

The Wisdom Box

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

Board of Directors 2002–2003

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Announcements

The *Annual General Meeting* of the **Satir Institute of the Pacific:**

Date: May 31st, 2003
Location: Chan Centre at Children's Hospital
Time: 1:00 – 4:00 Satir Video Study
 4:30 – 6:30 AGM Reports, Elections,
 and Three Year Plan Update



Message from the President

It is once again spring, the time of new beginnings, new blossomings and new possibilities. It is a lovely metaphor for our own human growth and evolution. It is also very applicable to our growth and evolution as an organization.

The Board of Directors is involved in a process to set the direction for the **Satir Institute of the Pacific** for the next three years.

On the weekend of March 7, 8 & 9th, the Board met for a residential retreat in Abbotsford. Amid laughter and tears, we were led by Wendy Lum in a process of visioning, teambuilding, and goal setting. Wendy's caring, presence and process skills were wonderfully helpful and much appreciated.

We got a tremendous amount of work done and made room for another day to continue our work, includ-

ing long and short term goals, on our three year plan. In the meantime, various Board members have taken responsibility for clarifying the themes and topics that were identified as important to the Institute as a whole.

We plan to have a process at the Annual General Meeting on May 31st so that the membership can share their hopes and wishes, dreams and pictures of the **Satir Institute of the Pacific**. I very much hope that you will attend and contribute your own creativity and ideas to help direct the future of the organization.

We are also pleased that we will present, prior to the business portion of the AGM, some videotapes of Virginia Satir working with families. These are rare videotapes which you probably have not seen before and which deal with very complex family

issues dealing with chronic depression and suicide.

Some of the recent new initiatives of the Satir Institute of the Pacific include:

1. The production of several videotapes of therapy demonstrations from the Avanta International Summer Intensive programs. Todd Clark has been working on cleaning up, editing and producing these tapes which are now for sale. Written transcripts are included for most.
2. The purchase of the teaching videotapes of John working with Don and Wendy which were professionally produced. These tapes are being prepared for sale.
3. The Special Event, a one-day conference, which will focus on Expressive Therapies, scheduled for November 8th, 2003 and

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Therapist's Self - From a talk given at the Banmen's March '03 By— Wendy Lum

Satir believed that the therapist's self is so crucial to the therapeutic process. She focused on helping therapists to do their own inner healing during her training programs.

We must heal our own internal world before we can heal our clients internal and external family systems. The Personal Iceberg Metaphor is a wonderful tool in which we can track ourselves, and our clients worlds. Be sure to take time to reassess, re-evaluate and reflect upon your own development as a therapist. Use the following questions, as well as create your own questions that will facilitate your creative learning and personal insight.

If we are able to increase our own self esteem in how we see ourselves as a person and therapist, then we will be more effective. Raising our confidence will allow us to be more confident, connected, congruent and present. Satir said that, "self esteem allows for choosing behaviors in a state of awareness".

- How do you feel about who you are?
- What do you think about your own sense of worthiness?
- How do you feel about yourself?
- Check in with your level of self esteem...
- (Is it high or low? Is it dependant on self? others?)
- How do you experience or see yourself as a therapist?

Satir's self mandala enables one to pay attention to balance, wholeness and wellness. The parts of the mandala are: physical, sensual, nutritional, intellectual, emotional, interactional, contextual and spiritual.

- How do you take care of yourself in the areas of the mandala?

- How are you at self care? Do you care more for others than yourself?
- What areas in your self mandala need some attention?
- Which areas of the self mandala do you spend the most time or energy with?
- Are you in balance or in harmony within?

We often focus on the strengths and resources of our clients. What about your own strengths and resources? Can you be aware of, acknowledge, accept, access and develop your strengths and resources? Are you intuitive? Are you creative? Caring? Loving? Growth oriented? Visionary? Accepting? Positive with your observations?

- What strengths and resources are you appreciating?
- What am I really yearning as a therapist?
- How can I gift that yearning to myself, so that I don't seek that yearning through my clients?

Choice making is an important avenue towards a sense of empowerment. We can then access our abilities for flexibility, creativity and openness.

- Are you able to envision three choices and move away from the dilemma of two choices?
- Have you experienced any dilemmas as a therapist?
- How have you opened up choice in your life?
- Are you aware of wanting to make choices for your clients?
- Are you able to be accepting of your clients choices that are different than your own personal choice?

It is necessary to heighten awareness in ourselves as

therapists. We develop this awareness through watching ourselves during our sessions with our clients. By accessing our senses of feeling, seeing, hearing, speaking, smell and intuition, we strengthen the ability to be more aware.

- How is your awareness while you are in session with your client(s)?



- Are you aware of your own responses to your client's situations?
- How are your observation skills and monitoring abilities?
- Have you been listening to your intuition?

Satir said that, "growth comes from what fits, not from what should be". It is important to know one's own perceptions about various people, relationships, events and attitudes towards change.

- Are there any beliefs that seem to be impacting you in a negative way?
- Have you noticed yourself being triggered by any of your client's beliefs?
- Do you have any negative family rules that need processing?

It is our responsibility to work through unresolved issues, negative impacts (past, present, future) and family of origin issues. We must continue to work on increasing our competence through exploration, personal therapy, peer supervision or supervision.

- Are you aware of any unfinished business? Unresolved issues?
- Have you any plans to take care of this or to process this?
- Do you still have family of origin areas to explore?
- How competent do you feel as a therapist?

- Are there any areas of training that you may consider further training?
- How are you growing in the area of competence?
- How are you able to make ethical decisions?- Have you been seeking any supervision?

Incongruence manifests itself by a discrepancy between the verbal and the nonverbal message. Congruence manifests itself through experiencing harmony, clarity, honesty, inner peace, wholeness, centeredness and groundedness. Satir "saw training as enlightenment", and promoted congruence in the therapist. Satir was a visionary because she believed that, "change is viewed as an ongoing life process occurring at cellular as well as a cosmic level."

- Have you become aware of any incongruence between what you say and do?
- How do you get grounded before your clients come and afterwards?
- Have you a symbol, words; sense that reminds you how to get centered?
- Have you experienced a sense of harmony as a therapist?
- How do you connect with your spiritual source? Essence?
- Have you noticed spiritual moments with your clients?

We must continue to grow, reflect and challenge ourselves to be the best therapist that we can be. Honesty, detached observation, feedback, process questioning will facilitate our growth to become a caring, congruent and effective therapists.



Join Us At One of Our Fireside Chats!

The format for our *Chats* is very informal and includes a welcoming, sharing time, and reflections together over tea/coffee and refreshments, within members' homes and living rooms.

We selected the name of *Fireside Chats* to evoke an

image of warmth, good cheer, support, and nourishment – which we know always occurs through our gatherings together, whether or not members actu-



ally have a fireplace!

To sign up, simply give the Member Host/ess a call or email. Each Host or Hostess will decide how

many members they can accommodate, so registration is first come, first served.

And remember, if you would also like to host a *Fireside Chat*, contact Anne Morrison 604.856.8317 so we can include you on our list.



Okanagan Area Fireside Chat:

Hostesses: Mary-Ann Reid

Saturday June 14, 2003 – 12 noon – 3:00 PM

#115-3105 - 31st St, Vernon, B.C.

Mary-Ann: 250.549.2664 or Email: maryannr@junction.net



Vancouver Fireside Chat:

Hostess: Linda Prochaska

Wed. June 13, 2003 – 7-9 PM

#20 – 721 Millyard Road, Vancouver, B.C.

Linda: 604.879.6654 or Email: lprochaska@hotmail.com



Fraser Valley Fireside Chat:

Hostess: Anne Morrison

Wed. June 18, 2003 – 6 PM

24502 – 52 Avenue, Langley, B.C.

Join Anne and our Satir community friends and colleagues for the Fraser Valley Fireside Chat, which will combine the joys of early summer, through a supper potluck/sharing evening. Please RSVP to Anne by June 16th.

Anne: 604.856.8317 or Email: annekm@telus.net



Victoria Area Fireside Chat

Hostess: Elizabeth Newman

Hopefully in June, please contact me for more information!

1323 Reginald Place, Victoria, BC

Elizabeth: 250.478.4683 or Email: sage@horizon.bc.ca



Fireside Chat

I've been here Kelowna for a year now and have been fortunate to connect with a lovely group of Satir therapists right here in the Okanagan! Our first meeting was filled with warmth and camaraderie, and we have continued to meet almost monthly to share our lives in the spirit of Satir.

Every group seems to be filled with an energizing quality that has been infectious, embracing and accepting. We have shared

our inner worlds personally and professionally, with courage, vulnerability and honesty. Tasty and thoughtfully arranged foods are shared, as we strengthen our connections through conversations and laughter. Mary-Ann Reid continues to warmly host our meetings within her comforting, peaceful office in Vernon. Linda Kennedy gets to revisit her former counselling space, as she is now exploring retirement and home

By— Wendy Lum

renovations! Linda has shared how she combined the awareness wheel with the ingredients of an interaction in therapy. Shelly Chvala has guided us with some relaxing meditations that have facilitated inner explorations. Kathy Wyse drives from Logan Lake and graces us with her kind, gentle nature. From Salmon Arm, Joanie Mortenson has brought her loving, joyful presence along with freshly baked apple pies! From Kelowna, Jo Warren has

graced our group with her vibrant, colorful, creative writings and artwork.

This has been a powerful group of loving, wise women wishing to contribute to connectedness, growth and depth. As I now move to Victoria, I will fondly appreciate and remember my Okanagan Satir connections.

Reflections On An Evening with Wendy

March 13, 2003, a gathering of Satir therapists enjoyed a presentation by Wendy Lum MA, Child and Family Therapist, on *The Use Of The Self Of The Therapist*.

Congruence, competence, responsibility, self, therapist. Wendy reminded all of us in attendance that Virginia Satir believed that the development of the self of the therapist is a significant aspect of becoming an effective therapist. That the therapist resolve unfinished family of origin issues in order to be therapeutically congruent.

Wendy used an interactive approach with her audience bringing into our aware-

ness our personal growth with the Satir Model and renewing our conviction to continue to grow.



We were reminded that the Satir Model's four goals for therapy are not only applicable to the client but are important for the development of the self of the therapist:

- 1/. Increased self esteem;
- 2/. Foster better choice

By- Jim Smith

- making;
- 3/. Increase responsibility;
 - 4/. Develop congruence.

Using the Satir self mandala metaphor, Wendy reminded us that our wholeness includes physical, sensual, nutritional, intellectual, emotional, interactional, contextual and spiritual areas of ourselves, and that maintaining balance with these areas is essential to the health and congruency of the therapist.

The wisdom of using Triads as a training process and the use of the iceberg metaphor to deepening individual experience and self contact seem perfectly designed to assist the therapist contin-

ued growth to congruency.

I enjoyed Wendy's presentation as much for her information as for her congruency and knowledge and belief in her self and the Satir Model.

The experience of being together with others whose conviction is to become more congruent, to practice better self care and to be better therapists was in itself rewarding and gave special support to a talk on *The Use Of The Self Of The Therapist*.

Excerpt of an Email from Eve Wong

This is from an e-mail written to myself from Eve Wong who some of you will remember fondly from the Advanced Summer Institute last year. I thought that some of you would be interested in hearing of Eve's experiences in working in a Hong Kong Hospital in the midst of the SARS epidemic.



"...I'm still doing well at the moment, as fortunately we don't have any SARS cases in our unit; however, our hospital has over 70 patients with SARS. One of the colleagues in my unit will need to take a roster to look after SARS patients in 2 weeks. We are very cautious

now with every contact, having to wear a gown and surgical mask as well as washing our hands when we meet patients. I also wear a mask as most of the people do when I go out and commute. We now have a Motto: "It's minimum to be obsessive, and to be paranoid is the maximum."

Everyone is worrying about the impact of SARS on our daily lives; our health, life, the living environment, the possibility of carrying the virus and transmitting it to others. Some worry about their jobs, income, the economy, so and so.....SARS seems to make people alienate each other, no sharing of food, keep a distance of 3 feet. Some of my colleagues at other units now stop go-

By- Pauline Mullaney

ing back home to avoid possible transmission to their family members etc.

However, still we see Hope as most of the patients can recover and there's still a lot of support from the community, e.g. Fund raising to buy masks, fruits, to give financial allowance for those kept in quarantine etc. It is heartwarming that we have seen lots of regards from others and even hard and fast support from the commercial community. Hope can be seen as a danger and also an opportunity.

Will talk to you later as I'm on the way for a SARS briefing.

cheers

Eve"



News Around the Institute



Congratulations to **Beth Lisson** and **John Riopka** who tied the knot on a beach somewhere in the South Pacific last month.

We welcome our **Wendy Lum** back to the Pacific as she joins husband, Bernie, in Victoria in June. It's nice to have you within arms reach again!

Anne Morrison will be presenting a workshop on The Treatment of Adult Female Survivors of Sexual Abuse in New Jersey in July, 2003 at the Avanta "Satir Around The World" conference.

Kathlyne Maki-Banmen is the conference coordinator and has scheduled presenters from Satir Institutes in Asia, North America and Europe.

John Banmen has been invited to help establish a Corporate Wellness Centre in Singapore to help the business community learn self-care using the Satir

Model.

Michael Callaghan and **Carl Sayles** have both been nominated to run for the Board of Directors of the Avanta Network.

Congratulations to **Dr. Pindy Badyal** who recently completed her PhD at UBC. Ask Pindy about her dissertation which deals with domestic violence.

Contrary to what you have recently been told, **Tim Head** has decided to stay in beautiful BC rather than going back to Ireland.

John Banmen will have a new book launched next month. The book of Satir Meditations includes a CD with Virginia Satir herself leading three meditations in workshops.

Pauline Mullaney recently organized a display for the Social Work Association on Virginia Satir. Good promotion, Pauline!

New Members

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

Professional—
Sharon Blevins

Clinical—
Klaus Klein
Robin Beardley

Affiliate—
Jan Humphrey
Joan Mortenson



For information and membership applications contact:

Tim Head
Coordinator of
Membership Services
604.535.6168

Group Supervision with Dr. John Banmen

The supervision group will consist of a maximum of six people to be held monthly on Monday, Tuesday, or Wednesday, from 6 - 9 p.m. starting in September.

If you are interested, please contact John at:
E-mail: John_banmen@telus.net or
Phone: 604.591.9260

Cost \$50 / evening for 6 evenings.

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:

- ◆ Full page— \$50
- ◆ Half page— \$25
- ◆ 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.

Attention Advertisers:

The Wisdom Box is published four times per year. Summer, Fall, Winter and Spring. For those interested in advertising Fall events and programs, the next deadline for submission is **August 5, 2003.**

Please submit any articles,

ideas, gossip, poems or anything else to the Editor.

Editor:

Pauline Mullaney

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Tel: 604.875.2653

Fax: 604.875.2099

E-mail:

newsletter@satirpacific.org

Couples Workshop Program Task Force

The Satir Institute of the Pacific is forming a task force to develop a program using the Satir model for couples. We hope to review existing programs and develop a program based on the Satir Model.

The first meeting will be all day, Sunday, June 8th. If you are interested in working on the task force, give John Banbmen a call.

Phone: 604-591-9269

Fax: 604-591-9260

E: john_banmen@telus.net

giving him some information about yourself.



Message from the President continued

(Continued from page 1)

coordinated by Katharine Carol.

4. Representation at the Avanta Annual Meeting in New Jersey in July, 2003. There will be a special meeting for the Satir Institutes and Affiliates from around the world. Anne Morrison will represent our Institute at that meeting. She will also present a 90 minute workshop on Sex-

ual Abuse at a one day conference.

5. A one-day workshop in Richmond, BC on May 24, 2003 on *The Satir Model and Its Application to Adult Female Survivors of Sexual Abuse*, facilitated by Anne Morrison..

6. The first *Satir's Systemic Brief Therapy Level II* program in Kamloops this spring, which I am privi-

leged to lead.

7. The first Satir Institute of the Pacific sponsored *Family Reconstruction* (on February 1st) which, again, I was privileged to lead.

8. The newest task force for the Institute, chaired by Elizabeth Newman, on Parenting.

9. Official status as a registered charitable institution.

As you can see, we are moving full speed ahead and have much of which to be proud. What do you see for your Institute in the future?

Kathlyne Maki-Banmen
President

Nominations for the Board of Directors 2003

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 **SIP** care of—

Bruce Cullen,

1015 Ironworks Passage, Vancouver, B.C., V6H 3R4
Tel: 604.313.4292, Fax: 604.437.5175

Faxes are encouraged!

Nomination Form for the Board of Directors

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

Are you nominating for a specific position? Yes No

If yes, for which position(s)? _____

Have you verified this person's willingness to be nominated?

Yes

If not, please do so **prior** to submitting this form.

Please submit all nominations before May 19th, 2003.

Resource Corner

Satir, V. (1988). The new peoplemaking. Mountain View, CA: Science and Behavior.

Satir's first edition of this book, called Peoplemaking, was published in 1972. It sold 700,000 copies and was translated into 12 languages, including Braille. This is Satir's expanded version with six new chapters. It covers Satir's philosophy, concepts, and techniques for improving relationships in families. Satir also includes discussions on spirituality and world peace. I agree with June Schwartz's comment in the *Editor's Note*, "Virginia Satir's writ-

ings are like homemade bread. They are yeasty, hearty, and nourishing" (p. xiii). This book is a treasure for students, therapists, and educators, and a wonderful gift for every family.



Satir, V. (1976). Making contact. Berkeley, CA: Celestial Arts.

This book is about learning to communicate more congruently. In her usual clear and simple style, Satir presents her concepts and principles about communicating and describes how we can

By—Mary-Ann Reid

learn to make contact with each other in a more honest and respectful way by using all our senses, and deepening our awareness and understanding about others and ourselves. This book represents one of the many ways that Satir worked to reach and teach as many people as possible. It is filled with poems, illustrations, examples, explanations, and ideas. Satir calls this little book the "bare bones" for learning about congruence. I call it a pure gem—a gem that shines with Satir's wish to all: "I wish you Godspeed and above all be loving to yourself."



Creative Therapy Conference – November 2003

We are planning a *Creative Therapies Conference* for November 8th, 2003 and are looking for energetic people to create a team of

folks for the planning committee. If you are up for some organizational fun contact Katharine Carol at kcarol@uniserve.com



Ongoing & Upcoming Programs

The Satir Model & It's Application to Adult Female Survivors of Sexual Abuse, Richmond, BC

Anne Morrison

May 24, 2003 Time 9am – 5pm

To Register, contact Linda Prochaska: 604.879.6654

12 Registered

Training For Trainers - Phase II (ongoing)

Dr. John Banmen & Kathylyne Maki-Banmen

August 20 – 24, 2003

For information, contact John or Kathylyne 604-591-9269

Satir's Systemic Brief Therapy – Level I in Richmond, BC

Dr. John Banmen & Kathylyne Maki-Banmen

Sept. 13/14, Oct. 18/19, Nov. 15/16, Dec. 6/7, 2003 & Jan. 17/18, 2004 Time 9am – 5pm

To register, contact Linda Prochaska: 604.879.6654

4 Registered

Sati's Systemic Brief Therapy – Level I in Kelowna, BC

Anne Morrison, assisted by Wendy Lum

Sept. 26, 27 & 28 Oct. 24, 25 & 26, Nov. 21, 22 & 23, 2003 plus one video day TBA

Registration information, call Donna Huggins 250.769.7943

Now Registering

Satir's Systemic Brief Therapy – Level II in Richmond, BC

Dr. John Banmen & Kathylyne Maki-Banmen

Oct. 4/5, Nov. 15/16, Dec. 6/7, 2003 & Jan. 17/18, Feb. 21/22, 2004 Time 9am – 5pm

Registration information, contact Linda Prochaska: 604.879.6654

2 Registered

Special Event: Expressive Therapies

November 8, 2003

Location and Program TBA

Not registering as yet.

For program and registration information contact:

**Linda Prochaska
Registrar of Programs
604.879.6654 or
Registrar@satirpacific.org**

Don't forget to visit our website!!!

www.satirpacific.org

**Submit ideas and content to
Kathylyne Maki-Banmen
Tel: 604.591.9269 or
E-mail: kmb@satirpacific.org**