



The Wisdom Box

*The Newsletter of the Satir Institute of the Pacific.
Connecting members throughout the world.*

Fall Edition 2013

President's Message -October 2013

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It is with great excitement that on behalf of the Board of Directors I am able to announce that the Satir Institute of the Pacific (SIP) will be hosting an international conference in honour of Virginia Satir's 100th birthday in 2016, her own evolution, her work and her teachings. The Satir celebration conference entitled ***"Becoming More Fully Human: The Evolution"*** will take place on Friday June 24th to and including Sunday June 26th, 2016. On the evening of Saturday June 25th, 2016 a birthday gala dinner will take place. Negotiations are currently concluding for the whole event to take place at the Sheraton Hotel in Guildford, Surrey, BC. Further details will follow when they become available. The conference chair is Corrinna Douglas and the program chair Kathylyne Maki-Banmen, our new Director of Training.

The conference will be open to any individual within the therapeutic/helping profession. As leaders and individuals from across the world gather together at the conference in fellowship, training, facilitating and networking, the conference promises to provide a very rich experience for all participants. It is our hope and desire that the conference will have a significant impact on the Satir community worldwide. Anticipating approximately 375 participants, SIP recognizes the magnitude of the potential for connecting with others and promoting the teachings of Virginia Satir as they continue to evolve.

Immediately prior to the conference, SIP, as previously announced, is hosting a three day Satir World Leadership Retreat at Rosemary Heights, Surrey, BC arrivals taking place on Sunday June 19th and ending on Wednesday June 22nd. 2016 I am acting as Chair of this event and Linda

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Lucas will be the program chair. It is our expectation that most of these invited individuals will also be attending the conference.

After the conference, there will be two nine or ten day residential training programs beginning on Tuesday June 28th, 2016 at Rosemary Heights, Surrey, BC. Initial plans include a Master Class with Dr. John Banmen and a Level Three program focusing on various applications of the Satir Model.

The Board is confident that SIP can successfully plan and manage these events with the help of our many members and friends around the world. We are fortunate to have a solid (but limited) financial base for our Treasurer, Betty Conroy, to work with, and an experienced administrator in Cindi Mueller to assist with the management of these events. We will be seeking sponsors for the event. We will also be relying heavily on each of you as members to volunteer your talents and skills in the next two and a half years to make these events a resounding success for the Satir community worldwide. We will let you know of volunteer opportunities as they arise and more details become available.

Dr. Steven Bentheim –An Appreciation.

It was with sadness that SIP learnt the news that Dr. Steven Bentheim was suffering from brain cancer and has now passed away. Steve approached the SIP Board some years ago with an idea for a Satir Journal that would reach both practitioners and the academic world. After some negotiation and further development of the idea Steve was contracted by SIP to become the Founding Editor of this new journal. He served as Editor from 2006 to 2010. During that time due in large part to his dedication, drive and determination 10 issues of the journal were published. Thus he made it possible for some 35 articles to be added to the published Satir literature. A measure of his contribution might be seen in the statistics from the EBSCO databases that carry the Satir Journal and are available in most Universities and Colleges worldwide. During just one quarter from July 1st, 2012 to September 30th, 2012 these stats show that there were 772 hits on 22 articles in the Journal in 172 Universities/Colleges in 27 countries. Thank you, Steve, for your ongoing contribution to the Satir Model and your commitment using your skills and talents to sharing these ideas. You are greatly appreciated for what you achieved.

Michael T. Callaghan , S.I.P President October 1st 2013



P.S. "Gail Franklin and I attended Steve's burial service in Victoria. There were some messages from Satir colleagues and I read the above appreciation of Steve for his work."

Last day of the Master Class July 2013



Dr. John Banmen's Master Class: Limitless within Limits

By Carolyn Nesbitt

What is your purpose in life?

What are you bringing to this planet?

Who are you to yourself?



Above- A more than usual spiritual triad.
Right -Our Master class leader, John Banmen

These and other questions like them became the focus of our weeklong retreat with John. Like other workshops, we spent our class-time learning experientially. We also used our downtime for quiet self-reflection.

How is the world better because I am in it?

This is the question I grappled

with. As you can imagine, my own personal journey throughout the week was intense. It felt like an exhausting struggle at the level of

existence. Why bother being on this planet at all? What is the point?



I came out with a profound desire to be generous - to myself and to those whose lives I touch.

Part of the delight of my experience was deeply interacting with participants from many countries. As dyads and triads formed and reformed with every new exercise, we delved deeper into our own selves and bore witness to our partners' processes as well. Satir's assertion, that "We connect with sameness and grow with our differences", was palpably evident.

The week was wonderfully long and deep and too short and just skimming the surface. I am left with a smile when I think of the individuals who touched my life and allowed me into theirs, a flowing sense of peace, and an urgent questing for where I want to go - both inside and in giving.

I have deep, deep gratitude for John and the effort he makes to heal the world one human at a time.

Carolyn Nesbitt

Good friends saying Goodbye



The Asian contingent did some dancing and a wonderful skit for us on the last night.



The serious "Dona Nobis Parchem" and the less serious "See the pretty girl in the mirror"



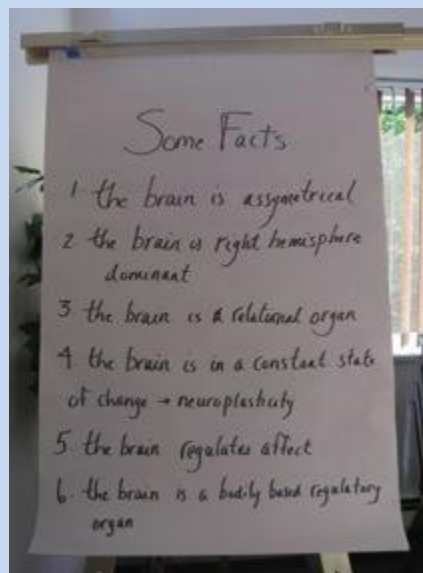
Madeleine and Robin led the auction.



The participants who helped raise over \$2,000 dollars for scholarships to intensive classes



Sculpting the brain in Colleen Murphy's workshop on the stances and the brain



Quiet moments in Dyads



An amazing volunteer experience by Linda Prochaska

The Disaster Psychosocial (DPS) Program under the Provincial Health Services Authority was called upon to provide a comprehensive psychosocial response (working collaboratively with a wide range of health sector partners, emergency management, and non-governmental organizations) for individuals, families and responders

affected by the flooding in High River, Alberta. The town of nearly 13,000 was quite devastated. Houses were swept off their foundations, new and old homes were flooded and many deemed not fit for habitation will have to be torn down. Others will need extensive remediation to get rid of black mould, foul smelling mud/sewage, soaked insulation and drywall. High River has had evacuations in the past but this time the rushing water came up so quickly from so many



different directions. Fortunately it was during the day or the death toll may have been much higher. Most had no time to take any personal things. No one expected the amount, speed and height of water. The railroad track was twisted like a ribbon, buildings appeared in yards of others, foundations gone, vehicles tossed like Matchbox cars and boats from a dealership everywhere. Some areas on a little higher elevation were virtually untouched and some of these people felt lucky to have escaped damage, sorry for their neighbours who suffered a lot and guilty because they felt lucky. So many mixed emotions. There was laughter and tears and a mixture of both. One young couple was cleaning out their home and amidst all the damage the bobcat that was scooping out gunk from their garage hit the cross bar and the owner said to watch out for his Christmas lights.

Our DPS team was there to assist with many aspects from delivering water, masks and information but mainly emotional support for evacuees and responders. It was rewarding, fulfilling, and very humbling. Most people were struggling with the lack of information and the disparity between income levels. At a Calgary meeting one woman, who says she pays a lot of taxes, was angry she wasn't going to get hardwood floors while most of the people I was working with didn't have a home. One woman at Saddlebrook (the temporary trailer housing facility being built north of High River for approximately 1,200 people) was so appreciative of her own pillow and bed, good food and not having to find another couch to surf on that she began to cry. Another said staying



with friends was getting old fast. Many evacuees showed amazing strength and resilience and were reaching out to assist others. Some were totally in shock. One man, out of the country for two months, came back to find he had "no home, no store, no post office, no town", and was totally shell shocked. The day after he was admitted to Saddlebrook he said: "good bed, good food", had some colour in his face and a big smile. So many from so varied walks of life are housed in a relatively small area so ongoing support services will continue to work with the evacuees. Every person has strengths and abilities to help them cope with life challenges; however, some are particularly vulnerable in a crisis situation and may need support.



DPS support is based on the assumption that no one who sees a disaster is untouched by it. Stress and grief reactions are normal responses to crisis and loss, both for survivors and responders. Short-term emotional effects, such as fear, acute anxiety, feelings of numbness or grief are very common. The emotional effects

of a disaster may show up immediately or appear months later. Providing a range of psychosocial responses with best practices in mind, to provide a full range of psychosocial services in support of, and in consultation with, survivors can alleviate stress and promote resilience and self-reliance.



The Disaster Psychosocial Services Volunteer Network (part of the DPS program) is a voluntary response group made up of registered professional mental health clinicians and paraprofessionals; including clinical counsellors, psychologists, social workers, police victim services and spiritual care representatives. DPS has been activated through Emergency Management B.C. since 2001.

I consider myself very fortunate to have had this volunteer experience and met some wonderful people from evacuees, DPS volunteers, and other responders, although I wish it had been under different circumstances.



Madeleine Teaches in Czech Republic and Slovakia Summer of 2013

This was my third time of going over to the Czech Republic and Slovakia and teaching the Satir in the sand tray. In the Czech Republic I spent five days at Sedech, which is a centre run by people with mental illness, and they have conference facilities there and basic accommodation. This group was a mixed group and some had years of Satir and last years Satir in the sand tray and other had little Satir training or sand tray work. I adapted and differentiated my program so that all participants could gain as much as they could from their five days with me. I used slides of clients work to teach the theory in the morning and then did a demonstration every afternoon. The triads then went and worked on their own sand trays. It was an amazing experience to walk around and see the changes in the sand tray,



Starting with a clear sand tray (left) and final picture of transformation (right).

At the end of the five days we made our last sand tray together, appreciating our courage, to experience the process for ourselves.



even though I had no idea as to what was being said. I could see where there were positive directional changes, stuckness and transformations occurring. Below left is an image of how a star felt-and by the end of the session on the right, she had completely

transformed her sense of hopelessness and she had hope (written on the stone). The sand tray allows images from the right hemisphere (i.e. under the waterline of the iceberg) to be explored, moved around, changed and experienced in space and time.



I took the train from Prague to Bratislava and met my group the next day. This group is all Satir trained and I have taught them now for three years to use the sand tray. They have had the highest level of training in the Satir in the sand tray model in the world as they have done the equivalent of level three, part 1,2, 3 and 4. (A total of 8 days.) They are an amazingly lovely group of therapists, Doctors and Social Workers. Their training (as in the Czech Republic) has been absent as to how to do therapy with children up until I arrived on the scene in 2011. Needless to say they are grateful to learn how to bring about transformational change with their families through the sand tray. (See above for a before and after picture of a demonstration.

This year I taught the neuroscience of the polyvagal theory and how our client's coping stances are based on the three systems of protection, i.e. social engagement, mobility and immobility. It helped the participants understand the critical role of the congruency of the therapist and to be "amygdala whispers" in order to create absolute safety for the process to be effective.

I also learned a great deal from the experience. I know that I love to share this model that I have been developing over the last ten years and I also know that I will continue to refine it as I learn more and more. I also learned that this model is very effective with adults, families and it is a very valuable way of working with children. Finally I learned that I am appreciated for my on going commitment and contribution to therapy with children. I shall return to Czech Republic next year and then I am off to Thailand and Singapore and anywhere else with folks who would like to learn about how to do this work. mdl

News From our Members

From Jennifer Nagel

Reflecting on my experience teaching STST Level 1 in Nairobi, Kenya this past August, I am filled with gratitude on so many levels. This was the first time that the 10-day course has been taught in Africa, and followed last year's 2-day introductory workshop that I gave after my family vacation in Kenya. There was so much learning, growth and transformation for the participants as well as for myself.



I was struck by how many participants commented that they had no idea it was possible to connect with their spiritual essence, their core Selves, in such meaningful, loving and experiential ways. The counselling profession in Kenya is relatively new and much of the focus, in my understanding, has been on advise-giving and problem solving. The group was very keen to learn how to connect with human beings on a much deeper level. We had 24 participants in total, 9 of whom were students in the new Masters of Marriage and Family Therapy program at the Pan Africa Christian University (where the course was held). The rest were counsellors from the community, faculty from the university, and a Human Resources employee from the United Nations. They were all very excited to be introduced to the Satir Model in such an experiential way, and there is a very keen interest in the formation of a Satir Institute of Africa with a vision to develop programs for all of Africa.

I want to thank Marilyn Peers for her donation to SIP that went towards partially funding my airfare. I also want to thank Vange Theissen from Trinity Western University's ACTS program and the Pan Africa Christian University for funding the remainder of my expenses. Money was also raised at this summer's Level 2 and Master Class intensives to go towards donating The Satir Model textbooks to the university. Not only did we raise enough to donate 15 text books that will be on loan to students from the university, but we also had enough left over to donate a copy of every DVD and book that SIP has available. These will all be made available to borrow from the Satir Institute of Africa once it is officially formed (and it is already well on its way!). I am so very grateful to everyone for their contribution in making this program possible. Plans are already in the works for a second level 1 program to be delivered in April 2014 with a big demand for a Level 2 program in the near future.



Asante Sana! (*Translation: thank you very much!*)

Jennifer Nagel

Coming this Fall and Winter Satir Transformational Systemic Therapy Level 3 Weekend Workshops

Healing Trauma Using the Satir Model

September 21, 22, 2013

Thompson Rivers University, Kamloops, BC

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

Beyond Depression

Healing Using Satir Transformational Systemic Therapy

October 19, 20, 2013

Phoenix Center, Surrey, BC

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

“Where Words Cannot Reach”

Transformational Change in the Sand Tray using the Satir Model

November 2, 3, 2013

Printingdun Beanery, Ladysmith, BC

with Madeleine De Little, M.Sc.

Leadership and Life Purpose Using the Satir Model

November 23, 24, 2013

Phoenix Center, Surrey, BC

with Angie Dairou, MA

Parenting Within, Between, Among

February 8, 9, 2014

Phoenix Center, Surrey, BC

with Jennifer Nagel, MA, RCC

Reducing the Impact of Compassion Fatigue

May 31, June 1, 2014

Phoenix Center, Surrey, BC

with Robin Beardsley, MD, CCFP, Family Physician

*For more information contact Cindi Mueller, SIP 604-634-0572 or
admin@satirpacific.org or check out our website at www.satirpacific.org*

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: br@biancarucker.com

or visit www.biancarucker.com

A note from John Banmen reminding you that:

- ✓ Bianca Rucker,
- ✓ Bonnie Mason
- ✓ John Banmen

Are all approved AAMFT Supervisors.

Madeleine De Little is available for a private consultation in regard to your sand tray practice with children and adults.



Email Madeleine at fort.playroom@shaw.ca to set up a time in her playroom.



Advertising and Classified Ads in the Wisdom Box

“Virginia’s list”

Please feel free to advertise office space for rent, your old sofa that needs a good home, workshops that are relevant, puppies for sale etc.

We do reserve the right to not publish any article or advert that is not in keeping with the tenets of the Satir Model.

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 Contributors/ Advertisers:

The Wisdom Box is published four times per year: Summer, Fall, Winter and Spring. The next deadline for submission will be December 15th 2013

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 De Little—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

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