



The Wisdom Box

Winter Issue

The Official Newsletter of the Satir Institute of the Pacific

December 2006

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Congratulations!

Colleen Murphy

Recipient of the 2006

Todd Clark Unsung Hero Award

[See write-up on p. 3]

Message from the President

The first issue of the Satir Journal is now available online. Please visit the website www.satirjournal.com and follow the links to view the Abstracts. We invite you to subscribe, if you are a SIP member there is a special rate. We are also encouraging you to buy a gift subscription for your Alma Mater or Graduate school. Again, there is a special price until December 31st, 2006. There are also some copies of the print promotional first issue still available. See the website for all these opportunities to support the Satir Journal.

We expect to be able to move into our offices at the new Phoenix Centre early in the New Year. These will be multi-purpose in use: housing our new part-time administrative assistant, our bookstore, and also being available for counsellors to rent for their private practice. We will move our Level 1 and Level 2 Training Programs, and our Changing from the Inside Out program to the Phoenix Centre. We are also planning to offer other new programs for the community. Those who have taken our Training for Trainers Program are invited to submit proposals to the Director of Training.

We need the support of all members in

these two new major, exciting initiatives. Please contact other Board members or myself if you have ideas you would like to contribute to either of these projects. We are accessible by email through the Contact Us page of our re-designed website www.satirpacific.org



Finally, it is almost that time of year again when Membership subscriptions become due on the 1st of January. The Board has raised the subscription for the first time in eight years since 1998. The new fees are \$50 for Clinical and Professional members and \$25 for affiliate members. The task of collecting membership dues and sending out reminders etc. can be simplified, if members make a point of returning the renewal form that is attached with this Wisdom Box promptly.

Thank you and best wishes to you all for the upcoming holiday season and New Year. 2007 promises to be a very significant and exciting year for the growth of the Satir Institute of the Pacific.

Michael Callaghan
President

From the Director of Membership Services

– Jennifer Barrett

As I write to you tonight, the wind is howling, there is snow in the hills It will soon be time to hunker down for a long winter.

The membership committee has been busy revising forms for the new website. The application and renewal forms are now in protected word documents that can be typed on the computer, printed and mailed to me. We are hoping that this will simplify the process and reduce the amount of time it takes to fill in the forms. We hope that you like the new format. Next year, we hope to be on board with Pay Pal, which will provide another option for making payments, too.

As you will notice on the renewal form, the Board of Directors has agreed to waive any arrears due to the challenges of organizing the material and coping with the long delay in the revision of the Website. You will also

notice that there has been a small increase in the fees to cover the ever increasing rise in costs. We are hoping that you will renew your membership and continue to enjoy being part of the Satir Institute of the Pacific's world wide community.

At the October SIP Board meeting, three new members were approved. We welcome Dawn MacKenzie and Jerry Wu as Affiliate Members and Barbara Macartney as a Clinical Member. Dawn has also joined the Membership Committee and was instrumental in making the new forms in a user friendly "fill in" format.

Once the new list serve is up and running, the Membership Committee plans to promote the Fireside Chats. We look forward to any suggestions you might have for how or where you would like to see Fireside Chats heading over the next few years.

SIP membership dues for 2007 – renew ASAP
Renewal form available at SIP website:

http://www.satirpacific.org/membership/documents/Membership_Renewal_Oct2%2006.doc

Fireside Chats

Fireside Chats provide home settings for current and potential Satir Institute of the Pacific members to come together and share their personal and professional experiences with the Satir Model.

The Fireside groups are open to any interested Satir community persons. Hosting the chats is a wonderful way to connect with members and build rewarding relationships with one another. If you would like to help out in your area, please let Jennifer Barrett, Membership Director, know at jefilleul@yahoo.com

For further information about upcoming *Chats* in your region, contact one of the following Hosts:

Kelowna: Donna Huggins
dhugs5@shaw.ca

Vernon: Mary-Ann Reid
maryannr@shawbiz.ca

Merritt: Audrey Ward
audward@ocis.net

Fraser Valley: Anne Morrison
annekm@telus.net

Kamloops: Jennifer Barrett
jefilleul@yahoo.com

Guests and new members to the *Chat* groups are always welcome!

New Members

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

Clinical:

Barbara Macartney

Affiliate:

Dawn MacKenzie
Jerry Wu



For information and membership applications contact:

Jennifer Barrett

Membership Coordinator

jefilleul@yahoo.com

Todd Clark Unsung Hero Award for 2006 – to Colleen Murphy

[Profile of Colleen submitted by John Banmen in support of her nomination—Ed.]

Colleen Murphy has been a major contributor to the development and application of the Satir Growth model in Canada and abroad.

She has been the secretary of the Satir institute of the Pacific, she has been the registrar of the Summer Intensive Advanced workshop, she has been an active member of the Writer's Group helping to produce a new book of Virginia Satir's writings, and she has been a small group facilitator for the summer intensive for several years. She has been an outstanding contributor to the Satir community.

In addition to all this, Colleen was the chair person for the development of the Advanced Diploma in Family Therapy at Douglas College. As such she developed a ten course curriculum for a post-degree program with the help of a few local people. She also established a local and international advisory committee. She also worked closely for the pro-

gram with the Douglas college administration to fulfill all the administrative requirements the College demanded. Even when one committee member was ill another one took time to prepare for exams and the other two members travelled abroad, Colleen did the required work with great efficiency and with outstanding results. *[Unfortunately, the Douglas College Board of Governors decided not to implement the program at this time.— Ed.]*

Colleen is a jewel in our midst and deserves the Unsung Hero Award as well as our appreciation, respect and friendship.



New Member Introduction

— Doris Bruno

“Hi, I am Doris Bruno and pleased to be a new member of the Satir Institute. I have just become a grandmother. I am married and living on an acreage in the South Cariboo. I have done various forms of clinical social work in a generalist rural practice for many years and am now working in a family-focused program.”

Doris notes that she is interested in community development, teaching, rural work with children and families, working with Aboriginal populations and family therapy. Her hobbies include Taoist Tai

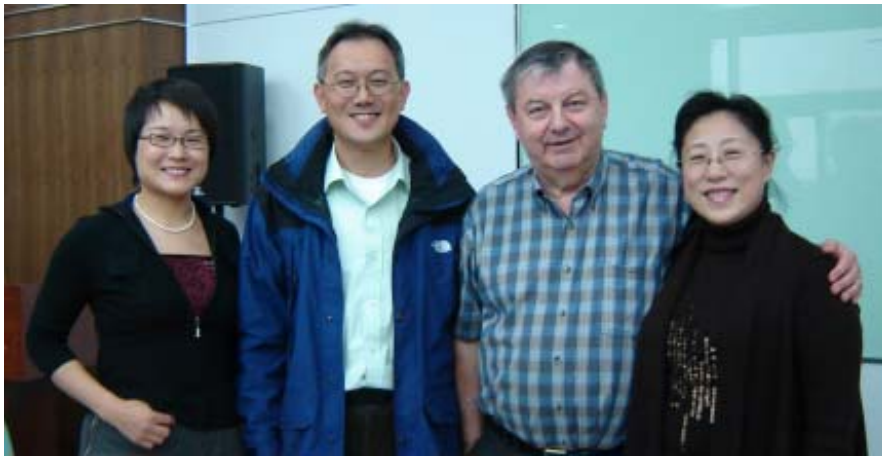
Chi, camping, gardening and stained glass. She is member of the Bahia Faith.

Doris and I (Jennifer Barrett) completed our MSW program together, Distance Ed from 2000-2003. Each week we had to check the Web CT for postings from our colleagues. Often there were over 40 postings and I always checked Doris' postings first, as she was so insightful and creative. It is a pleasure to welcome Doris as a new member of SIP.

News Around the Institute

Pauline Mullaney presented a 90 minute workshop on Healing from Trauma at the International Family Therapy Association's World Congress in Reykjavik, Iceland last month.

Unraveling The Internal “Great Wall” In Beijing, China -- Satir Style — Jerry Wu



With Dr. John Banmen’s invitation, from October 20 to 25, 2006, I participated in five of the six days of the Satir Transformational Systemic Therapy training in Beijing offered collaboratively by Satir Institute of the Pacific, Satir Institute of China and the Capital Normal University. This was the second part of a three-part series of training that had commenced on June 2006 and the main focus of this six-day training was in couple therapy with John as the lone trainer.

A total of 60 trainees with mixed backgrounds participated in the training. Therefore, John took an incremental style of learning by starting by reviewing the major elements of the Satir model and how each component of the Satir model, i.e. personal iceberg, relates to the overall process. He addressed a case of a depressed person within the family triad relations by illustration, exploration and explanation. This was followed by inviting a person who had experienced depression to a therapeutic demonstration, after the demonstration, trainees were asked to share and explore their personal experiences and observations in pairs, in all three channels: Self, Star and Therapist.

Additional individual demonstration was done on the second day to further anchor the learning trainees had gained on the first day; it also helped to dispel some of the doubts and confusions that a few trainees had experienced on the first demonstration. This second demonstration made the

channel three, therapist, clearer for participants. They understood what the therapist had done in the therapeutic process and how that had impacted star’s decision to change. When stars’ blocked life energies were released it was so obvious as if manifested on their faces as well as by the way they dressed and behaved on the following days.

On the third day, John explored the definition of couples and helped trainees to look into their own “relationships” through a few exercises. For example, how their various levels of icebergs interacted with each other in various stages of their relationships. Love languages and the concept of marital/relationship bank accounts were introduced and explored. Once trainees became more in touch with their own feelings and gained a better sense in detecting their own internal and external processes, John used sculptures and the changing coping stances to illustrate the communication within dyad relationships.

The highlight came when a stereotypical Chinese couple was on the stage. The husband was career focused and the wife felt she was left alone. Through John’s work the husband’s unmet yearning for recognition and love was unravelled and it was clear neither was her feeling of being alone being recognized by her husband. The vicious circle of interaction drove them apart. Her pain touched many participants and at the same time

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Unraveling The Internal “Great Wall” In Beijing, China – Satir Style – Jerry Wu

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they also admired his willingness and courage to participate. Toward the end there was a tinge of sparkle of hope and they agreed to work on their marriage at least before John’s return in March 2007. A contract was set for the husband to allocate a few minutes each day out of his busy schedule to listen and take care of himself; his wife would have an opportunity participate in another session later during this training.

On the fifth day, my last day of the training, another married couple, with the presenting problem of the husband lack of motivation plus being unemployed for a long period of time, was put to work with John. After a period of exploration, the impasse was revealed: his energy was blocked due to the rebellious approach he took in life in order to meet his yearning for freedom and recognition. Once that was unravelled, the transformational change happened instantaneously and again manifested on his face and movement. John made a pact with them that he would to check in with them when he returns to Beijing in March 2007. I hope I will be able to find out what have happened with them too.

As with the other Satir sessions, John always begins the day with a meditation. Throughout the training his witty and humourous comments and

remarks galvanize the audience as it does in Canada. Most importantly his jokes were always appreciated even without the interpreter’s prompts. Many trainees asked me whether there is a difference between the training in Vancouver and Beijing. My answer was always that the only difference was that I was able to hear it twice, English and Mandarin Chinese, – “double flavour, double joy”. Not only the message but also the style of delivering is the same. I realized that all our human processes transcend language, culture and borders; I never felt that I was in Beijing during the class.

Jerry Wu, M.Ed. is currently working for Immigrant Services Society of British Columbia, helping refugee and immigrant individuals and families adjusting to their lives in Canada.



Satir Training on Lotus Mt. in Panyu, China

— Angie Dairou

Lotus Mountain in Panyu was the location of a five day training in Satir Transformational Systemic Therapy (Level I) offered by John Banmen to a group of 21 participants from the business community. Because of my work in organizational development, John asked me to come along as an intern. Prior to the training however, our host in Guangzhou requested that the session focus on therapy rather than solely working with business applications. Jerry Lai (from Taiwan) traveled with John from Shanghai to translate for John; Dorothy Sun (from Hong Kong) attended as a volunteer to translate for the participants.



Situated at the mouth of the Pearl River and about 20 km southeast of Shiqiao, Mt.Lianhuashan (Lotus) is one of four well-known mountains in Guangdong. The standing bronze statue of Guanyin (Chinese Goddess of Compassion and Mercy) overlooking the sea is as high as 40.88 meters, the

highest one gilded with gold in the world. Because this was a residential training session, participants worked daily from 9am to 6:30pm and from 7:30pm to 9:30pm.

During the first day the participants were asked to work in pairs to share their reflections on the question “Who am I?” apart from their professional and personal roles. The group was then asked to report out in round robin style what they had learned from the exercise. Surprisingly, the report out took the rest of the day. Almost all of the participants showed up ready to work in a deep way on their personal issues and *everyone* wanted to be the star during demonstrations.

The iceberg was taught from the “bottom up” and John spent the better part of the second day exploring the “Self” level of the iceberg. During one exercise the participants were asked to work in dyads and stand facing one another with their eyes closed. They were then guided to touch one another’s hands and experience giving and receiving from the level of Self of their icebergs. This moved several of the participants to tears as they connected with their yearnings.

Much of the training was focused on connecting with and transforming unmet expectations. Participants worked on issues of childhood abuse, abandonment, parenting, and marital challenges. As always with The Satir Model, the work was focused on both becoming more aware of and trans-

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Satir Training on Lotus Mt. in Panyu, China

— Angie Dairou

(Continued from page 6)

forming old patterns of coping. The people who attended seemed to have experienced previous personal growth workshops focused on increasing personal awareness and connecting with old emotions, however the focus on transforming those patterns and connecting with inner resources seemed to be new to them.

In order to satisfy the requests of some of the participants who had hoped for more of a business/organizational focus, I taught for one of the evening sessions. During our time together, we explored the topic of focusing on resources using improvisational comedy, and business coaching using the Satir Model. The participants enjoyed the experiential aspect of working in the large group.

Overall, the participants of the training worked quickly and deeply in order to resolve old hurts and move into a greater connection with their yearnings and sense of spirituality. The yearning to love and be loved, and to feel worthy was a theme that participants worked on and connected with. From a business perspective, it was exciting to see that the people involved in the world's fastest growing economy were also interested in growing in their congruence. The group will meet two more times in April 2007 and in August 2007.

Angie Dairou M.A. is a therapist and Corporate Wellness Consultant residing in Seattle WA. Find out more about her work at www.dairouconsulting.com



Reminder

**SIP membership dues for 2007 — renew ASAP
Renewal form available at SIP website:**

http://www.satirpacific.org/membership/documents/Membership_Renewal_Oct2%2006.doc

Satir Model Introduced in New Zealand

— Anne Morrison



Anne Morrison (front row, 2nd from left) was in New Zealand in October by invitation and presented two 2-day workshops on the Satir Model to 20+ very enthusiastic participants from throughout New Zealand, including Fiji. The first workshop was an introduction to the Satir Model for personal and professional growth. The second workshop, building from the first, involved applying the Satir Model to organizations and the workplace, looking at ways to increase organizational vitality, wellness and congruence. The programs were so well received that Anne is being invited back next year to run a full Level I program.

The Satir Model in Indonesia

— Sukirno Tarjadi

The Satir Model is slowly gaining recognition in Indonesia, the largest Muslim country in the world. A few Indonesians went to Singapore and Malaysia to learn the Satir Model and they came back with the determination to bring it to Indonesia. In 2004 they started the first certificate program with Warren Tan from Singapore as the trainer. The graduates then got together to form an organisation that would serve as the umbrella for them.

Although no official name has been used for the organisation, the proponents agreed on a few things about it:

Vision: to become the catalyst for change in the field of counseling in Indonesia

Mission:

- To promote the awareness about the Satir Model
- To promote the use of the Satir Model in counseling

Strategies:

- Provide counselors' training in the Satir Model. At this moment we have had 3

groups of graduates (144 hours of training). Another group is under training in the city of Yogyakarta where an earthquake hit a few months ago.

- Provide counseling using the Satir Model. Satir counselors have been visiting prisons and high schools in Jakarta to provide counseling sessions.
- Provide specific workshops (parenting, personal growth, couple's retreat etc) based on the Satir Model. The first Anger Management workshop was conducted in September 2006. The next one is in end October 2006 to a group of office workers and executives. The first couple's weekend retreat is scheduled to be done in early November 2006.

So far the model seems to be well received among the target groups. 2007 will be a crucial year for its growth. We are hoping for the support and encouragement of the international Satir community to reach our goals. For more information about the Satir Model in Indonesia, email to Sukirno Tarjadi at starjadi@cbn.net.id.

New Program(s) :

Satir Transformational Systemic Therapy Level III

The Satir Institute of the Pacific is planning to start a new Level III training program for mental health workers and family therapists.

The total program will consist of eight or more two day modules focusing on a specific topic of a particular therapeutic problem. Any five modules will be required for course completion purposes.

The two prerequisites will be:

- a. Completion of Level I. Later, this will also require Level II completion.
- b. A master's degree, or equivalent or special permission of the S.I.P. Director of Training.

The modules will be offered in a two day weekend format near Vancouver, BC. All programs will be within the context of the Satir Model (STST) of therapy.

Program titles that are being planned or are under consideration are as follows:

Suicide Prevention and Treatment; Depression; Loss and Grief; Trauma; Anxiety; Addiction; Attention-Deficit/Hyperactivity Disorder; Dissociative Disorder; Borderline Personality Disorder; and Eating Disorder.

The first program, Suicide Prevention and Treatment will be held on January 27 and 28, 2007 and will be lead by Dr. John Banmen with the help of a small cadre of small group facilitators who know the Satir Model (STST) well. Dr. Banmen has been running 12 month long suicide training programs for the University of Hong Kong for the last four years. Each program has consisted of twenty full days of training.

Level III will have three international psychiatrists as consultants and advisors. Names of the trainers and schedules will be announced later.

Aside from the DSM - IV, the programs will use *Character Strengths and Virtues: A Hand book and Classification* (2005).

For the Suicide program, see the Satir Institute of the Pacific webpage www.satirpacific.org. Registration material will be mailed to former course participants and to all S.I.P. members. If you want to receive an announcement and application form fax John Banmen: 604-591-9260, or email him at jbanmen@dccnet.com.

Katharine Carol will be the program coordinator for the first program.

Suicide Prevention & Treatment Workshop

with Dr. John Banmen,
assisted by therapists from the Satir Institute of the Pacific's Training for Trainers Program

9:00 am – 5:00 pm
January 27 & 28, 2007

Delta River Inn
6005 Highway 17
Delta, B.C.

\$150.00 members ~ \$165.00 non-members

If you need a registration form fax or email
John Banmen at 604-591-9260 or jbanmen@dccnet.com

This program will help counsellors and therapists:

- Understand the public reasons for suicide
 - Learn about the common myths and methods
 - Explore common errors counsellors make in treating clients
 - Suicide prevention and treatment looking at five independent clusters: Love, Control, Shame, Grief and Anger
 - Complete a self-inventory identifying one's own beliefs and values around suicide
 - Identify signs of suicide
 - Explore ten commonalities of suicide
 - Learn about what the Satir Model offers suicidal clients
 - Examine how the Satir Model views suicide
 - Offer opportunities for experiential learning and skill development
-



Experience Greater Vitality and Inner Harmony

Changing From the Inside-Out

This engaging eight-evening personal growth program is now open to adults who yearn for a more peaceful, harmonious and love-filled life.

All who would benefit from the Satir Transformational Model are welcome. SIP members are encouraged to share this invitation with their friends, relatives and colleagues.

The proven methods used in this program will help participants discover their own capacity for positive change and growth. Through experiential activities, participants will learn to tap their own *life energy* to discover more joy and vitality in their lives

Co-facilitators: Dr. Pindy Badyal and Jennifer Nagel
Dates: March 2, 9, 16, 23, 30 & April 6, 13, 20, 2007
Time: 6:30pm - 9:30pm
Location: The Phoenix Center, Surrey, B.C.
Cost:: \$350.00

Space is limited.

To register or receive more information contact: training@satirpacific.org, Pindy Badyal at 778-988-5490 or Jennifer Nagel 604-313-3791

World Family Conference

May 16-19, 2007 Prague, Czech Republic



On the occasion of the 90th anniversary of the birthday of Virginia Satir, and the 20th Anniversary of the First International Congress on Family Therapy in Prague



Healing the family we heal the world (Virginia Satir)

Theme: Family in a Global World

Plenary Sessions:

1. Sameness and Diversity in Families of the Five Continents
2. Multidisciplinary Care of the Family
3. Therapeutic Work with the Family
4. The Personality and work of Virginia Satir and her Global Legacy

The conference will also include the Annual Meeting of Avanta members and Institutes
Co-hosted by Avanta (The Virginia Satir Network) and the Virginia Satir Institutes of the Czech and Slovak Republics.
Honorary President of the Conference: Dr. John Banmen

Further conference & registration info at — <http://www.conference.cz/WFC2007/en/index.htm>

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 three times per year. Summer, Winter and Spring. For those interested in advertising events and programs, the next **deadline** for submission is

Feb 1, 2007

Please submit any articles, ideas, gossip, poems or anything else to the Editor.

Editor:

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8438 Wiltshire St.,
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Fax: 604.875.2099

E-mail:

newsletter@satirpacific.org

Counselling Space for Rent — Available January 2007

The *Satir Institute of the Pacific* has two counselling offices for rent. Location - the new Phoenix Centre, 13686 -94A Avenue, Surrey BC.

Cost : \$15 per hour
\$50 per half day (4 hours)
\$85 per full day (8 hours)
\$125 per full day (12 hours)
\$75 per full day (8 hours), if booked for four days per month

The offices will be available from 9:00 am to 9:00 pm seven days a week

Contact : Michael Callaghan at michaeltc@shaw.ca or phone 250-388-0447

Supervision Opportunity

Bianca Rucker, PhD.

Offering Supervision: AAMFT supervisor-in-training; using Satir Model for supervision; 20 years experience as a marriage and family therapist. Fee for individual supervision is \$75 per hour (\$65 per hour when contracting for at least nine months of supervision); supervision is being supervised by Dr. John Banmen. For more details, contact **Dr. Bianca Rucker** at **604-731-4466** (office located at Broadway & Cambie in Vancouver) or via website at **www.biancarucker.com**

Volunteer needed

If you want to help out and get involved in the Institute and don't know quite how, you may be interested in helping with the production of the *Satir Institute of the Pacific* **videotapes**. Or you may be interested in the marketing of the tapes.

If you are interested in either of these two volunteer opportunities, then please contact John Banmen at jbanmen@dccnet.com or phone him at (604) 591-9269.

Alternatively you can talk to anyone on the Board informally about your interest

Satir Training Programs

Satir Transformational Systemic Therapy - Level I

Phoenix Centre, 13686 -94A Avenue, Surrey BC.
Kathlyne Maki-Banmen, M.A. & Dr. John Banmen, R. Psych.,
assisted by Sandy Novak

February 3 & 4, 2007
March 3 & 4, 2007
March 31 & April 1, 2007
April 21 & 22, 2007
May 12 & 13, 2007

Now
Registering

Registrar: Ruth Anderson, 604-591-9269
or Dr. John Banmen, jbanmen@dccnet.com

For program and registration information
contact the **Registrar** for each program.
Register **EARLY** to avoid disappointment

Suicide Prevention & Treatment Workshop

Delta River Inn, 6005 Highway 17, Delta, B.C.
Dr. John Banmen, R. Psych.

January 27 & 28, 2007
9:00 am - 5:00 pm

Now
Registering

Registrar:
Kate Parkinson – bkpark@shaw.ca or 604-539-7277

Don't forget to visit our newly
re-designed website!!!

www.satirpacific.org

Submit ideas and content to
Kathlyne Maki-Banmen

Tel: 604.591.9269 or
E-mail: kmb@satirpacific.org

Changing From The Inside Out : Personal Growth Through The Satir Model

*This program is intended for any adult over the age of 18 from any walk
of life who is interested in making an inward journey towards a more
peaceful, harmonious and love-filled life.*

Eight evening program: 6:30 - 9:30 pm
Place: The Phoenix Centre
13686 -94A Avenue, Surrey, B.C.
Dr. Pindy Badyal and Jennifer Nagel

March 2, 9, 16, 23, 30, 2007
April 6, 13, 20, 2007

Now
Registering

Registrar: Pindy Badyal at 778-988-5490
or Jennifer Nagel at 604-313-3791

Address Change ??

If you have changed or are about to
change your address or e-mail address,
please e-mail **Jennifer Barrett**
with changes at

jefilleul@yahoo.com

Wisdom Box Editorial Team

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