirpacific.org

STST Level 1 coming to Nanaimo

January 20-22, Feb 24– 26, March 31, April 1-3, 2011
Early Bird Registration SIP Members \$600 Non-Members \$650

Conducted by Anne Morrison, MSW, RSW, RMFT,
Assistant Director of Training Satir Institute of the Pacific

Learn more about the program
Thursday September 16, 2010 between 1-3pm
Anne will be holding an Information meet and greet the trainer at Bethlehem Retreat Centre
Cost \$15 per person
For more information Contact Anne Morrison 250-324-5521

Satir Training Programs

Satir Transformational Systemic Therapy Training Program Level 1

conducted by

Linda Lucas, LCPC Clinical Professional Counsellor and **Jennifer Nagel, MA, RCC** Individual, Couple and Family Therapist
with

Kathlyne Maki-Banmen, MA, RCC Individual, Couple and Family Therapist

sponsored by

Satir Institute of the Pacific

Dr. John Banmen, Director of Training

at

Satir Institute of the Pacific (at Phoenix Centre)

13686 – 94A Avenue, Surrey, BC

Workshop Dates:

September 25 & 26 2010 October 23 & 24, 2010

November 20 & 21, 2010 January 15 & 16, 2011

February 19 & 20, 2011

Time: 9 am – 5 pm

Cost: \$600 Satir Members

\$650 non-Members

This course is a prerequisite for STST Level II

For more information go to :www.satirpacific.org

Satir Transformational Systemic Therapy Training Program—Level 2

conducted by

Kathlyne Maki-Banmen, MA, RCC, Individual, Couple and Family Therapist

sponsored by

Satir Institute of the Pacific Dr. John Banmen, RPsych, RMFT, Director of Training

at

Satir Institute of the Pacific (at Phoenix Centre)

13686 – 94A Avenue, Surrey, BC

Workshop Dates:

September 11 & 12, 2010 October 30 & 31, 2010

October 2 & 3, 2010 November 27 & 28, 2010

January 22 & 23, 2011

Time: 9 am – 5 pm

Cost: \$550.00 Satir Members and \$600 Non-Members

Prerequisite: STST Level I

For more information go to;

www.satirpacific.org

Satir Training Programs

Satir in the Sand Tray Where words cannot reach

Madeleine De Little, B. Ed., M.Sc. And Colleen Murphy M.Ed. R.C.C.

October 9 & 10, 2010 9 am – 5 pm

Sponsored by

**Satir Institute of the Pacific
Dr. John Banmen, Director of Training**

Note the different location

23253 Francis Ave, Fort Langley , B.C. V1M 2R7

Early Bird Price till Sept 24

SIP Member \$150 Non-Member \$165

Coming to a large space near you March 5 and 6, 2011

Level 3

Dance and Movement Therapy with Nitza Broide-Miller

Stay Tuned

:

advertisement

Satir Supervision group starting fall 2010, with Bonnie Mason MA, RCC, AAMFT, Approved Supervisor for AAMFT. Location: White Rock, for information on Bonnie's practice please see counsellingbc.com.

The group will meet on the following dates and times: The time at this point is 6:00-9:00 on Wednesday evenings: Sept 22, Oct 20, Nov 24, Jan 26, 2011, Feb 23, Mar 23. The cost for six sessions will be \$648.00, which is \$108.00 per session which includes HST. The requirement for this group is Level I & II Satir training. If you have not taken Level II clinical experience will be considered. Bonnie completed her AAMFT clinical and supervisor status with Dr. John Banmen over the past 10 years.

Please call or e-mail if you have any questions about the group. Please confirm by e-mail if you are interested in joining this group. Thank you Bonnie Mason bonniemason99@shaw.ca

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:

- w Full page — \$50
- w Half page — \$25
- w 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.

Program Registration

All Satir programs can be registered for by contacting Cindi Mueller at 604-634-0572 or from our website at www.satirpacific.org

Attention Advertisers:

The *Wisdom Box* is published four times per year: Summer, Fall, Winter and Spring. the next **deadline** for submission will be **October 15th 2010**

Please submit any articles, ideas, gossip, poems or anything else to the Editor. We would love to hear from you.

Wisdom Box Production Team

Madeleine Delittle—Editor

mdelittle@shaw.ca

Cindi Mueller—Distribution

Membership Rates

Clinical/Profesional Members—\$50.00 per year

Affiliate/Community Members—\$25.00 per year

www.satirpacific.org/membership or contact Cindi Mueller at admin@satirpacific.org

Address Change ??

If you have changed or are about to change your address or e-mail

Don't forget our website!!!

www.satirpacific.org