

The Wisdom Box

February 13, 1999

Volume 1, Issue 2

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Message from the President

Walking along the inner harbour enjoying the sun at lunch time here in Victoria last week, I was greeted by Lorraine and Jack Sando from the *North West Satir Institute*. They had come for a day trip on the Clipper from Seattle to visit the Leonardo da Vinci



**SIPN welcomes present
and all new members
still to join**

**"...my hope is that you
[consider] joining... by
March 13th... allow[ing]
you to participate and
vote at the AGM...
May 29th, 1999."**

Exhibition. In response to Lorraine's question about our Institute I said we were moving along slowly. This contrasted with Lorraine's more

enthusiastic account of the NWSI which is holding monthly meetings and attracting people to family reconstruction workshops.

In retrospect, I think a better response would have been that we were building firm foundations.

We have made considerable progress in establishing the Institute: registering as a non-profit society; becoming an Avanta Affiliate; successfully applying for grants from Avanta for the Advanced Training in

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Announcements:

The Annual General Meeting
of the
Satir Institute of the Pacific Northwest
will be held on

May 29, 1999

Location: T.B.A.

Meetings of the Board of Directors of the
Satir Institute of the Pacific Northwest
are open to members only.

The next Board meeting is planned for
Saturday, March 13, 1999
from 12 - 4 p.m. at
the Banmen household
11213 Canyon Crescent, Delta

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Networking Groups

Are you interested in joining a group to discuss / study / develop the Satir Model in specific topic areas?

We are aware of therapists using the Satir Model in their practice with substance abuse, sexual/physical abuse, domestic violence, depression, suicide, anger & rage, chronic pain, post traumatic stress, dissociative disorders, grief & loss, death & dying, mental illness, and other conditions.

We also know of people working with the Satir Model and specific

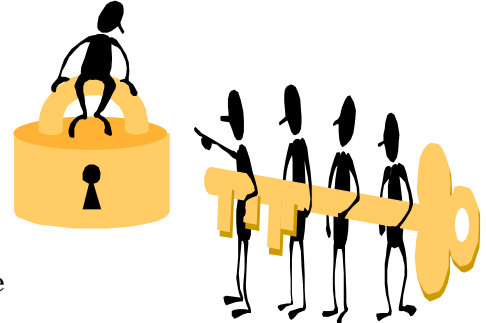
populations such as cultural minority groups (Chinese, East Indian, First Nations etc.), sexual minorities, prisoners, adolescents, children, couples, families, etc.

There are people who are focussing the Satir Model on organizational development, managerial practices, school effectiveness and parenting.

We also have graduates from our training programs in specific geographical areas such as south Vancouver Island (Victoria area), mid Vancouver Island (Nanaimo and north), Kamloops, Vernon, the

Fraser Valley as well as the Greater Vancouver area.

If you would like to become involved in joining with others with similar interests, please contact Kathlyne at 604.591.9269.



News Around the Institute

Congratulations to **Martin Bartel** for having his workshop proposal *Spirituality and the Satir Model* accepted for presentation at the International Family Therapy Congress in Akron, Ohio, in April 1999.

Dr. John Banmen has been invited to be a Visiting Professor at the University of California, Chico, this fall. He will also do a two day workshop with therapists while he is there.

Pauline Chan and **Jeanny Lam** continue to do "talk radio" shows on

competing Chinese radio stations, incorporating the Satir Model into their programs.

Don Potkins has begun the process of becoming an Approved Supervisor for the American Association for Marriage and Family Therapy. He is accepting supervisees; if anyone is interested in receiving supervision towards Clinical Membership in AAMFT, give him a call.

Pindy Badyal has completed her training as an Approved Supervisor for AAMFT and is now awaiting official word

on her status. Congratulations!

Wendy Lum successfully defended her proposal for her master's thesis recently. She is planning a phenomenological study of the internal experience of the Satir Iceberg Metaphor. She will be recruiting participants from the Advanced level training and she intends on completing initial interviews in April/99.

Dr. John Banmen has formed an editorial committee to review a possible book chapter which he has been working
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Message from the President continued...

(Continued from page 1)

Seattle and outreach to the Czeck Republic; holding a Special Event and running three training programs in Vancouver; establishing a Research Committee; and attracting about twenty five members. All of this is a substantial achievement in the first six months of the

Institute.

Thanks to all those who have been involved. As we continue to build, my hope is that those of you who are considering joining will do so in time for your application to be processed at the next Board Meeting on March 13th. This will allow you to participate and vote at the

Annual General Meeting which is scheduled for May 29th, 1999. In addition to the usual business of the AGM, there will be a presentation of how the Institute is planning to meet its five objectives laid out in the Constitution over the next three years. I hope you will want to be a part of this.

Nominations for the Board of Directors - 1999

Three Board positions are becoming available this year. Membership to the Board of Directors is a three year commitment.

To become nominated or to nominate someone you think would benefit the Board, follow the steps outlined below.

Step 1:

Decide who you would like to nominate. Remember, you can nominate for all positions, and as many people as you would like. You can nominate a person for more than one position. You may also nominate yourself. Feel free to copy this form as many times as necessary, if you are nominating more than one person.

Step 2:

Call your nominee(s) to make sure they are willing to run.

Step 3:

Fill out the form below and mail or fax it to **SIPN** care of Don Potkins, #207 - 20179-56th Ave., Langley, B.C., V3A 3Y6, Fax #: 604.514.1452 before May 1, 1999. *Faxes are encouraged.*

Your Name (please print) _____

Are you a Clinical Member? Yes No
Are you a Professional Member? Yes No
Are you a Student/Affiliate Member? Yes No

Name of Nominee: _____

Address of Nominee: _____

Nominee's Phone Number: _____ Home Work

Have you verified this person's willingness to be nominated? Yes
If not, please do so **prior** to submitting this form.

More News Around the Institute

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on with **Karl Hennig**.

Carol Dukowski, Tatjana Jansen and Dara Rosenzweig have recently found a more permanent office space for their private practice on the North Shore using the Satir Model with art therapy.

Mary Manson-Hennig was recently awarded the AAMFT prize for the best master's thesis in marriage and family therapy. Her thesis was of such high quality that the committee decided that it surpassed all of the doctoral dissertation submissions, and granted her that award

too. Wow!!!

Avanta: The Virginia Satir Network has given the *Satir Institute of the Pacific Northwest* a \$1500 U.S. grant to be used for bursaries for members attending the Avanta program, **Satir's Systemic (Brief) Therapy** which will be held this July in Federal Way, Washington.

Dr. John Banmen and Kathlyne Maki-Banmen did a workshop in November 1998 with the Indian Family Therapy Association in New Delhi. It was a wonderful experience with a very enthusiastic group, and they hope to

return to do a follow-up with them.

Brian Brew recently joined the ranks of those in wedded bliss. You can tell how he likes married life by looking at the goofy grin on his face.

Dara Rosenzweig and Donna Lagana



Announcements Continued

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An Advanced Residential Training Program

Avanta: The Virginia Satir Network is sponsoring a week-long advanced residential training program led by John Banmen and Kathlyne Maki-Banmen in Satir's Systemic Brief

Therapy.

Dates: July 13 - 19, 1999
Place: South Seattle (Federal Way, Washington)
Cost: \$465 US which includes tuition, materials, room and three buffet meals a day (plus snacks).

The **Satir Institute of the**

Pacific Northwest plans to have 10 bursaries (\$150 US each) to offset the exchange rate costs for Canadian members.

Priority will be given to Clinical members of **SIPN**. Others, who have completed Advanced Level training are also welcome to

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Connecting with Maria Gomori, John Banmen and Satir:

A Satir Institute of the Pacific Northwest Event

One of my joys in life is spending time with Maria Gomori. In November, as a SIPN special event, Maria came to Vancouver. She joined John Banmen to once again create a rich context for friends and colleagues to connect, share, learn, grow and have fun.

As I write and reflect on my experiences that weekend, I'm smiling and feeling warm. I hope this article triggers similar thoughts and inspires you to join in the next special event.

I learned lots and had many great conversations and laughs. I also had a wonderful dim-sum lunch ordered by several who knew what they were doing.

I enjoyed meeting new people with a common interest and liked reconnecting with many out-of-town friends. Efforts were made by many in coming from Vancouver Island, Seattle and further south, Vernon, and other parts of interior B.C. It was also a pleasure to have in attendance several individuals who had participated in Maria's summer workshop *Satir: Journey to The Self*. As the weekend progressed there was an opportunity to build on the foundation that was set in motion in the summer.

The fundamental focus was the long standing basics of Virginia Satir's work. What stood out for me was the blending of years of experience and growing wisdom as Maria and John brought elements of their own integrated approaches together.

Since the workshop I've continued to benefit from the session that we did on well-being. I enjoyed learning and experiencing how David Kennedy

built on the concept of the mandala to create a simple process to track and adjust the elements of well-being to ensure an healthy lifestyle. I've found several opportunities to use it, including with myself, and look forward to more.

The major demonstration pieces once again highlighted for me the resulting freedom of making the internal process external. I was taken by Maria's thoroughness in establishing the initial contact as many different levels of commitment were unearthed. I also learned a great deal observing a process that moved from de-enmeshment into strengthening resources and tapping life energy.

As a result, the *Star* transformed a protective wall into flexible boundaries. Everyone's generous spirited participation was felt.

Sunday morning began with a very stimulating and exciting discussion on personal responsibility and applications to abuse and addiction situations. I was most heartened by the recognition of the power of the *placator* or *victim* stance.

The energy in the room as people discussed ways in which they could further their work with clients and themselves in this arena was very refreshing. I realize my continuing task in this area as I further step into owning and creating my life.

I contacted Wendy Lum who was the star of the Self-Mandala demonstration. She said the following was her experience:

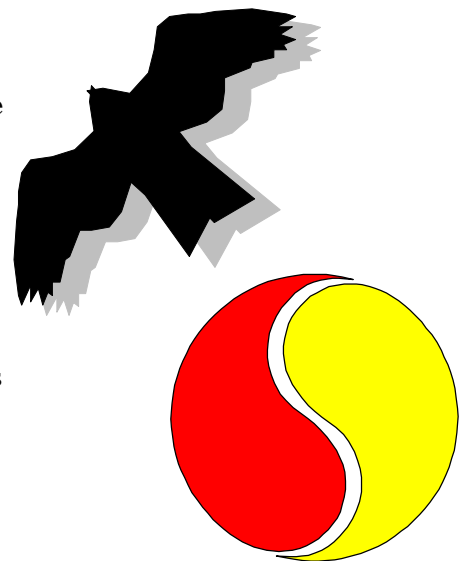
It was really fascinating to have my internal world externalized through fellow participants who

were willing to become my self-mandala parts. I really appreciated all who became involved in my mandala sculpt. I really became aware of how out of touch I was with my body. Since that demonstration I have tried to be more in touch and aware of my breath and its connections to my body. I have had a couple of breath work sessions with Cathy Wilder to help facilitate my conscious breathing process. I have also been more aware of the breath of my clients who seem to feel unworthy and have focussed them on their own breathing in order to facilitate connections to self.

"Awareness, Balance and Integration: Manifesting ourselves in a total picture." I believe John used these words in his closing remarks and I see them as representative of the theme of this event.

Thanks again to all of those who contributed to making it happen.

By: Cathy Wilder



Welcome Aboard!!!

We are pleased to announce that the following people have recently become members of the *Satir Institute of the Pacific Northwest*. What a lot of talent in one place!

Clinical Members:

- Alan Baiss
- John Banmen
- Pauline Chan
- Wieslawa Kastelik
- Linda Kennedy
- Beth Lisson
- Kathlyne Maki-Banmen
- David Ortis
- Don Potkins

Professional Members:

- Michael Callaghan
- Art Chapple
- Faye Ann Karasick
- David Kennedy
- Frankie Lee
- Wendy Lum
- Dara Rosenzweig
- Cathy Wilder

Affiliate Members:

- Martin Bartel
- Jonathon Cafilisch
- Deborah Fish
- Anne Morrison
- Jung Hwa Suh
- Sue Taylor

For membership information, please contact:

Sue Taylor
Director of Membership Services
 4120 Delbrook Ave.
 North Vancouver, B.C.
 V7N 4A3
 604.988.5353



Clinical In-Service

On February 5, 1999, John Banmen, Director of Training, did a presentation for clinical members and potential clinical members entitled *Spirituality and the Satir Model*.

The twenty participants who attended found the presentation both inspiring and practical. It generated a wonderful discussion, both during the formal presentation time and afterwards when members had an opportunity to connect over coffee and cookies.

John plans to offer quarterly free in-service sessions for clinical members. Watch for these upcoming events in *The Wisdom Box*, or contact John to find out more information.

Program Happenings

Satir's Systemic Brief Therapy - Level 1

Dr. John Banmen R. Psych. & Kathlyne Maki-Banmen, MA
 A ten-day training program:
 Sept. 25 & 26, Oct. 30 & 31, Nov. 27 & 28, 1999
 Jan. 15 & 16, Feb. 12 & 13, 2000

Satir's Systemic Brief Therapy - Advanced

(prerequisite: completion of Level 1)
 Dr. John Banmen R. Psych. & Kathlyne Maki-Banmen, MA
 A ten-day training program:
 Oct. 2 & 3, Nov. 13 & 14, 1999
 Jan. 22 & 23, Feb. 19 & 20, March 18 & 19, 2000

Registration now accepted for both programs.
For information, please call Kathlyne at 604.591.9269.

Announcements Continued...

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apply.

For information and bursary applications, call Kathlyne Maki-Banmen at 604.591.9269

For membership material, call Sue Taylor, Director of Membership Services at 604.988.5353

To submit material to *The Wisdom Box*, call/fax