

# The Wisdom Box

The Official Newsletter of the *Satir Institute of the Pacific*

## Board of Directors 1999–2000

**President:**  
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**John Banmen**

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**Martin Bartel,  
Faye Ann Karasick,  
Wendy Lum,  
Anne Morrison,  
Don Potkins,  
Dara Rosenzveig.**

## Name Change for the Institute

The new millennium starts with a name change for the Institute. At a Special General Meeting held on November 20, 1999, members voted to drop the word "Northwest" from our name.

On January 5, 2000 the Registrar of Companies for B.C. issued a certificate certifying the name change to the *Satir Institute of the Pacific*.

When the Institute was formed, the name "Satir Institute of the Pacific Northwest" seemed appropriate as a way of honouring our roots and the connec-

tion with the Northwest Satir Institute.

NSI had operated in both Washington State and British Columbia for over a decade. With hindsight the name seemed both too long and the "Pacific Northwest" is often interpreted as the Washington and Oregon states only.

Members will receive a copy of the name change certificate to add to their copy of the Constitution and By-Laws.



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## Inside this issue:

A Training Adventure	2
Some <i>Thank You's</i> to AVANTA	3
Training & Literature for Parents/ Families	4
Ongoing & Upcoming Programs	4
New Members	5
News Around the Institute	5
Special Events	6

## Message from the President

While we are well under way into the new year, this is the first issue for me to pass on a New Year's message that I received.

"Please accept with no obligation, implied or implicit my best wishes for an environmentally conscious, socially responsible, low stress, non-addictive, gender neutral,

"As we move forward into the 21st century we have the Satir Model to help us not simply make sense of our humanness in all it's dimensions, but to bring about change and transformation within ourselves in the context of our connection with the life force of the universe."

and a financially successful, personally fulfilling, and medically uncomplicated recognition of the onset of the generally

accepted calendar year 2000, but not without due respect for the calendars of choice of other cultures, and without regard to the race, creed, colour, age, physical ability, reli-

gious faith, choice of computer platform, or sexual preference of the wishee."

For me this reflects not so much the respect for others encapsulated in the culture of late twentieth century political correctness with which we surround ourselves, but it's anthropocentricity.

I wish you all a wonderful New Year!

There is much to wonder at and be in awe about as we enter a

*(Continued on page 3)*

## A Training Adventure

### *The Opportunity—*

Fueled with enthusiasm and curiosity I accompanied John and Kathlyne to the Czech Republic in June 1999. I felt honoured and challenged by their invitation to assist in a training program for approximately 30 professional psychologists, counsellors, teachers and psychiatrists.

Both John and Kathlyne recognized my keen desire to develop my training ability and applied for financial support from AVANTA to assist with travel expenses. The Satir Institute in Czech and Slovakia provided accommodation. This incredible opportunity and exciting adventure felt like a surge of energy supporting my longing to continue the evolution of the Satir Model beyond borders, countries and cultures.

### *The Journey—*

The journey to Prague via London was long but uneventful. We were greeted by two women participants, one of them our hostess—Olga Holobova, who would take us to the training location. After two hours of high speed careening along winding roads and dense fog in a small car with luggage for five on our laps and strapped to the roof, we arrived at a hunting lodge in the depths of Moravia not far from the Slovak border—without a key! Now I felt very dislocated and my fatigue took over, anxious for rest and a daylight view of our surroundings.

### *Initial Contact—*

The following day we came together with our spirited group. Their diverse experiences and goals for training required a shift in our intended program.

In keeping with Satir beliefs, we met the group where they were and began to develop a program tailored to their needs. My learning had begun. Flexibility, connecting, discovering where and how I could fit into the process and challenge myself to give and receive the gifts that surrounded me. It was my first experience in working with a translator and I was delighted at how quickly and effortlessly the process evolved.

### *Learning—*

In the first days of the program I was very aware of my own sense of vulnerability. I felt very open and “visible” and moved toward my learning and connecting with the group on a variety of levels. I would debrief with a small group each day, provide feedback and supervision to triad members and individuals, and consult with John and Kathlyne regarding my observations and suggestions.

I would also participate in a triad learning group to practice and engage in my own therapeutic change process. My learning partners were powerful teachers for me and I experienced deep personal shifts that I am grateful for.

My experience with the people and places was rich and heart warming. In addition to training morning, noon and night, there were many opportunities to practice the languages spoken by the participants. Czech, Slovak and Russian were predominant, where many had German and English as well. I carried slips of paper with phrases and expressions that I worked to enunciated accurately, but more often stumbled awkwardly in my attempts to communicate.

## By— Beth Lisson

I consistently experienced the warmth, inclusion, acceptance and love from and within the group. Their thirst for knowledge, their fascination with the process, their willingness to risk and their absolute commitment to the work they were there to do was inspirational.

Despite stark economic hardship, simplicity of lifestyle and scarcity of practical resources, these people demonstrated heart and soul unprecedented in my experience. Each day clusters of participants gathered to sing old Russian and Czechoslovakian folksongs that will resonate in my fibre forever.

As an added treat there were occasional hikes to the nearest village and into the countryside where produce and livestock were traded in the market, water collected from the village fountain and farm workers cycled to and from the fields. I was able to remain in Eastern Europe for an extra week and settled myself in a student hostel as home base to return nightly after exploring Prague's historic sites and city life.

### *Coming Home—*

I will always treasure my experiences and learning in the Czech Republic. I am honoured to have been asked to accompany and assist John and Kathlyne in their work abroad and I feel grateful to them and AVANTA for their support and encouragement.

I have been touched by the universal application of the Satir Model and I can now at a deeper, more experiential level value and continue to pursue my work in this area.

- Beth Lisson



... two hours of high speed careening along winding roads in dense fog in a small car with luggage for five on our laps and strapped to the roof...

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## Some Thank You's to AVANTA

From—Wendy Lum

My involvement in the Satir residential training in Dumas Bay was an incredible experience. I continued to deepen my understanding and use of the Personal Iceberg Metaphor. The depth of personal and observed healing experiences reinforced my appreciation for the complexity of the Satir Model. This week long intensive experience contributed greatly to my ongoing internal integration.

I personally experienced profound internal shifts as the client and facilitated deep change for the clients as the therapist. I was also very honoured to observe transformational sessions while in the observer role during triad practices.

I would recommend all therapists who are determined to integrate the Satir Model make a commitment to having the residential experience.

From—Sandra Ang

I would like to thank AVANTA for the bursary of US\$150 towards the cost of attending the Advanced Residential Training Program of July 1999.

Attendance at this program was a *peak experience* for me.

The combination of exceptional people, open and supportive atmosphere and scenically beautiful setting was restorative.

Yet, restful it wasn't. I haven't worked so hard and laughed so much... ever.

This was a challenging experience professionally and personally. The pay off for me was a much deeper understanding and integration of the Satir Model.

They also fed us well. A highlight was the dinner hosted by the Taiwanese group. Yet I must admit I'll never look at broccoli

quite the same way again.

I appreciate the opportunity I was given to attend and I have made a personal commitment to treat myself to similar experiences annually.

*“This week long intensive experience contributed greatly to my ongoing internal integration.”*



A very hearty THANK YOU to AVANTA for supporting ten participants in attending the July 1999 AVANTA Advanced Satir Residential Training Program taught by John Banmen and Kathyne Maki-Banmen.

## Message from the President continued

*(Continued from page 1)*

new year and Millennium. In terms of the age of the universe a millennium is comparable to no more than a minute or second of our lives.

There is much as humans we have discovered in the last century about our home, the abundant universe in which we live for a short space of time, not knowing where we come from or where we are going but participating in the life force of the universe.

We may wonder also at ourselves, the tangible and the intangible: the wonder of our bodies, the seemingly infinite

possibilities we have of thought, imagination and creativity. There is wonder too at all the human dimensions we share with others, but which are manifested differently and uniquely in each of us.

As we move forward into the twenty-first century we have the Satir Model to help us not simply make sense of our humanness in all it's dimensions, but to bring about change and transformation within ourselves in the context of our connection with the life force of the universe.

The usefulness of the Satir Model in it's applicability to

bridge the differences within many diverse cultures and identify the sameness we share as human beings is well acknowledged and proven.

The challenge for our Institute is to spread and develop the knowledge and practice of the Satir Model, and share the universality of it's wisdom among the various groups identified in the New Year message who live within the boundaries of our own province and beyond.

Have a wonderful day every day during the unfolding year!

**Michael Callaghan**  
*President*



February marks the beginning of the Chinese New Year—the Year of the Dragon.

## Training & Literature for Parents/Families

I was recently invited to do a presentation for a local church group on the topic of *Raising Kids Who Care*. I accepted this opportunity to develop my public speaking skills and to speak about the Satir Model.

I discussed the importance of communication, connection and understanding of internal process versus focusing solely on behaviour. The Iceberg Metaphor was my focus for guiding parents to better understand and explore their internal process, and that of their children.

The message was that with increased congruent communication and connection, children would be freed to display increased "caring" behaviours.

The audience of some professionals and predominantly parents, was open and interested in the Satir Model and the Iceberg Metaphor. They requested additional information in the way of books or additional training.

This experience has reinforced to me the need to provide infor-

## By- Sandra Ang

mation, training and literature geared to parents and families. I am wondering if anyone is interested in joining me in furthering this goal? Please contact me if you have any ideas.

- Sandra Ang



Please contact me if you have any ideas.  
Sandra Ang-604.942.1198

## Ongoing and Upcoming Programs

### **Satir's Systemic Brief Therapy Training Program—Level I**

John Banmen & Kathlyne Maki-Banmen  
Ten Day Program—Starting January 28, 2000  
Holiday Inn Vancouver Airport, Richmond, B.C.

Full

### **Satir's Systemic Brief Therapy Training Program—Level II**

John Banmen & Kathlyne Maki-Banmen  
Ten Day Program—Starting February 3, 2000  
Holiday Inn Vancouver Airport, Richmond, B.C.

2 Spaces Left

### **Training For Trainers Workshop**

John Banmen & Kathlyne Maki-Banmen  
Seven Day Residential Program—July 9-16, 2000  
Queenswood, Victoria, B.C.

19 Applications Received

### **Summer AVANTA Residential Program**

John Banmen & Kathlyne Maki-Banmen  
Seven Day Residential Program—August 8-14, 2000  
University of Victoria, B.C.

8 Person Waitlist

To submit articles, ideas, gossip or anything else to *The Wisdom Box* contact:

Dara Rosenzweig  
604.279.5599 Ext. #119  
*Next Deadline: April 10th!*

For program and registration information contact:

Wendy Lum  
*Registrar of Programs*  
604.540.4415

## New Members

A warm welcome to the following new members of the *Satir Institute of the Pacific*:

Clinical—  
Lori Brubaker  
Carole Gaato  
Duncan MacDonald  
John Riopka  
Carl Sayles

Professional—  
Bruce Cullen  
Karen Krestensen  
Estelle Schneider  
Billy Weselowski

Affiliate—  
Karin Tschanz



For information and membership applications contact:

Sue Taylor  
Director of  
Membership Services  
604.988.5353

## News Around The Institute

Congratulations to Billy and Kim Weselowski for beginning the process of building their new house! Also, a fellow member read that Billy was chosen as Coquitlam's *Citizen of the Year*. Way to go Billy!

Congratulations too to Beth Lisson and John Riopka for becoming the proud owners of a new condo in Victoria. Rumour has it that it's within walking distance of triad member, Alan Baiss's condo.

Alan Baiss, as some of you know, has been busy since the fall on Gabriola Island learning to build wooden boats.

Don Potkins will soon be spending some golfing time in Mexico with friends. He's still trying to figure out a way to do therapy on the links rather than in the office. Don is also planning to take the family to Anaheim in May for the Ericsonian *Evolution of Psychotherapy Conference*. This is a once in five years event which attracts all of the big names in the therapy world as presenters. While Don is learning new things, the kids will visit Mickey and his friends.

Also registered to attend the conference are John Banmen, Kathlyne Maki-Banmen, Anne Mor-

ison, Wendy Lum, Beth Lisson, and John Riopka. That's pretty good representation for our little Institute!

Kathlyne Maki-Banmen has had her workshop proposal *Using the Satir Model with Children & Families* accepted for the International Family Therapy Conference in Oslo, Norway in June.

John Banmen has been named as "Visiting Professor" for a three year term at Hong Kong University. John's recent trip to Thailand has resulted in another three year training program, this time with Thai professionals. He also visited Scarborough, England, as the key note speaker at the annual hypnosis conference and he led a two day workshop for the Proudfoot School of Counselling. Mary Marlow (formerly Smith), who is now living and nursing in Manchester joined him for the workshop (he says he needs a translator!)

Other upcoming workshops John Banmen will be doing are a three morning program for the Pacific Institute for Addictions conference in May, and a workshop for Trinity Western University's *Meaning* Conference in July. He also has a two day workshop in

Ottawa coming up soon.

The Institute has received a grant of \$1500 from AVANTA to provide bursaries to Canadian participants of the *AVANTA Summer Residential Training Program*. Sandra Ang was the very first applicant for the program, and the first applicant for the bursary. Sandra, you're getting a reputation for being fast!! (See page 3 for her reasons.)

The *AVANTA Summer Residential Training Program* has registered participants from Australia, Korea, Singapore, Taiwan, Hong Kong, the US, B.C. and Ontario. By the time you receive this newsletter, there are already eight people on the wait-list!

David Armstrong has moved to Fremont, California with his new partner. They had a commitment ceremony in Palm Springs in Nov., and David still has stars in his eyes. We wish them joy!

PD Seminars is planning an 80th birthday party for Maria Gomori in July (although her actual birthday is in May). Congratulations Maria!

The *Training For Trainers* program in July has received 19 applications for 10 spots. This

will give the selection committee a difficult task to weed through all of the talented people out there.

The Institute recently received a generous donation from Marilyn Peers from Halifax, Nova Scotia. Some of you know Marilyn from the summer residential program in 1997. Thank you, Marilyn!

Don Potkins has recently taken the job of Clinical Supervisor at *Exodus—Adolescent Residential Treatment Centre* for Addictions. Don was also recently remarried. Tracey proposed this time and they had their kids join them on New Years Eve for a ceremony in Langley. Apparently it made the front page of the local paper.

Wendy Lum has her thesis defense on April 3, 2000. Although you won't need it, we still wish you lots of luck Wendy!

On March 3rd the Board of Directors will be busily engaged in a visioning and strategic planning meeting facilitated by Judy Ferris.

## Special Events For Members

### **Annual General Meeting**

**May 13, 2000 — 4:30-6:00 p.m.**

**Holiday Inn Vancouver Airport, Richmond, B.C.**

This will be a short meeting to find out what the Institute has accomplished this year, where we hope to go in the future and to vote on three Board positions.

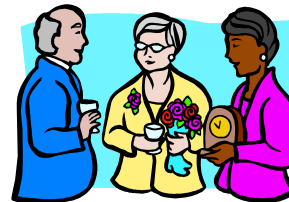


### **Member's Mingle**

**May 13, 2000 — 6:30 p.m.**

**Location T.B.A. in the next newsletter**

This is an opportunity for all of the members to get to know one another better following the AGM. It will be held at a restaurant not too far from the hotel. Come out and get to know your Board and fellow members!



## Nominations for the Board of Directors—2000

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 One:**

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 Two:**

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

**Step Three:**

Fill out the form below and mail or fax it before April 22, 2000 to:

Anne Morrison  
*Chair of the Nominating Committee*

24502 52nd Avenue  
Langley, B.C., V2Z 1E1

Fax: 604.856.3359



**Nomination for the Board of Directors – 2000-2003**

Your Name: \_\_\_\_\_

Please check your type of membership:

Affiliate Member       Clinical Member       Professional Member

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.