



The Wisdom Box

The Official Newsletter of the Satir Institute of the Pacific

Spring 2011 Issue

President's Message – March 2011

I am excited to share with all of you a number of new initiatives of the Board and the Institute. These are all designed to increase the profile of the Satir Model (STST) and the Institute.

The Satir Institute now has a new improved, more modern, colorful and attractive website. Please go to www.satirpacific.org and check it out. Particular thanks go to Alper Cagaylan, Bradley William Saunders and Trace Hobson who worked with me and West Coast Web Design over many months to develop this. Above all my thanks go to Cindi Mueller who has worked especially hard to learn how to input all the content on the website. Thank you, Cindi. One of the benefits of the new system is that we can make changes and update information on the site ourselves. We are hoping to add some video clips, pictures etc as we go along. My hope is that this new website will increase the Institute's presence and profile around the world through the internet.

Board of Directors

2010—2011

President:

Michael Callaghan

Past President:

Linda Lucas

Secretary:

Linda Lucas

Treasurer:

Teresa McLellan

Director of Training:

Dr. John Banmen

Director of Membership Services:

Florence Westeringh

Director of Marketing:

Available

Wisdom Box Editor

Madeleine De Little

The Institute has decided to introduce a Satir Model (STST) Leadership Awards program once every three years. These are once in a lifetime awards and this, being the first year, there will be fourteen colleagues recognized for their leadership and contribution to the Satir Model (STST) in various countries around the world. The number will be smaller in years to come. We are awaiting replies from all the awardees before publishing their names. Responses from the awardees so far have indicated their surprise and gratitude for receiving this kind of recognition from the Institute.

The Training Committee Directorate has expanded with the appointment of Linda Lucas, Jennifer Nagel and Carolyn Nesbitt to join John Banmen, Kathlyne Maki-Banmen and Anne Morrison on this committee. This summer we are offering not one, but three week long residential programs at Rosemary Heights: a Level 1, a Level 2 and a Master Class. We are looking forward to welcoming many of our colleagues from around the world, particularly to the Master Class, to come to learn and to share their expertise of the Satir Model (STST).

We were approached by www.goodtherapy.org to advertise the Institute's Training Programs and Satir Transformational Systemic Therapy. We are in the process of doing this and will soon have a presence on their website. Members may be interested in using this site to advertise their own private therapy practice.

The Institute's Annual General meeting will take place on the afternoon of Saturday May 28th at the Phoenix Centre. Listen to Don Potkins, a founding member of SIP, speaking on using the Satir Model (STST) in addictions treatment and the spread of the Satir Model in the Cayman Islands and then an opportunity to participate in the AGM and the election of the new Board Members. **Please mark the date in your diary and make an effort to come and participate with other members.** There are six Board positions available, three 3 year positions, one 2 year position, and two 1 year positions. Please consider becoming involved in the work of your Institute as a Board or committee member. The Institute only exists because members give of their time, energy and expertise to make it happen. If you are interested please contact Linda Lucas, chair of the Nominating Committee. More information can be found elsewhere in the Newsletter.

Michael Callaghan
President
March 2011

Satir Institute Annual General Meeting May 28th 2011 at 1pm

Dear Satir Members,

The Satir Nominating Committee of the Satir Institute of the Pacific is now seeking nominations for six positions of the Board of Directors. There are 3 three year, 1 two year, and 2 one year positions available. The description for a Member of the Board of Directors is listed on page 17 and the nomination form is also included on page 16. Nominations are preferred by May 20, 2011. We encourage and invite you to submit your nomination and get involved!

If you are interested in being an Observer at a Board Meeting you are welcome to contact Michael Callaghan, President, michaeltc@shaw.ca to arrange this. The Board is meeting at the Phoenix Centre on Saturday, April 30, 2011, from 9:30 to 1:00.

The Annual General Meeting (AGM) will be held on May 28, 2011, at 1:00 p.m. at the Phoenix Centre, Surrey. We hope to see you there for the elections, connecting, a presentation by a Satir member, treats, and some fun. Don Potkins a founding member of SIP in 1998, now living and working in the Cayman Island will speak on his use of the Satir Model in Addictions treatment and teaching the Satir Model in the Cayman Island and beyond.

If you have questions or comments, please contact me. lucas_linda@hotmail.com

Most Sincerely,

Linda Lucas,, Nominating Chair

Most people give themselves "credit" for only having bad things inside, not good things. You know, I've even found people who felt that they couldn't talk about love feelings because somebody else will be jealous. So as a result, we don't communicate the thing that is really what human beings are about."

--Virginia Satir

Forgiveness as Therapy in the Satir Model. - A Satir Five Step Process

This is a brief summary of Dr. John Banmen's recent article published in the Satir Journal, Vol. 4

The Satir Model sees forgiveness as an internal process, coming to peace with oneself. It does not require making peace directly with the perpetrator, even though it often happens after the client experientially heals the impact of the betrayal or mistreatment. Reconciliation always takes two. Forgiveness, the Satir way, only takes one. Authentic forgiveness is a deep, individual process, beyond the cognitive, verbal and perceptual levels of healing.

The Satir Model agrees strongly with Luskin's (2002) list of what forgiveness is and what forgiveness is not. His major points are included here:

Forgiveness is the peace you learn to experience when you learn to let go of your grievance

Forgiveness is for you not for the offender

Forgiveness is taking back your power

Forgiveness is about your healing and not about the people who hurt you

Forgiveness helps you take charge of your feelings

Forgiveness can improve your mental and physical health

Forgiveness is becoming a hero instead of staying a victim

Forgiveness is a choice

When people have an experience of betrayal or mistreatment they often feel devastated as a result. They take the experience extremely negatively and personal. Common examples of betrayal and mistreatment are sexual abuse, physical and emotional abuse, infidelity, death of a loved one, and major illness. One's inner self is deeply hurt. As a result of such a painful experience, people are likely to form an emotional grievance. That grievance often results in anger, hurt, hatred, outrage, desire for revenge, ambivalence, remorse, guilt, humiliation, loss, resentment, or hostility. But just because somebody has hurt you does not mean one has to suffer indefinitely!

Genuine forgiveness usually needs some therapeutic assistance at a deeper level of change. The Satir Model advocates this approach of healing one's grievance by ending the process with forgiveness, coming to a state of peace within. It follows the process of going through the multiple layers of hurt, anger, fear, disappointments and shame.

Forgiveness is accepting what is, letting go of unmet expectations, transforming negative feelings, appreciation of oneself, loving oneself, empowering oneself, living in the present, being optimistic about the future. Many clients might not always acknowledge or even consciously experience these feelings. The therapist will need to help the client deal with these feelings, perceptions and decisions experientially to resolve the impact, to transform the feelings and to help empower the client to be receptive to their own life-energy.

Forgiveness continued from page 3

The Satir Model sees forgiveness basically as an inner transformational process valued for one's own mental health. Unconscious thoughts and feelings play a major part in forgiveness. Taking personal responsibility for one's current life is the basic goal of forgiveness. Looking at how the Satir Model helps clients move towards forgiveness one can look at it as a five general step process.

1) Re-engage the client with his internal experiences and have him take responsibility for himself to heal. It is a matter of exploring his inside using the iceberg as a metaphor of himself. During this step negative feelings will surface, such as anger, hurt, fear and helplessness as well as thoughts of revenge and hatred. Basically the therapist will build a profile of the client's grievance and his reaction to the grievance. The therapist and client will look at the internal as well as some external impacts of the events that have triggered the grievance. Often this phase is called *experiential exploration*.

To reduce denial and reduce blaming the client needs to accept what happened without necessarily liking it. The therapist's acceptance of the client is especially crucial at this time. Having good contact with the client and his experience is necessary. For the therapist being centered in his own energy is also very important. Basically the client and therapist look and see the impact of the situation and how the client has been dealing with his experience.

This could include a look at the client's physical impact of his experience such as his blood pressure and depression symptoms. The client and the therapist now have a good profile of what is. Some might call this an experiential assessment of process. It is a way of understanding and accepting what feels real in the client.

2) With this profile, the client and therapist need to set some clear person specific therapeutic goals. The major changes are often at the emotional level first, by working with the client's feelings. The therapist helps the client deal with his emotional reactions by looking at changing his un-met expectations and meeting his yearnings.

How the client has dealt with the abuse is actually a way of coping. Now is the time to use more positive ways to deal with it. For example, looking and changing his un-met expectation and finding better ways of meeting his yearnings are now needed. Meeting one's yearnings, after successfully exploring the impact of the mistreatment or abuse experience, and seeing how their yearnings were not met and how that triggered his unmet expectation reaction such as anger, is essential during this phase. Basically it is a matter of getting the person's iceberg internally in harmony, often called congruence or peace within. This will allow the client's energy to radiate throughout the whole being.

The number of situations where acting out anger is very limited, say, when your child is being physically beaten by a bully, anger might be a way to resolve the problem and chase the culprit away. But being angry at what your mother said to you insensitively a month ago is neither helpful nor does it resolve the situation. Neither does getting angry on the freeway because you come up to a very, slow driver who keeps you from getting home for dinner on time. Long term anger is actually a very unhealthy solution to the problem.

As stated earlier, anger is often a large part of the grievance. Therefore resolving anger through dealing with unmet expectation and meeting one's yearning is an important therapeutic process before forgiveness can take place. Anger is an indicator or warning that something is not going well from the client's perspective.

Forgiveness Continued from page 4

Now take the list of feelings and thoughts, that the client experiences that need attention, resolving, and transforming. One issue often gets in the way, namely the client has taken everything happening so personally. If you discount his reaction, he feels discounted. If you collude with his reality, you cannot be very helpful. Careful acceptance and inviting him to heal is part of the therapist's skill. A willingness to move on to a healthier state becomes important as part of making changes.

All this is not that different from regular transformational therapy. It is only more complex and needs the skills to bring about healing at a deep life energy level.

3)What to do with the offender? My answer might be: *Maybe nothing*. You might start by understanding. I might say, *start by understanding the offender through knowing his iceberg*. His behaviour is about him. His behaviour is about his responses to his life's stress. His feelings belong to him. His perceptions belong to him. His unmet expectation and yearnings belong to him. In fact, he might have been a fellow victim in the past himself. Shame comes when you think that his behaviour is about you.

Maybe the client needs some help in de-enmeshing his own feelings from the behaviour of the offender. The goal of forgiveness is not to feel sorry for him, nor to develop positive feelings for him or even wish him well. Acceptance is a gift to yourself, not the offender who hurt you. Knowing what motivated him does not mitigate the wrong he did or make it necessarily less painful but it does make it less revengeful, less obsessive. Your willingness to understand him is helping you to let go and start transforming your pain into a healing process.

4) Once the client has let go, transformed much of the pain and many of the reactive feelings and changed his perception about the abuse, **it is time to build a new identity,** a new home, a new self-image, an empowered person living responsibly in the present. One of the most difficult aspects is to change ones perception of oneself. One's belief and identity of oneself as a victim is enmeshed with how one sees oneself and who one is. One can reframe the meaning of the experience into a painful learning that has some positive results. But mainly the client is on a path towards healing from the abuse.

If the situation involves some act of the client that he needs to come to terms with, his forgiveness seems even more important. Accepting oneself, putting the action into a new perspective, letting go of guilt and shame and loving the "part" that transgressed, then healing the part and integrating it all into a wholeness of Self must take place.

5)Now we are ready for forgiveness. Forgiveness usually has two parts.

a. Forgiving the other person. This is usually done in the form of an *empty chair*. One places the offender in the empty chair and talks to "him". Usually in terms of letting go, letting go of one's hold on the offender or the event. One might say the client puts both the offender and the event into the past. The therapist guides the client towards closure, and finally asks the client to forgive the offender from the heart, experientially, genuinely. The therapist will notice how deeply the client is able to forgive by watching the client's body: tears of relief, tears of sadness, tears of freedom. No tears, but calmness and even a great sense of relief might manifest non-verbally. Since forgiveness is an internal process, forgiving the person through a verbal and non-verbal experiential process is enough.

Forgiveness Continued from page 5

b) Forgiving one self. Even though the client was a victim of abuse, and had no direct part in causing the abuse, or abandonment, the client still carried the impact of such action. Therefore, it is important for the client to forgive himself for carrying the pain, the anger, and the hurt. This is usually more difficult. If the person has a hard time to forgive himself it usually means he is still holding on, still wanting something like *I want mother to apologize*, even though she died a long time ago, or *I am still angry and feel a little revengeful* and cannot completely let go. If so, don't push. Go back and find what else needs more attention and work on it. Then come back to self-forgiveness.

Again, don't push. Make the client aware that he needs to get to the fourth level of the process for forgiveness to take place. If he says he will, then get a commitment in terms of time when he will move from *will* to *am*. Sometimes the forgiveness process needs time, grieving and healing might take some time. On the other hand, asking for more time can also mean avoidance and procrastination. See if you can decide what is happening and then take the appropriate action. Avoidance means something is stuck. Find out what are the stuck places. Needing more time means grieving is still going on. Give them a particular time frame like a week or month to process the loss, the sadness, the healing.

In summary, I encourage Satir Model therapists to assist their clients in forgiving themselves and others in order to achieve a more peaceful internal state of happiness. This is both a deep and very rewarding process for both client and therapist.

References:

- Luskin, F. (2002) *Forgive for Good*. New York, NY. Harper Collins Publishers Inc.
- Satir, V. (1988) *New Peoplemaking*. Palo Alto. Science and Behavioral Books, Inc.
- Satir, V. (1989). *Forgiving Parents*. (Video). Boulder, CO, USA, NLP Comprehensive.
- Spring, J. (2004) *How Can I Forgive You*. New York, NY. Harper Collins Publishers Inc.

Quantum Prayer

To those who would consciously design their own destiny...
Those who believe their thoughts can and do affect their lives
in a conscious and spiritual way, can say:

“I’m taking this time to create my day
and I’m infecting the quantum field (possibilities/causation).
If, in fact, the Observer’s watching me
the whole time I’m doing this...
and there is a spiritual aspect to myself
then show me a sign today
that You paid attention
to any one of these things that I created
and bring them in a way
that I won’t expect
so I’m as surprised
at my ability to be able to experience these things
and make it so that
I have no doubt
that it’s come from You”

by Joe Dispenza
from “What the Bleep Do We Know?”

My First Experience with the Fireside Chat

I met with some amazing women last week Thursday. I had never been to a Fireside Chat before and had no idea what to expect. We met in beautiful Fort Langley in a lovely old home with an actual wood stove. Our hostess, Madeleine, had set out cheese and crackers, lit candles and provided us with comfortable chairs.

There were five of us women who connected that night. It amazed me that I had prior connections with each of them. One of the women was my supervisor when I was a new counsellor, one of them had worked at the same site as me over 20 years ago, one of them had taken a level III Satir workshop with me where we had made a connection and one of them serves on the Satir Board with me.

We discussed how the work of Virginia Satir had influenced our lives and how we hope to grow while using the Model. We shared the things that excite us about our work and some of the things that frustrate us. We shared our hopes for the future and supported each other with our excitement and attention. We had a tour of the play therapy cabin and learned about how the children get to interact with ALL OF THE TOYS (there were a lot of toys), how they get to take pictures of their work and a little bit about their process. And although I work primarily with adults, I found it fascinating to hear how I could use this same medium with my clients.

We ended our evening with brownies and some stories about our personal history. I thoroughly enjoyed hearing about the personal journeys that had brought us to this meeting. All in all, it was a lovely "first" for me and I cannot wait to meet with them again next month. I encourage others to connect with their Satir family and feel that peacefulness that comes from connecting with others who use this Model.

Florence

Here is Florence, your Director of Membership
caught between a rock and a hard place .
However she has hope behind her.



A second Fireside Chat
At Madeleine De Little's House
7pm Thursday May 12th
23253 Francis Ave, Fort Langley
V1M 2R7
fort.playroom@shaw.ca

We can share how we are
using Satir in our work and in our personal lives.
Open to all members.
Please confirm if you are coming

Email Madeleine
fort.playroom@shaw.ca



The TODD CLARK UNSUNG HERO AWARD

Presented at the Annual General Meeting

The Unsung Hero Award has a new name. It is now 'The Todd Clark Unsung Hero Award'. The Board thought this was a way to honour and remember Todd for his many contributions to the Institute and its members. "I can do that" or "Not a problem" were phrases often heard from Todd as tasks came up to be done. Todd was also an unsung hero in many other contexts where he gave generously and unselfishly of himself. The extent of this quiet generosity over the years cannot be measured but it can be honoured and his spirit kept alive each year as the Institute chooses its "Todd Clark Unsung Hero".

The award will be made at the SIP Annual General Meeting. Any member can make nominations and a small committee will make the choice of the next "Todd Clark Unsung Hero". The following outlines the criteria for the Award and how to make your nomination: Do you know a member of the Satir Institute of the Pacific who works for the benefit of all of us, selflessly and often quietly in the background, not seeking recognition for themselves, but exemplifying Virginia Satir's work of "peace within, peace between, peace among"? The Unsung Heroes award has been designed to recognize and honour individuals who have provided exemplary service or made significant contributions to the Satir Institute of the Pacific. The Award is intended for members within a variety of capacities, and from diverse settings, in order to locate deserving members whose service might otherwise be missed.

Award Criteria:

- Recipients of the award will be members of the Satir Institute who are not Directors of the Board.
- They will have demonstrated selfless giving of themselves, their energy, their time, and their creativity.
- They will have offered their help of their own volition without looking for reward or recognition.
- They will be people who enrich the lives of those with whom they come in contact.

Nomination process:

Please forward the names of nominees to:

Director of Membership Services
c/o Satir Institute of the Pacific
13686 – 94A Avenue, Surrey, BC V3V 1N1

membership@satirpacific.org
admin@satirpacific.org

Please give your reasons for nominating the person(s) and give examples or anecdotes.

Deadline for nomination submissions: *April 30, 2011*

Selection process:

The Award Coordinator, the Director of Membership, and the Board of Directors' Past President, will review all nominees and make recommendations for Award winners to the Board at its May Board meeting. Up to 3 Unsung Heroes awards will be presented at the Board's Annual General Meeting. Special plaques will be created for those being honoured. Profiles of each year's Unsung Heroes will be included in The Wisdom Box Newsletter.

Dance and Movement Therapy workshop Nitza Broide-Miller March 2011

“If you can walk, you can dance” said Nitza. She guided the group through various processes, using meditation, movement, coping stances, music, and comments to facilitate experiential reflection. Nitza showed how Satir’s five essential elements were compatible with dance. It was also an honor to witness participants experiencing deep transformation as they got in tune with their bodies. Having the chance to experiment through my body was awesome and freeing. (Wendy)



Nitza defined dance therapy as a form of non-verbal communication through Rhythmic Movement and Body Action used intentionally by a trained leader in sessions designed to release tension and express emotional needs in order to achieve integration and socialization of the Individual, used in a structured program of growth or treatment.

We were each looking forward to sharing two days with Nitza and her wonderful energy and wisdom. (Mary) I was looking forward to having a chance to move my body at a Satir workshop, rather than sitting balanced on chairs. The two days brought much more than anticipated, as Nitza directed us through carefully paced

experiential sessions, eliciting powerful emotions and awareness. Of special significance for me was the work/play with stances in pairs using only our bodies and movement. I learned to a much greater depth and in every cell of my body, how interdependent the stances of placating and blaming can be. All in all, a rich experience, informative and a lot of fun as well.

(Madeleine) I so thoroughly enjoyed my time at this level three workshop of Dance and Movement Therapy. Here we were in a hotel near Vancouver, with a do not disturb sign on the door thrown amongst complete strangers and asked to express the coping stances through movement. Imagine for a moment how you would want to show placating through movement. Our teacher was Nitza Broide-Miller who I have admired and loved for many years. I had a taste of this workshop on a summer advanced training two years ago and I knew then that I wanted more. Nitza was remarkably gentle and simple in the way she kept us safe as we explored the iceberg, the coping stances, the change cycle all through our bodies and not words. She held us safely in time and space as we went through our own process without rescuing or judging. She was completely congruent. I would really like to do more of this work and I would encourage the Training committee to bring Nitza back again to B.C. so that we can continue this amazing way of using the Satir Model.

Thanks Nitza

Wendy Lum, Mary Leslie, Madeleine De Little



Coming Events-Dates are also now confirmed for the rest of 2011 :

May 14th –15th 2011 Satir in the Sand Tray Level 3 (second part) Training with Madeleine De Little in Fort Langley

July 2 – 11, 2011 STST Level 2 Summer Intensive Training with Kathlyne Maki-Banmen

July 12 – 19, 2011 STST Advanced Intensive Master Seminar (By Invitation Only) with Dr. John Banmen **Full**

Aug 12 – 21, 2011 STST Level 1 Summer Intensive Training with Kathlyne Maki-Banmen

All three of the above programs will be held at Rosemary Heights Retreat Centre 3690-152 Street, Surrey, BC V3S 0L3

All applications are on our website at: <http://www.satirpacific.org/>



Hear Ye' Hear Ye

We would like to offer another Level 2
In the Fall at the
Phoenix Centre.

This would be done over five months ,
one weekend a month. If you are interested
please can you email Cindi Mueller at: admin@satirpacific.org

June 4 and 5, 2011

Level 3 Training **Satir Transformational Systemic Therapy: Working with Addictions**

Trainers: Linda Lucas, LCPC, LMHC and Teresa McLellan, BA

Watch for the brochure coming soon to our website or your email
www.satirpacific.org

Clinical Evening with Jim Smith

“Dead kids talking”

I thoroughly enjoyed this clinical evening with Jim Smith. Jim seemed so relaxed as he talks about his work at the coroners office helping to find out what were the antecedents to the young peoples choice to take their own life. While he was working as a Behavioral Investigator for the coroners office Jim would investigate the preceding behaviors of the youth. Somewhere along the line Jim found S.T.S.T.

Once Jim had learned about the iceberg and coping patterns, then Jim saw the pain in the lives of those young people in a different light. He interviewed family members and found that the young people had a common theme. The young people who chose death were found to have deeply rooted un-met expectations.

These young people had yearnings that could not be realized and the only way to deal with the pain that they knew was to make the ultimate choice to stopping the pain.

The work that Jim did at the coroners office has had a profound effect on Jims work today as a counsellor in Langley. Thanks to those “dead kids talking”, Jim is able to help others choose life.

mdl

Welcome to the Training Faculty of the Satir Institute of the Pacific.

Linda Lucas (along with Jennifer Nagel and Carolyn Nesbitt) has taken up the position as faculty member of training for SIP. I have worked closely with Linda for the past three years and I know she will be a tremendous asset to SIP which is now the world leader in training the Satir Transformational Systemic Therapy Model.

Linda Lucas, LCPC, is a licensed clinical professional counselor in the Pacific Northwest of the United States. Linda works as a therapist at an adolescent residential treatment center in Idaho, USA. She works with adolescent females and their families utilizing the Satir Transformational Systemic Therapy Model and Dyadic Developmental Psychotherapy Model (Attachment therapy). Linda is a Certified Supervisor for Licensed Professional Counselors and provides clinical oversight and field supervision for therapists in Idaho and Washington.

Linda is currently the Secretary for the Satir Institute of the Pacific Board of Directors, and has been an active, enthusiastic Director for the past five years. She has been honored to work as a supervisor, assistant trainer, co-trainer of Level One Satir trainings in Canada and New Zealand. Linda has been a supervisor for the Advanced Summer Intensive Programs, facilitated trainings in China and Hong Kong with emphasis on working with children, adolescents and families, and couples.

On a more personal level, Linda enjoys driving and listening to books (nine hour drive to Canada), hiking, romping with her dogs, and listening to music. She has been married for many years and has six grandsons with the seventh scheduled to make an appearance in May.

mdl

News from Satir Global Network

Steve Buckbee from Michigan and I tried to Skype during our fireside chat. We had chatted earlier and set it up. Unfortunately we could not connect but we will try next time on Thursday May 12th at 7pm Pacific time.

Satir Global Network has two free on-line lessons, one on the Change Process and the other on the Temperature Reading. If you haven't had a chance, go to the website and click on Training. You will find them under Online Training. It is so wonderful to go to the site now and watch Virginia teaching.. <http://satirglobal.org/>

Global Network are making available the first video in the Satir Family Series, along with the transcript. In this video Virginia discusses how she came to work with families and her philosophy. It is a treasure. Just press control and while holding down the control click on this link:

[The Chico Tape](http://web.me.com/sbuckbee1/The_Chico_Tape__1/Welcome.html) http://web.me.com/sbuckbee1/The_Chico_Tape__1/Welcome.html

Remember, you need to login:

Login: virginia

Password: holiday (Use small letters for both)

The Wisdom Box

We just wanted to remind everyone that the Wisdom Box is your magazine and that we are always looking for information, updates, articles, pictures etc for the Wisdom Box. Below is a list of production Dates and Submission Dates for the Wisdom Box, but we will accept submissions at any time. If you have any questions please feel free to contact the office. Cindi Mueller 604-634-0572 or admin@satirpacific.org

Publication Date

July 31, 2011

October 15, 2011

Deadline for Submissions

July 15, 2011

October 31, 2011

The Wisdom Box

Next issue Submission Deadline is July 15th 2011

Research Papers

Are you doing a masters or PhD research on the use of Satir?
Please contact John Banmen

jbanmen@dccnet.com

Who would like to collect the research papers and compile them?

'Oh my bags are packed and I 'm ready to go ."

**We are off to Holland to see the tulips and meet other therapists
from all over the world**

John Banmen will be speaking at this 19th Annual Congress of IFTA in Holland next week on:

"The Development and Application of the Satir model since the death of Virginia Satir"



Kathlyne Maki-Banmen will be speaking on "The Use of Self in Satir Transformational Systemic Therapy "

Madeleine De Little will be presenting "When the family is not able to be in Family Counselling" Using Satir and sandtray therapy to sculpt and transform the absent family."

**Here is a link to a conversation Virginia had on television
With
‘Thinking Allowed’
on
“Communication and Congruence”**

**[http://www.youtube.com/watch?
v=vfkWnQNWCRE&feature=player_embedded#at=16](http://www.youtube.com/watch?v=vfkWnQNWCRE&feature=player_embedded#at=16)**

:

advertisement

Bianca Rucker, PhD is an experienced approved AAMFT supervisor offering supervision for therapists wishing to become clinical members of AAMFT or BCACC. Supervision and consultation is also provided for therapists who would like to improve their effectiveness. Special expertise is offered in the area of sexual and relationship therapy. Fee = \$120/hour for supervision. Inquire about reduced fees for certain circumstances. Supervision available at Cambie and Broadway, and also at Boundary Road and Marine Drive. Contact Bianca Rucker at: Bianca Rucker and Associates Inc., #400 -601 W. Broadway, Vancouver, V5Z 4C2
Tel: 604-731-4466, Email: ruckerb@interchange.ubc.ca , or visit www.biancarucker.com



Satir Institute of the Pacific

Candidate NOMINATION Form for Satir Institute of Pacific Board of Directors

Year: **2011**

Name: _____

Address: _____

City

Province

Postal Code

Phone: (h) _____ (o) _____

Fax: _____

Email: _____

Satir Membership (please circle) Community, Affiliate, Professional or Clinical

Other local/national and International memberships:

What are your reasons for running for the SIP Board of Directors?

Describe any leadership positions that you have held--especially in counseling/therapy associations?

I have read and understand the responsibilities of the office for which I am being nominated. I am committed to fulfilling those obligations.

Signature

Date

D u e M a y 2 8 ^{t h} , 2 0 1 1

Mail to: Nominations Committee Linda Lucas 4177 Upper Fords Creek Road · Orofino, Idaho, USA
83544 email to: lucas_Linda@hotmail.com www.satirpacific.org

Job Description – Member of Board of Directors

Job Summary:

The Board of Directors is chosen to manage the Satir Institute of the Pacific, an incorporated non-profit Society in British Columbia and a registered Charity with Revenue Canada. It has the power to act for the Society except where the Articles of Incorporation of the Society say that a decision must be made at a members' meeting. The board must act within all legislated and contractual requirements. It must obey all resolutions passed at members' meetings. The board can only act legally after a decision has been made within an adopted procedure for decision making. The directors must act at all times in the best interests of the Society as a whole, so as to preserve its assets, further its interests, and promote the purposes for which it was formed.

Reports to:

The Membership

Source of Authority:

The Board of Directors is elected at the Annual General Meeting by the members of the Society.

Term of Office:

Directors are elected for three years, with a staggered system of term completion, and cannot sit as a director of the Society for more than three consecutive terms. Following the completion of a director's third term of office, he/she must step down from the Board for a minimum of one year.

Composition:

The Board of Directors has up to 9 elected directors. If not holding an elected position the following are also ex-officio members of the Board: Past President for a one year term; Director of Training, appointed by the Board; Director of Membership Services, appointed by the Board. The Board of Directors may number up to 12 directors in total.

Key Duties and Responsibilities:

1. Attend all Board meetings.
2. Prepare for meetings by reading relevant minutes and reports.
3. Respond to emails requesting decisions or input within 72 hours.
4. Keep in touch with general needs and concerns of all aspects of the Institute's operations.
5. Remain up to date with relevant legislation and policies.
6. Accept responsibility for specific tasks as assigned from time to time.
7. Participate on at least one committee of the Board.
8. Attend the annual retreat.

Financial Responsibilities:

1. Understanding financial implications of her/his decisions and recommendations to members.
2. Monitors expenses and income.
3. Approve annual budget.
4. Conduct periodic evaluations of the Institute's operations with a view to improvement.
5. Recommend the appointment of an auditor.

General Responsibilities of the Board of Directors as a whole include:

Promoting the mission and vision of the Institute

- Ensuring the Institute carries on all its activities within the requirements of all applicable legislation, policy and agreements
- Developing all Institute policy and ensure all policies and bylaws are either properly enforced or amended
- Ensuring long-range program planning and financial forecasting is in place
- Taking responsibility for the overall financial stability of the Institute
- Ensuring adequate financial controls are in use and that financial records are up-to-date and accurate
- Ensuring the re-generation of the membership and the Board of Directors
- Providing guidance to the membership in the selection of energetic, qualified and effective Directors
- Appointing committees to carry out ongoing operational tasks, procedural functions, and recommendation of policy
- Hiring competent staff/contractors and audit and support their performance
- Keeping in touch with the needs and concerns of members, training staff/contractors, volunteers and training participants
- Reporting regularly to the membership on the activities of the Board and the affairs of the Institute
- Implementing a system of evaluation of the Institute's activities

I believe the greatest gift I can conceive of having from anyone is to be seen by them, heard by them, to be understood and touched by them."

Virginia Satir

Letters to the Editor We want to hear from you.

Dear Madeleine Thank you for hosting the fireside chat. The evening was amazing in that it gave us an opportunity to connect with people who understand and use the model.

Florence Westeringh

Children's Hospital social work positions are open most of the time...currently we are seeking out temporary and casual MSW workers. If you know any please let them know

Cheers

Wieslawa

Sharon sent you a message. (on face book)

Re: Connecting

"Great. --- By the way, I didn't say how impressed I was with the newsletter and the work of SIP!

In terms of getting on the Satir Global Network list I need your email address. Mine is at the bottom of the holiday letter so you could send it to me that way. Take care."

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 **July 15th 2011**

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

Wisdom Box Production Team

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mdelittle@shaw.ca

Cindi Mueller—Distribution

admin@satirpacific.org

Membership Rates

Clinical/Professional Members—\$50.00 per year

Affiliate/Community Members—\$25.00 per year

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

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