

The Wisdom Box

The Official Newsletter of the Satir Institute of the Pacific

Fall edition 2011

Presidents Message - October 2011

Training Programs

The summer has been a very exciting time for the Institute with three residential training programs and two training programs starting in September. Our thanks go to the presenters, supervisors and participants who made these events a great success. Behind the scenes Cindi Mueller dealt with all the participant registrations, payments, book store sales, and letters about visas for entry to Canada for some international participants and rides to and from the airport. Thank you, Cindi, we all appreciate your dedication and hard work to make these programs a success. The Master Class also provided an opportunity to present the Satir Institute of the Pacific Leadership Awards to eight of the awardees from around the world.



Board Retreat

The theme of the Board retreat, held in September, was "What is our vision for the Institute five years from now in 2016 and what do we need to do to make it happen?" We divided our time between Training, Membership, Resource Development, Administration/Organization, The Satir Journal and an idea for a Satir Conference in 2016 to celebrate Virginia Satir's 100th birthday.

Training. The vision and goal is to have the Satir model entrenched as the preferred modality in BC and that SIP is recognized internationally as source of excellence for its training and trainers. Much discussion centered on developing our training capacity to have 15 trainers for Level 1, 7 for Level 2 and 20 for Level 3. Work has already begun in the expanded Training Directorate on establishing Faculty criteria and curricula. John Banmen's announcement that he plans to retire in 2015 has given us the opportunity to plan for his succession as Director of Training and the executive trio was tasked with developing criteria for his successor. In BC our vision is that the Satir Model is taught and practiced around the province in School Districts, BC Government Ministries and private agencies. .

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Board of Directors

2011—2012

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Wisdom Box Editor

Madeleine De Little

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Betty Conroy

Gail Franklin

Jennifer Nagel



Membership. The Board would like to see an active participating membership developing more local networking, clinical evenings, fireside chats, video days etc. The Board would also like to see more use of technology for sharing, connecting and training both for our BC and our international members. More immediately SIP is proud to announce that it is a co-sponsor of the IFTA (International Family Therapy Association) conference in Vancouver in March 2012 and is inviting our members to participate and attend. Our hope is to have an Open house for SIP members from around the world to meet and exchange ideas at that time.

Resource Development. SIP is a major source of information about the Satir Model and the Board intends to produce a minimum of 10 new DVD's of therapy sessions, continue publishing the Satir Journal and the Wisdom Box and develop more topic oriented pamphlets to be available through the SIP website. The website is a work in progress and some video clips etc will be added. Additionally, the Board envisages the second office being redeveloped into a resource centre, where an expanded library and catalogue of where to find Satir related material including many thesis dissertations, articles etc will be accessible.

Satir Conference. 2016 is the 100th anniversary of Virginia Satir's birth and the Institute is exploring possibilities for a major Satir conference to celebrate this in Vancouver in 2016.

Administration/Organization. By 2016 the Board would like to see a full time executive assistant and a part time assistant to facilitate the Institute's expanded programs and activities. A major goal of the Board is to maintain balanced budgets every year and to continue to have prudent financial reserves.



What's new for the Satir Journal

It has been about eighteen months since the last issue of the Satir Journal was published. The Board has made a commitment to resume publishing the Journal. As part of its plan the Board has made some major changes at the editorial, management and production levels. The Board wishes to thank Dr. Steve Bentheim for all his hard work as the Founding Editor of the Institute's Satir Journal. The Board appreciates his commitment to go beyond what might normally be expected of an editor and also for the many hours spent ensuring the various issues of the Journal have been published. The Board also appreciates the work of Dr. Jesse Carlock during her time as Associate Editor. Our thanks are also given to Graeme Sheeley (website technician) for preparing every issue of the Journal for the printer and maintaining the Journal website.

The SIP Board has now formed a new Editorial Board with Dr. John Banmen as Editor in Chief to be responsible for all aspects of the Journal including the former responsibilities of the Steering Committee. Gail Franklin (See the photo of her above) has been appointed as the new Editor and using software now available will also undertake many of the tasks formerly done by Graeme Sheeley. The current Satir Journal website will be discontinued and the Journal will be incorporated in the SIP website. A new issue of the Satir Journal is being prepared and will be published in time for the IFTA (International Family Therapy Association) conference in Vancouver in March 2012 of which SIP is proud to be a co-sponsor.

Michael T. Callaghan

President, October 19th, 2011

Nancy Wang-one of our Satir Institute of the Pacific Recognized World Leaders

Nancy is one of the winners of leadership award. She contributes a lot to Satir Model. In addition to her volunteer work to Taiwan Satir Center, she leads lots of training to volunteer counselors, as trainer for STST she works with women prisoners and the probation officers in the prison for the last five years (now is acknowledged by the government) Nancy also set up the transition center and added the Chinese subtitles to the Satir DVDs and posters, so that many Chinese people can study from DVDs.

The conference was organized by Taiwan Satir Center. They are celebrating their twenty years birthday. They are having many events in this whole year with many Satir workshops. Dr. John Banmen and Sandy Novak are their keynote speaker for the conference. John gave the opening speech and Sandy gave a talk about intimate relationship. John gave the award to Nancy and living treasure award to me in the morning of Oct 9th. It is a two days conference, and besides John and Sandy, all those presenting are relate to the Satir work in Taiwan. Both Nancy and I were speakers. Nancy presented her work in the prison. One of the discharged prisoners shared her experience. I had a panel with Dr Young Pei. We had dialogue on how philosophies of Satir Model fits into Chinese culture.

By Marie Lam

Taiwan Satir Center



Summary of what I learned at Master Class - Sandy Novak

What I saw John doing:

- 1) He started out with the presupposition that we were already Masters and that by the end of the 8 days we would know it. He was putting the learning into a positive frame, an assumption that we would all succeed, that we already had the answers (resources) and just needed to discover this.
- 2) He asked 3 questions repeatedly throughout: Who are you? What do you want? And What is your mission, your purpose? Socrates' injunction--Know Thyself--was the overarching learning objective. Of the 5 components of Satir Change Therapy, the use of self or growing ourselves and our ability to be in charge of our life energy was the overarching learning objective. We had chances to interact with those questions internally and with others in various exercises and experiences.
- 3) He also had us work with BEING and BECOMING, two interrelated states. Early on he defined congruence and said that it is a state of BEING. When we are reacting, feeling negative emotions, having unmet expectations, etc., we are BECOMING, not BEING.
- 4) The first "universal human process" [the term I'm coining for this discussion] he highlighted was LETTING GO and how it differs from GIVING UP. (giving up is dissociating from something while still feeling the reactive emotions so something is unresolved). When we let go, every level of the iceberg changes.
- 5) Congruence is another universal human process. Every morning he started the session with a meditation. Each one had a theme or experience he invited us to have. Then he had us do a dyad exercise that also gave us the experience of what he wanted us to understand or learn or a process he wanted us to have in our repertoire. He had us DO it, and thereby experience it and know it without the left brain, didactic explanation of it. The first morning he had us ACCEPT ourselves inside while facing our partner. Do it on the inside. Then he asked us to communicate that acceptance of ourselves to our partner, nonverbally, just through touch. Being present, feeling, touching, giving, receiving. An energetic process. Afterwards we had time to verbally share our experience with our partner. This is dress rehearsal for doing therapy, being in that congruent state, sending our acceptance, appreciation, and caring to the client. Helping them learn to give it to themselves. To reach a congruent place too.

What I got on a new level in a new way was the experience of accepting. Invited to accept myself, I went into an internal process of accepting, of noticing what was getting in the way and working directly with whatever that was to let it go, not just giving it up, and coming to a place of accepting. It was a process, an experience, not a stage or a step or a thought or concept. John kept inviting us to engage these "deep human processes" and then share them, like he was inviting us to come to a congruent place right there and then in the here and now, to see what it took to be inside that process and then, in sharing it in the dyad, to see how to manifest it outside of ourselves in the world. Accepting fostered the sense of being, being in a state of harmony, peace, tranquility. He had us do this with other processes like appreciating, celebrating, loving, forgiving, and letting go. I had a felt sense shift about these things. I had always thought about them from a left-brain perspective. They were stages, steps in a process, stages in change therapy. They weren't deep human processes for resolving, digesting, and healing our past and bringing ourselves to the present. Now I was having the experience of BEING through these processes.

Listening to my inner silence is one way to be there. Here's the paradox. Slowing them down in a session speeds up the change. These are processes, not decisions or flipping a switch.

As John defined congruence, a state of being in harmony with the SELF on the inside, I got so much more in charge of this. Definition: 1) honoring self, other and the context. 2) In the iceberg, in touch with our life force, everything is in tune. When we are angry, we are out of tune. By sharing the anger, we are saying we are out of tune. Congruence is being in tune. 3) resolving what's been in the unconscious and subconscious.

I could see that when I reacted, moving into sadness, anger, disappointment, etc., and held my focus there, I was no longer harmonious. I was feeling and in a process of that feeling. As I tracked it, I could see that throughout the day I came and went, from being to becoming back to being. But, I could also see that my focus can get caught up in the reacting or some perceptual process like judging or critiquing, etc. When I was in charge of meeting my yearnings on the inside and therefore in an harmonious state, reactions could fall away so much more quickly. I was learning how to be in being at will. This is the state for working with clients. This is the state clients long to be in. We create safety and trust when we are in being. And we mirror the state they want to attain by coming to therapy. We hold the possibility for them. *Continued on page 5*

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I have heard for a long time that you can't take a client where you haven't been. So here we were, practicing accepting ourselves, being in the being state. Practicing accepting our dyad partner right where they are. Validating clients right where they are by accepting their positives and their so-called negatives. Connecting with my life energy and then the client's life energy. Then transforming the person's negative into positive. Bringing them into harmony with their life force.

John shared that he works on a "topic" each month—patience, generosity, accepting, compassion, oneness, love, responsibility, selflessness. Here we are again, practicing these deep human processes. Work on what gets in the way of working with clients. All of these are qualities of the SELF, manifestations of life force, ways of connecting our life energy with others.

Sandy Novak, MS, MA, SEP, LPC

Satir Fireside Chat

Thursday November 3, 2011

7:00 pm to 9:00 pm

Hosted by Madeleine De Little

23253 Francis Avenue,

Fort Langley, BC V1M 2R7

forplayroom@shaw.ca

604-626-9671

Feel free to bring a snack to share with the group

If you are interested in hosting a fireside chat let us know and we will help

Satir Institute of the Pacific

604-634-0572 or admin@satirpacific.org



Hi Cindi, /Madeleine this is a poem I wrote for the fun night/auction for our Satir Intensive. Jennifer suggested it go in the SIP newsletter.

The Dance

I am not my experiences, nor my behaviors

My dances, my coping stances.

I am a dreamer, a dancer, a sculptor, a poet, mother, lover, and friend.

Swimming through feelings, I AM

Is you, is me, connected...

At the deepest level, infinite potentiality

The Quantum state, life, fate

Brushstrokes, colors, soft, subtle, dynamic

Part of the Universal Masterpiece,

The I AM is you, is me

I Am, is not my behaviors.

Katherine V. McLoughlin
Stopping The Violence Counsellor
Elizabeth Fry Society
Burns Lake



The Satir Institute of the Pacific Board has been working hard



We spent 48 hours together give or take a little sleep making decisions on your behalf . The Satir Institute of the Pacific is the world leader in training in the STST model. That is a fact. In order to continue we need to develop our infrastructure, our training, our trainers, and our place on the world stage. We are sponsors of the International Family Therapy Association world

conference here in Vancouver in March 2012 and John Banmen is one of the key note speakers and I am sure many of you who have applied to present will place the Satir model firmly in the minds of therapists from all over the world.

As an institute we are in transition as John Banmen our Director of Training plans to retire in 2015. We are positioning ourselves for his retirement and have added three new members to the training committee. They are Linda Lucas, Carolyn Nesbit and Jennifer Nagel. Jennifer and Linda are now the trainers for the current level 1 STST .The trainers are going to be developing a curriculum for training and look at a certification process. We will be developing our second office into a resource library where books, DVD's thesis dissertations will be housed for members use.

We plan on ever increasing membership and invite our members to participate in the Institute in ways that suit the strengths that they have It is not so much about what we can offer our members but what they can give back to the Institute that will promote the Satir Model throughout the world. We want to invite you to be a part of and contribute to this dynamic organization. What and how will you be able to contribute?

To close our weekend we individually created an image for the future of SIP and our part in it, in the sand tray. In the tray the reader will see that there are images of the world, hope, love, a guiding light (from the light house), teaching, reading, transformations, growth, beauty and open hands. These are the feelings, perceptions, expectations and yearnings we as board members have in relation to our contribution in continuing to develop the Satir Institute of the Pacific as world leaders in training. MDL



And what did you do on your summer holiday?

—Well I went to teach at the Satir Institutes of the Czech Republic and Slovakia

Hana and Nadia from Slovakia and Lenka from the Czech Republic invited me to go and teach Satir in the Sand tray in August. I arrived in Prague not knowing what to expect and there was Thomas waiting for me. I was to get to know Thomas very well as he spent two solid days whispering English into my only working ear. Lenka soon arrived and I was whisked off to have lunch at the Prague museum where Thomas is the curator of antique Czech coins and medals. We spent the following day getting familiar with the most amazing city of Prague. Thomas knew his city so well and took me to places that few tourists have ever trodden.

Lenka allowed me to stay in her apartment and I managed to fit into her little girls bunk bed. She took me the next day to where the work shop was to take place. I understood this was a converted farm house and was home and training for people with mental health issues. Most of the staff had graduated from the farm house. So I

began the day and Lenka remembered everything even down to a photocopied meditation by Satir which she opened the workshop with. I had the power - point full of photos of children's and we talked about them for most of the morning. After lunch I had the privilege of doing a demonstration. Nerve racking initially, I was able to help the star make a number of transformations All done in translation. We stayed one night in the farm house and during that evening many triads put in extra homework. The bar downstairs was open and some of us enjoyed the country air outside with me trying to join in on the singing- without the words! The next day was focused mostly practice in triads.



Lenka , Thomas and I spent the following day visiting an amazing castle called Kokorin . (see above) Nothing seems younger then 14 century ! High up on a jutting out piece of long thin granite all we could see was forest for miles. If you look carefully at the tower above you may see Rapunzel waving!

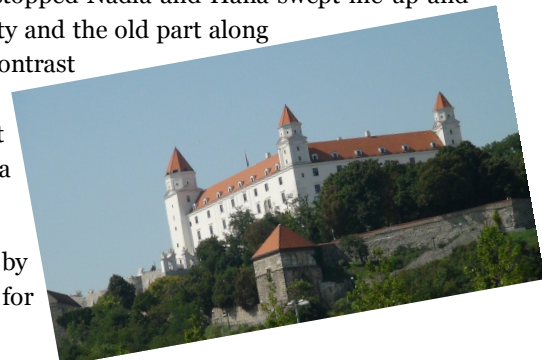
Off to Bratislava in Slovakia on a train the following day. I had made the mistake of taking two medium suitcases and this proved to be a bit of a problem with my broken arm-especially getting off a train. However I did not need to worry for as soon as the train had stopped Nadia and Hana swept me up and helped me with my chattels. Bratislava is a very old city and the old part along

with the castle was quite beautiful. (see the photo on the right) In contrast across the other side of the Danube there were hundreds of apartment buildings as far as the eye could see that although still fully occupied; reminders of communist rule only 20 years earlier. Hana took me for dinner on the banks of the Danube on a very beautiful memorable hot evening. (photo above)

I did two separate workshops in Bratislava with Hana and Nadia. I was moved by the level of knowledge of the Satir Model. John and Kathyne have been training there for some years and I benefitted from the impact they have had on therapy in Slovakia .

Everyone of the therapist (and this was the same in Czech republic) had training in working with children. One participant said that she just lectured and gave advice to the parents and she had no idea that she could transform the child's internal world in this way. So now both countries are just beginning to use sand tray therapy using the STST model with children and their families. I want to thank Lenka, Thomas, Hana and Nadia for being the most amazing hosts and showing me their countries. I hope to see you all soon. Madeleine

Madeleine



International Family Therapy Association

with

Satir Institute of the Pacific

Conference

March 21st-24th 2012

The Satir Pacific organization has a long history of trying to assist folks from out of town attending our workshops and retreats. We have helped with meeting and transporting participants from airports to workshop sites. We would like to offer support for the International Family Therapy Conference and to this end, the executive of Satir Pacific has agreed to look at the possibility of billeting our friends and colleagues from around the world, in order to help defer costs for their accommodation and trip here.

Whether you are planning to attend the Conference March 21st to 24th, 2012 or not, we are asking if you might have space for an extra body or two and an interest in getting to know a bit more about the various Satir programs around the globe at the same time. Those of us who have met a number of the international Satir folk, would agree they are a pretty fine lot. If you have more questions or would like to volunteer billeting, please contact Betty Conroy, of the Satir Pacific Board of Directors, to take the next step or if you have questions. If you are not attending the conference, but would still like to billet, you could steer guests towards public transit. They would be responsible for their own meals, unless you were able to give them breakfast or a starter for the day.

The Conference will be held at the Wall Centre on Burrard Street in Vancouver.

Betty's contact info is below:

bettyconroy@shaw.ca or call 604-219-7692

Thank you in advance for your interest and support

LETTERS FROM SOME OF YOU TO ALL OF YOU



Thank You dear friends for this wonderful memory album reminding me of all of us!

Hana Scibranyova

Dear John,

How is your Master Program? I finished my four days 'tour to Rocky Mountain and I will go back to China this noon. It is a very colorful journey of Canada this time. I really enjoyed in these passed 18 days. Just like the stones I brought back from Rocky Mountain. I like them very much. It is a precious experience in my life. Thank you for the love from you and Kathlyne. Enclosed is the picture of her and me, the picture of us all, and the picture I took in Rocky Mountain. I have not the email of Kathlyne. Please send this to her also. Thank you. I could not express how I feel for you two. I just know I appreciate and love you very much.

Jane

Dear Cindi.

Thank you for getting the special edition of the Wisdom Box. Milada Radosova and Hana Scibranyova are my friends and colleagues and they are also very well known in our institute. So I forwarded the Wisdom Box to all our members and I got a lot of positive responses. I liked John's article so much, that I translated it to Czech, so that all my colleagues, who do not know English so well, could read it and could understand the wise message.

Warm regards

Petr Jelinek

Hi Cindi,

Please forward my message to John, Michael and the rest if the Board.

"Congratulations to SIP for all that you did to train these wonderful

Masters in Satir!

I appreciate all of the years and years of dedication by John and so

many others to make this happen.

The world is a better place because of all the work that you are doing.

Thank you.

Sharon Loeschen, President of The Satir Global Network.



John Banmen gets the stamp of approval

I don't think that when John Banmen was growing up he said, "One day I am going to have my face on a postage stamp."

Well he if had said such a thing, his dream would have come true. Along with heroes, people in history, monarchy, hockey players John Banmen has his own Taiwan stamp.



Satir Journal

The Satir Journal is back in publication and will release another new Journal in time for the IFTA conference. We are looking for Book reviewers, peer reviewers and articles for the next issue and future issues. If you are you interested in providing any of these for the Satir Journal, let Gail Franklin know at gfranklin@telus.net

Little bits and bobs

Danielle Braun-Kauffman (from facebook)

After my weekend of Satir supervising I sat down with Jude to tell him about my weekend and learning about the metaphor of internal icebergs. Jude's response: "Mommy I have an iceberg and it's really big and people are scared of their icebergs. And when you touch it you cry" I've got a wise little guy.

Satir Institute of the Pacific is on face book. Check it out

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?

Bonnie Mason, MA, RCC, RMFT

Approved Supervisor for AAMFT is currently looking for 5 to 6 therapists who would like join a monthly Thursday evening Supervision group. The group will meet once a month at the practice of Bonnie Mason in White Rock BC, the monthly fee is \$100.00 for 3 hours. Therapist need to have completed Level 1 Satir training as a requirement for joining the group. Once I have enough interested parties I will confirm the dates, (the group will begin the last week of January 2012 the time will be 6:00-9:00 pm.)

Thank you Bonnie Mason

"Office Space for Rent"

I have a large office facility in downtown Langley in which I am building an assessment, counselling & wellness centre. There are a few offices for rent (hourly, daily or monthly). Please email ssarrobin@shaw.ca or call 604-882-3589 and leave a message.

Susan Robin



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 **December 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

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

Address Change ??

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

Don't forget our website!!!

www.satirpacific.org

Satir Transformational Systemic Therapy Level 3 Workshops

Coming for 2011/2012

December 3, 4, 2011

Satir In the Sand Tray

with Madeleine De Little, B. Ed., M. Sc.

February 4, 5, 2012

Healing from Trauma Using the Satir Model

with Kathlyne Maki-Banmen, MA, RCC

April 14, 15, 2012

Satir Family Therapy

John Banmen, R. Psych, RMFT

May 5, 6, 2012

Use of Self

Kathlyne Maki-Banmen, MA, RCC

Pre-requisite - STST Level 1

All registrations are not confirmed until full payment is received.