

The Wisdom Box

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

Board of Directors 2002–2003

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Upcoming Special Event

Celebration of Self Through the Expressive Arts: Creative Models for Therapeutic Settings

A one-day conference for helping professionals exploring Expressive Arts Modalities to augment their existing practice. We are presenting 8 workshops in Drama, Dance, Music, Sand Tray and Art therapy. We are also offering workshops that integrate the Satir Model with the Experiential Therapies.



The conference will be held at:
Children's and Women's Health Centre, Vancouver, BC

on
November 8th, 2003 from 9 – 5pm

For registration and further information contact
Linda Prochaska at 604 879-6654 or lprochaska@shaw.ca

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Message from the President

July 2003

After serving for three years as the first President of the Institute I was not expecting to be nominated for the position of President.

I had expected the membership to want Kathlyne to continue to serve for a third year but respect her decision not to stand again for personal reasons.

I would like to acknowledge the growth in the Institute that has taken place in the last two years through the leadership Kathlyne has brought as President. Kathlyne has outlined many of these areas in her President's Report at the Annual General Meeting.

I would also like to acknowledge the contribution of

Mindy Kollman during her two years as a Board Member and welcome L. Enrique Monje-Alvarez to the Board.

I feel honoured to be elected and hope I can fulfill the expectations of the Board and the membership.

This is an exciting time for the Institute as we move forward to ratify the Three Year Plan the Board has worked on so enthusiastically at the retreat in March and more recently on June 14th. The Plan sets out the directions, priorities and activities for the Institute over the next three years.

It is an ambitious and comprehensive plan that relies on the enthusiasm and commitment of time and energy by many of our seventy

members. The Board intends to circulate the document to members and invite those of you who are not already involved to find a place that fits for you to participate and share your skills and enthusiasm for learning, integrating, developing and promoting the Satir Model.

A number of us will be in New Jersey in the middle of July attending the Avanta Affiliates Meeting representing the *Satir Institute of the Pacific*. We will present to the other Satir Institutes and Avanta members around the world how much we have been able to achieve here in our Institute through the enthusiasm and commitment of many members.

Michael T. Callaghan
President, July 8th 2003

Unsung Heroes Award - Our First Presentation

Anne Morrison as *Director of Membership Services* for the **Satir Institute of the Pacific** graciously presented our first unsung heroes award to Jacqueline Armstrong at the AGM in May of this year. Part of her speech is reproduced here as follows:



"This Award initiative was created this year as a way to honour members of the Institute who work for the benefit of us all, selflessly, quietly, in the background – not seeking recognition for themselves – but exemplifying Virginia Satir's work of "peace within, peace between, and peace among."

This year Judy Ferris was the Unsung Award Coordinator

and she chaired the Awards Committee which included herself, our President, Kathlyne Maki-Banmen and myself, Director of Membership Services. On behalf of all three of us, I can say how pleased we were to receive several nominations of wonderful Institute members who give selfless service and advance the aims of the Institute.

It was a privilege to process the nominations and discover more of the hidden treasures amongst out midst. And it was wonderful to see how some of our treasures give so much selfless service behind the scenes, and how they make such a difference in so many people's lives.

By— Anne Morrison

Our Unsung Hero has developed a model that uses the Satir Model as a way to help violent prisoners in prison to reconnect with their spirituality for healing. She integrates First Nations spiritual practices, metaphor and story telling with intrapsychic process (Iceberg and the Parts Party) and interactive connection between and among the prisoners to create a safe community in which they can experience transformational change and resolve the unfinished business from their pasts.

Besides using the Satir Model within the prison community, our Unsung Hero has also used Satir Model processes in First Nations communities around BC to

assist with healing. She has encouraged many therapists and healers to learn more and develop themselves and their professional practice to be more effective in their personal and professional lives. As an elder in her community, she has tremendous influence over many people.

And our Unsung Hero has also made international impacts. A couple of years ago, she was invited to Finland to teach Finnish people the ways she has developed to promote healing.

Within our Satir Institute community of therapists, our Unsung Hero also participated in the most recent

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Satir Model Perspectives On Suicide

The Satir model (Satir, Banmen, Gerber, & Gomori, 1991) is a unique therapeutic system that offers hope for therapists who wish to connect with and to positively affect suicidal youth in making a choice to live.

Within the Satir model, the Personal Iceberg Metaphor (Banmen, 1997; Satir et al., 1991) is a conceptual framework of the inner experience, which can be used to assess, understand, reflect, interact, change, and transform youth. This intrapsychic psychological map of the inner world includes the seven components within the Personal Iceberg Metaphor (Self: I am/Spiritual Core, Yearnings, Expectations, Perceptions, Feelings about Feelings/Feelings,

Coping Stances, and Behavior). The metaphor concept allows therapists to understand their own as well as another's intrapsychic experience. The Personal Iceberg Metaphor enables therapists to process youths' internal world, while at the same time acknowledging their external world.

The acting out behavior and verbal communication of suicidal youth is an expression of his or her internal experience. With the Satir model we can look at behavior and verbal communication as the result of the inner world of youth. Through using the Satir model and by focusing on changing adolescents' internal world, destructive external behavior has the stronger possibility

By— Jim Smith

of being positively changed.

In dealing with suicidal youth, therapy has often been focused more on identified behaviors. Some of these behaviors are displayed such as running away, disruptive behavior, challenging comments and actions, resistance to others, chronic nonattendance at school, noticeable mood changes, body movements, nonverbal responses, substance abuse (drugs and/or alcohol), sexual acting out, giving away possessions, and verbal comments (Banmen, 2000). Suicidal teenagers have a higher possibility of experiencing disruption and unpredictability within their family environment (Everall, 2000). Suicidal actions or intentions

can be seen as a sign that within youth's internal worlds, there may be a sense of hopelessness, helplessness, despair, and disconnection.

Satir (1972) suggested that in order to survive, people cope in different ways under stress. The four coping stances: placating, blaming, super reasonable, and irrelevant are accompanied by internal states described as worthlessness, loneliness, fragile, and rejection respectively (Satir, Banmen, Gerber, & Gomori, 1991).

From my work as a Behavioral Investigator for the British Columbia Coroner's Service, 1983-2003, where I performed child, youth, and

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Yes, our members' *Fireside Chats* indeed can take place in the midst of a hot summer!

Because the need to connect, share, and continue to grow together is alive and well all year. Each *Fireside Chat* host/hostess reports that their format varies throughout the year and remains flexible to the needs and interests of those who gather.

For instance, Mary-Ann Reid, our Okanagan Area Hostess, reports that their lively group meets bi-monthly and members have become very close and connected with one another: "Our group is much more than a "chat" in true Satir fashion. We are a lovely, warm, caring group of women (but men are most welcome)everyone feels free to laugh and cry.....we take turns facilitating the meetings and have lots of creativity.....and we usually meet from noon to 3 PM at Mary-Ann's office

to enjoy a delicious lunch and group sharing for personal and professional growth."

They have also had special occasion meetings which became special events, such as the time they went out for dinner and theatre following their group.

Anne Morrison reports that their Fraser Valley group enjoyed a summer potluck and *Fireside Chat* in her home with members from White Rock, Surrey, Langley, and Abbotsford in attendance.

"We enjoyed a lovely supper together and emerged revitalized from our sharing and mutual support. Members are beginning to share the facilitation tasks and we will be personally inviting many more Satir community folks from our area to our next meeting."

One of the members who has just completed Level I reported how nurturing and

supportive he finds our gatherings, as a safe place to share his personal and professional growth with like-minded therapists. "Everyone appreciates the new connections we make, and as we get to know one another and our specialty areas, we also are finding great leads for referrals and new ways to work together."

All of the *Fireside* groups will gather again this Fall, likely in October. Any interested Satir community person is invited to join in.

For further information on the next *Fireside Chat* meeting in your area, please contact:

Mary-Ann Reid,
Okanagan Area Hostess,
maryannr@shawbiz.ca



Linda Prochaska,
Vancouver Area Hostess,
lprochaska@hotmail.com



Elizabeth Newman,
Victoria Area Hostess,
sage@horizon.bc.ca



Anne Morrison,
Fraser Valley Hostess,
annekm@telus.net

This year, we want to expand the reach of our gatherings to the Tri-City area as well as upper Vancouver Island. If you are interested in lending a hand in host/hostessing Satir folk in your area, please contact Anne Morrison, Director of Membership Services: 604 856 8317 or annekm@telus.net. Hosting the chats is a wonderful way to connect with members and build rewarding relationships with one another. The gatherings literally run themselves!

Unsung Heroes Award continued

(Continued from page 2)
Training for Trainers group. Within that community, once again, she was extremely supportive of the other participants and, in her quiet and powerful way, encouraged and helped with their growth. Her intent is to use her training in a variety of different ways with her clients and colleagues within many more communities.

Our Unsung Hero has also been a generous supporter

of the work of the Institute. In fact, she has been very generous in making her office space available to the Satir Institute of the Pacific for meetings.

To sum up, our Unsung Hero's commitment to the Satir Model is very strong. Her skills in using the Satir Model are excellent. Her commitment to her own growth and spiritual path are unshakable. Yet, she does not easily share her accomplishments with

others and few people know what she is doing. Ego is not a factor in her achievements, only her contribution to the positive creation of peace within, peace between and peace among. She is a very worthy recipient of the first Unsung Heroes Award from the Satir Institute of the Pacific."



Jacqueline then came up and accepted the award. She talked of her work with prisoners quietly yet with an

intensity that demonstrated her commitment and passion for the work that she does. She said that she feels that in using the Satir model with the prisoners it never ceases to amaze her how effectively the members of her group gain from the model and begin to find healing and acceptance. It was a very moving and inspirational speech which exemplified how much Jacqueline cares about the clients with whom she

Hong Kong Satir Center's Logo



Hong Kong Satir Center's Logo

You may know that Hong Kong Satir Center has a very beautiful logo! Would you like to know the meaning embedded?

The design originates from the figure of an iceberg, which manifests the profound levels of a person &

the deep connection among human beings. The three extended straight lines mean that there are at least three choices as Madam Virginia Satir has taught. The three lines also mean the moving of the clients to positive directions & they remind us to communicate congruently by attending to the self, others & context. With this crystal clear logo, would you feel a sense of Peace?

Our New Home

Hong Kong Satir Center has moved to a new premises near Tsim Sha Tsui in Nov 2002. Striving hard to realize the dreams to promote

the Satir Model, many volunteers have been working persistently & contributing lots of their expertise in years.

From the "mini office" of less than a hundred square feet in the early days to the current office of more than a thousand square feet, we see how enthusiastic the volunteers support us & how keen they love the Center. It is our honor to have this new home. Most importantly, we have the volunteers to be with us in these days! Let's extend our heartfelt gratitude to all of them!

How do you feel about our new office?



Satir Based Couples Program

One of the parts of the Satir Model that I love so much is the encouragement and acceptance of individual uniqueness. With uniqueness comes diversity and with diversity comes a wide range of experiences, ideas, and visions.

On June 8, 2003 a group of unique individuals came together at the Abercorn in Richmond to share their individual visions for the development of a Satir based program for couples in relationships and marriages.

The room was familiar, some of us knew each other, and some of us had never met, but we came together with one common bond, which was our interest in using the

Satir Model to help people in relationship.

Sandy Novak, being our chairperson, began the meeting by opening the process up to the group. This is where the diversity blossomed! We spent the morning brainstorming ideas for a program that would use the uniqueness of the Satir Model to develop curriculum and a program that would rival the programs that are currently being used by people around the world.

Some of the other programs that we looked at are PAIRS, PREP, Catholic Marriage Encounter, Passionate Marriage, Adlarian/Birth Order, Where Recovery Becomes Reality, and Time for a Better Marriage. The brain-

storming challenged us to listen deeper to each other's ideas. The outcome was exciting!

Some of the ideas that we came up with are to develop a program with a core curriculum based on the Satir Model including written materials such as manuals for therapists and participants, brochures, journal articles, a program for couples, a training program for therapists, handouts for enhancement and training, marketing ideas, and an evaluation process.

Our mission statement is to *improve couple's relationships using the Satir Model*; a simple statement with a profound and far-reaching impact for couples.

We then generated a list of Satir qualities that we could begin to develop for a program.

Some of the qualities we will be working on include equality within relationships without equal roles, the Process of Change, resolving negative impacts from past experiences, the value of intimacy, working with differences and addressing them, power based on competence instead of hierarchy, validating positive intentions, hearing deeper in the Iceberg, vulnerability and trust, autonomy and connection, self care in a relationship, responsibility for our own feelings/perceptions/expectations in a relation-

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News Around the Institute



The Satir Institute of the Pacific was extremely well represented in New Jersey recently with not only **John** and **Kathlyne** attending the general meeting but also **Don Potkins, Anne Morrison** and

our new president **Michael Callaghan** at the Avanta Affiliates meeting.

Michael, congratulations on being voted onto the Board.

Anne Morrison's presentation on Satir approach with clients who have been sexually abused was apparently extremely well received at the Satir Around the World Conference, also in New Jersey.



Congratulations are in order for **Michael Callaghan** and **Renata** who married in an idyllic wedding with 2 witnesses, on the 28th of May. Very best wishes to the both of you.

Don Potkins moves to the Cayman Islands! Yes, he is off to be the Clinical Director of a Residential Treatment Centre there. His position starts in September. All the best Don.



Any room for visitors?

New Members

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

Professional—
Norma Jean Schmidt
Naz Miye Gurbiz

Affiliate—
Donna Fjell
Steven Fur
Debrah Nelson



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 **November 14, 2003.** Please submit any articles,

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

Editor:

Pauline Mullaney

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This Year's AGM

For those of you who couldn't make it to our AGM this past May 31st here are the highlights!

Early arrivers were treated to two videotaped sessions of Virginia Satir working wonders with depressed individuals and their families. A group discussion of one of the films was facilitated by our departing President Kathlyne Maki-Banmen.

Following the films, committee reports were given and elections held. The reports will be made available to members shortly.

As for the election, Katharine Carol and Pauline Mullaney were re-elected for 3-year terms as directors. The Board also elected, and welcomes, Enrique Monje-Alvarez, for his first term which will be in the position

By – Tim Head

of director for the final year of a 3-year term.

Moving on to the Executive, Kathlyne Maki-Banmen surprised and saddened members by stepping down as President; she will be staying on, however, as a director.

Michael Callaghan, the Board's founding president, was declared President by acclamation.

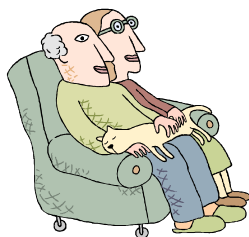
Bruce Cullen was elected Treasurer, replacing Michael Callaghan in that role.

Colleen Murphy was declared Secretary by acclamation for another year.

Satir Based Couples Program continued

(Continued from page 4)
ship, and ingredients of an interaction.

We looked at the overwhelm-



ing list in awe. To begin the process of developing these ideas we decided to join in teams of two. Each team took several areas and has agreed to begin looking at them to develop curriculum, materials, visuals, and activities that can be used in a program.

We finished at the end of the day with a new appreciation for each other and the ideas we brought together. We

also felt an excitement over the many possibilities that a Satir based program will generate.

It had been a long day with a great outcome! We gathered our belongings, said our good-byes and went our separate ways with lots to think about and to accomplish.

Who are the "we" I keep referring to? Sandy Novak,

Moira Hagen, Enrique Monje-Alvarez, Pauline Mullaney, Jim Weibelzahl, Carl Sayles, Sharon Blevins, and John Banmen.

Anyone interested in joining this exciting adventure can contact Sandy Novak at snovak19@hotmail.com .

Our next meeting is scheduled for Sunday November 23, 2003.

Sharon Blevins

Satir Model Perspectives On Suicide continued

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adult suicide investigations I was surprised that better than 50 percent of approximately 500 child and youth suicides examined through the behavioral investigation program were not predicted by the parents, service providers, or gatekeepers. This was a surprising number of unpredicted suicides suggesting that precursors to child and youth suicide needed to be understood differently.

Looking at suicide through the theory of the Satir model brings forth new learning applicable to the living. In my work as director and therapist for Langley Youth and Family Services 1977-2003, I have also had the opportunity to apply this new learning with living youth.

My work as a behavioral investigator was intended to illuminate the human factor in death investigations. Specifically, the investigations served to assist the coroner in determining the classification of death and why certain deaths may have occurred

and how they may have been prevented.

A behavioral investigation was performed as a voluntary inquiry into the inner experience of the deceased. The information gathered included: background history of the parents and a multi-generational family history, information about the pregnancy, pre-, peri-, and post-natal history, developmental milestones, marital and family history, significant events in the family and life of the deceased, and school information. In addition, the behavioral investigation gathered testimonial descriptions of the deceased from significant others in the life of the deceased. This process adds important dimensions to understanding how the deceased experienced life. Those interviewed may have included parents, siblings, relatives, friends, employers, lovers, fellow students, coaches, leaders, teachers, therapist, psychiatrist, social workers, and medical doctors.

Behavior patterns obtained were analyzed and reported to the coroner. With these interviews a body of information that when viewed through the Satir model (Satir et al., 1991) provided a means to detect and analyze behavior determining possible coping patterns as per the Satir Model. Considering behavior as coping as seen through the Satir model shifts focus from the individual act of self death to the story behind the struggle to live and the meaning the individual may have attached to this struggle. For many, suicide appeared not to be so much about wanting to die, but more about believing they could no longer endure the pain of living. This suggests that explanations for suicide might lie more within the individual in relation to the world in which he or she exists.

The ability to think about behavior differently, as we do through the Satir Model, suggests to me that suicide intervention/prevention can and must occur differently

than we currently practice. As we learn about the Satir Model we are encouraged, in fact, transported through a paradigm shift. We shift our focus away from behavior to the internal story behind the behavior. Our conversations change and the exchange between others and ourselves speaks at a different level. Different information surfaces, different understandings emerge allowing for possibilities and hope. As we expand the influence of this model it is my hope and belief that service providers and gatekeepers will be influenced to see behavior as we do, that emphasis in schools and in criminal justice systems will shift focus from consequence to why and from why to understanding and from understanding to resolution, facilitating greater mental and spiritual health, better self-care and increased capacity to act responsibly.

Jim Smith

B.P.E. R.C.C. R.S.W. (PP)

Resource Corner

Cheung, M. (1997). *Social construction theory and the Satir model: Toward a synthesis*. [The American Journal of Family Therapy](#), 5(4), 331-343.

In this article, Cheung examines the commonalities between social construction theory and the Satir approach to family therapy. She presents the use of language and narrative during therapy as a process for the therapist and client to co-create reality.

Cheung provides an overview of both social construction theory and the Satir Model. She then presents a synthesis of the Satir Model and social construction theory as a collaborative therapeutic process.

Cheung highlights six concepts: a) how the Satir Model reconstructs the client's reality as a major part of the therapeutic process; b) the Satir Model as a narrative approach; c) the synthesis of the Satir Model and social construction theory as a

By—Mary-Ann Reid

social interchange process; d) the role of therapists as a participant-facilitator, and the importance of a collaborative approach to therapy; e) the prime importance of language and relationships in the construction of meaning; and f) therapy as a process of co-creation between the therapist and the client.

This is an original piece of work. It offers a new way of viewing family therapy, and expands the potential of the

Satir Model. As both a therapist and an adult educator, I find myself making connections between this synthesis presented by Cheung and transformative learning—a synthesis of therapy and adult education.



Antoine Fisher – A Love Story

Watching the movie *Antoine Fisher* is another movie that is a pleasure and a can be a bit of a rollercoaster. The protagonist is challenged by a loving and caring doctor to forgive his parents.

His coping in present day learned from his past is a barrier to accepting and giving love.

Antoine returns to his home city and confronts an abusive foster par-



By– Todd Clark

ent. He also finds his biological mother and paternal family.

The most telling line in the movie for me was when asked by the doctor if he has found

forgiveness. His response is “yes, in my heart, but she’ll never be a part of my life.”

A pretty good movie to be watched with the iceberg in mind.

Ongoing & Upcoming Programs

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

Dr. John Banmen & Kathlyne 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



Satir’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



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

Dr. John Banmen & Kathlyne 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



Special Event:

**Celebration of Self Through the Expressive Arts:
 Creative Models for Therapeutic Settings**

November 8, 2003

Time: 9am – 5pm

Registration information, contact Linda Prochaska:
 604.879.6654 or email lprochaska@shaw.ca



**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
 Kathlyne Maki-Banmen
 Tel: 604.591.9269 or
 E-mail: kmb@satirpacific.org**