



The Wisdom Box

The Official Newsletter of the Satir Institute of the Pacific

Fall Edition 2012-Presidents Message

By now many of you will have received an email, which is reprinted in this edition of the Wisdom Box, about the Satir World Leadership Retreat – “Passing the Torch” – that SIP is planning as a celebration of Virginia Satir’s 100th birthday in June 2016. “Passing the Torch” will be an invitational event for between 150 to 170 participants from around the world.

This will be a different kind of event than the recent Satir conferences in Prague, Denver and Hong Kong, which were larger, open to all and had opportunities for many presentations and different intended outcomes. The World Leadership Retreat will focus on a limited number of common themes in the work of the various Satir Institutes and others around the world. The Retreat will be limited in size and consequently by invitation to ensure representation from as many Institutes and countries as possible. The intended outcome will be to look for ways in which we can build on the current collaborative initiatives, share more trainers and programs, develop research and resources and build deeper connections. Together we need to ensure that the Satir Model continues to be taught and recognized as an effective, universally applicable model to promote Peace within, Peace between and Peace among.

“Passing the Torch” seems an apt title as many of those still teaching, who trained with Virginia, are retiring or reducing their teaching and professional commitments. A new generation of Satir trained therapists and trainers have developed in the twenty five years since Virginia’s death. These are the people now working together to carry the torch for the Satir Model and pass it on to new generations.

The SIP Board is excited about this major project and will be calling on many Satir leaders around the world for their contributions and help over the next three years to make this a success. In 2016 just prior to the Retreat we are hoping to provide some residential training opportunities at Rosemary Heights, but more of that later. In the meantime you may be interested in the three residential training programs we are providing in the summer of 2013. Details are available on the SIP website and in this edition of the Wisdom Box.

Michael T. Callaghan

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2012—2013

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From the editor

Dear members of SIP, I don't usually write to you directly but I wanted to share this with you.

I have become very fond of being the Editor of the Wisdom Box as I feel connected to all of you so regularly. Never before though, have I felt so indebted to this newsletter. Today on October 15th 2012 at 11.25 the school, where I work part time, went into code red lock down. That means that the children in the school are in imminent danger. As of writing from under my desk, every class room has the lights off, all the children are hidden from view of the door, and a staff member locks the door from the outside, so that no one can enter. I have no idea how long I shall be here but writing this for the Wisdom Box is keeping me distracted from what just happened.

I had seen the police arrive and immediately went to the office to see if I could help. (that is what unsung heroes do best) I gathered very quickly that this was the real deal but I knew of no details. My job was to get children from the toilets and escort them back to their class rooms. So there I was shouting into the locked toilet stalls., "Hurry up and pee, we have a lock down" and walking through, what was now eerie and completely quiet corridors. Finally I was completely alone with this one little girl as we ran to her classroom. She said, "it's a drill right?". I replied, "No my love it's the real thing". I gave her permission to run with me to her classroom (they are not allowed to run normally and this seemed like a ten kilometer run) and in so doing, in my mind, I was ready and prepared to take the bullet for her. As luck would have it, I delivered her without a scratch and returned to my counselling office. I closed all the doors, put the blinds down and sat under my desk appreciating how wonderful being alive can feel. In order to distract myself I began to put together this issue of the wisdom box. I know that you are meant to turn the computer off in such dire situations but I figured I would have time when I heard him/them coming in the door. After all I was under the desk . (I figured I was covering earthquake readiness as well)

Once we got the code green we all immersed. Initially I checked in with administration and learned that it had been a real threat but the suspect had never actually entered the building, he had been intercepted and was now in police custody. I went to every class room to check on how staff and children were doing. Teachers had spent 45 minutes locked in classrooms with hysterical children.

Some were still huddled in the corners away from the door. Trauma response was setting in. Teachers and children were visibly shaken.

Like the staff and children, I did not know if the guy was in the building. The children told me they heard someone turning the door knob of the class room and they thought it was the gunman. (In fact it was administration also alone locking the door. But they knew he was not in the building. I had no idea where he was.) Children told me that when the bell goes now they feel scared because they think it is the guy coming to get them. (The following day we had to have an earthquake drill. I insisted that the administration warn the children if it is going to happen, make it only for 60 seconds, do not put on the school bell and never mind the sounds of the earthquake!!) It turned out to be a very serious threat, which due to the signals of cellphones was intercepted and we live to see another day.

Meanwhile the impact of the trauma is huge. The students whose lives were in danger, their families who thought their kids might be killed, and the innocent 1,000 students and staff who thought they might die. It is primarily my responsibility to defuse the impacts.

So for about 45 minutes of official lock down with a potential murderer coming through my door I put together most of this newsletter. Sometimes the most creative things come when you are under stress!!!

Love and Life, Madeleine

PS A 32 year old male was arrested for uttering death threats and for possession of a weapon.

PPS Please send your stories and impacts.

**On June 26th 1916 Virginia Satir was born
We are Celebrating her 100 year on June 26th
2016.**

To begin the count down we invite you to



**her 97th birthday at Madeleine De Little's
house on June 23rd 2013, Starting 4pm BBQ
at 6pm.**

Bring your own protein.

Donations of Satir Books for the SIP Library.

As you are Spring/Fall cleaning in the next while, think about donating any Satir books, research papers or other relevant non Satir items to the Satir Library at the Phoenix Center. Thank you to Pauline Chan who has housed the Library for Satir for many years. Come mid November the Library will be housed in our resource room at Phoenix Center.

Welcome to these new members of SIP

Terry Czegledi,

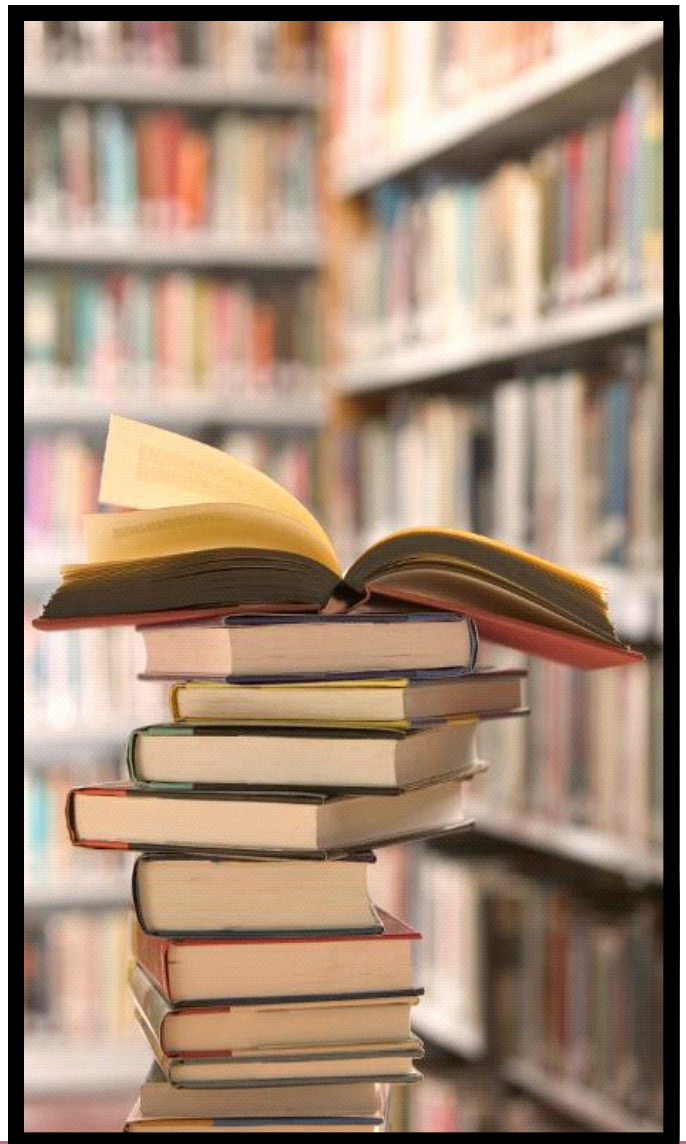
Courtney, BC—Affiliate

Karen Walker,

Fernie,, BC—Affiliate

Dongsheng Wang,

Beijing, China—Clinical



More photos from Jennifer Nagels' Introductory 2 day workshop in Kenya July 2012

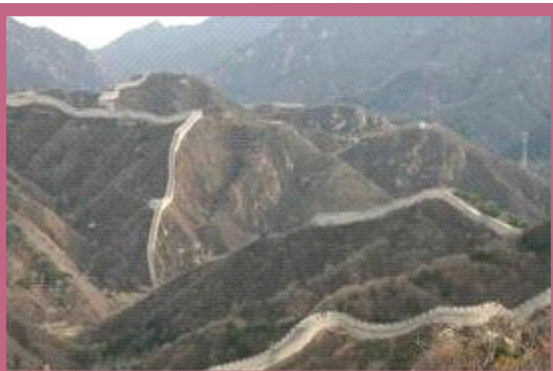
Jennifer will be returning again next year to do a full Level 1 workshop



John Banmen Invited Jennifer Nagel to China.
Jennifer managed to squeeze in some sight seeing



and went to Tiannman Square, the Forbidden City, (right) and hiked on the Great Wall (left)



Pauline Chan from Vancouver, Marie Lam from Hong Kong and Sok Fun from Malaysia were all in China with John Banmen and Jennifer Nagel.



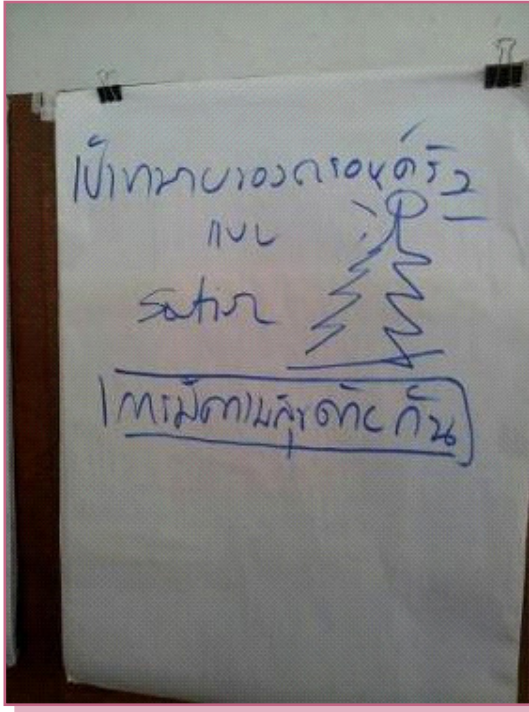
Kathleen with her group in Thailand

October 2012

Photo with "Kathlyne, Our Beloved Teacher", and Thai Supervisors



Thank you Siriwan for this lovely picture



Siriwan seems to be teaching the Satir Model but when I translated her words into English using Google translation it came out as :

“Marisa Schmidt frontier. For parents or carers for children to feel good about many of my ma. together create an sakhuen test and be useful to parents he really appreciated and thank you. My legs are very masi University trust and time to teach us. :)

ไปอบรมซาเทียร์ สำหรับพ่อแม่หรือผู้ดูแลเด็ก ให้กับเสมอฯ รู้สึกดี
มาก ที่ได้ช่วยกันทดลองสร้างคอร์สขึ้นมาแล้วเป็นประโยชน์กับพ่อ
แม่เขาจริงๆ ชื่นชมและขอบคุณ เสมอฯ ล้ายเป็นอย่างมากที่ไว้ใจ
และจัดเวลาให้พวกเรามาสอน :)



Dear Madeleine,

This is in Hong Kong over the summer. Nitza was doing a dance workshop for Marie Lam, Hong Kong Satir center, and I was doing workshops - for Christopher Ng, and Sister Agnes Ho. Here we are celebrating Nitza's birthday.



Linda Lucas, Nitza Broide-Miller and Marie Lam looking very content after yet another meal.

Last night, Saturday night in Singapore - seaside - eating crab, prawns, grouper and other wonderful food AND Tiger beer -local Singapore Gold Medal Winner Beer.

Linda Lucas with Anna Low - Singapore Satir Center president



Preliminary Announcement

SIP World Leadership Retreat June 22nd to 26th, 2016

The Satir Institute of the Pacific is pleased to announce that it will be hosting a Satir World Leadership Retreat – “Passing the Torch” in June 2016 at Rosemary Heights Retreat Centre in Surrey, BC, Canada in honor of Virginia Satir’s 100th birthday.

The intended outcome of “Passing the Torch” is to build on the work of existing Institute programs, and initiatives in other countries, particularly related to shared training, research and resource development into a more coherent, interlocking team to ensure the Satir Model continues to be taught and recognized as an effective model to promote Peace within, Peace between and Peace among.

“Passing the Torch” will be an invitational event for between 150 to 170 participants from around the world. Further information and program details will be sent out as it becomes available during the next three years.

Michael Callaghan

president@satirpacific.org

29th October 2012

Satir Level III The Stances, the Brain & Satir in the 21st Century

Presented by Colleen Murphy Oct. 13-14, 2012

This was a very interesting and interactive workshop. Humans take in feedback from the world and affects who I am (self), you are (other) and the world is (context). There is an internal reality that exists between two people and we had examples of what happens with this when client and therapist are in different stances. For example when a therapist presents a super reasonable stance and the client is placating-he/she may not be in tune with feelings and client feels unsafe. If the therapist placates and client is super reasonable language can get in the way. It can become a game for the client as they feel in control while tension builds and the therapist may be fearful of not helping and becomes frustrated. The need is to be respectful, invite and not challenge. If there is a disconnect it can be very lonely for the client and the therapist.

Congruence is our life force so when humans can risk movement change happens.

5 Freedoms

pay attention to internal context

change different on a neutral level

change doesn't happen in session

hard to change

transformation can happen in a session



We go into stances very early in life. The amygdala works with thalamus, pituitary, adrenals and is fully mature by 8 months gestation. In the steel face experiment a mom is fully engaged with child then mom goes stone faced and we watch the child's reactions from enticing to fear, to crying and distancing then mom reengages and we see the child come alive again. Showed the power of connecting. The spinal cord transfers messages to all parts of the body while the cerebellum transfers information from both sides of the brain. Pre-frontal execution continues to develop until mid 20s. Drugs and alcohol have a negative effect on frontal cortex. The sculpting of how the brain works was visually powerful and really demonstrated the connections of information given, received and acted upon. Axons delivers messages, dendrites receive messages across synapses by neurotransmitters. Hebb's axiom- "Neurons that fire together wire together"

To demonstrate this one person recalled a time they were afraid. It was about her trip across Patullo bridge on her way to the workshop. The sensations she felt were: shoulders tense, bottom dropping, tunnel vision, pounding heart, sweating palms- hardest time with this, shallow breathing and felt dizzy. A sculpt showed the interaction and connections between various body parts. Very powerful visual. Once one part was able to communicate to another the tension decreased and more information came in reducing the stress and anxiety. One comment was "if you can notice your breath it is likely a discomfort not a threat"

You can show support by touching (if appropriate) person in lower back or between shoulder blades- mother spot and if alone a warm magic bag in low back or mother spot can help as well.

Video- Virginia Satir 1980 in Quebec

To be congruent

1. love myself
2. know how I look and sound- mirror with other person, other people gives you a picture of you
3. willingness to be human-to grow and to change, to use criticism as a gift and to let go when something doesn't fit

Stress- neither destructive or constructive but depends on what we do about it

The stances by Virginia Satir were sculpted and again a great visual. None of these work unless there is another person involved.

Placating Stance –sculpt

- Smaller, whiny voice, unstable, heart in right place-I only mean well, grateful for everything

Manifests- in stomach issues, head and back aches, sex problems, vomiting, digestive issues

Behavior- guilt mostly taken inside, simple schizophrenia, suicide is extreme consequence

Blaming Stance-sculpt

- tight jaws, body, no flexibility, look more powerful, pointing, sneer, skin turned red-blowing off steam and adrenaline coming in faster than it can leave

Manifests- in muscle and tissue pains, arthritis

Behavior- extreme is murder, paranoia +++

Super Reasonable Stance

-Balance off, hands tight, broomstick down spine feeling, look up and past everyone

-Talk-like sawdust and everything feels like it is going to sleep

Manifests- in: reduction in all juices- saliva, tears, semen, breast milk etc.

Behavior- complete isolation, catatonia

Irrelevant Stance

-Everything moves everywhere, out of balance

-Physical body sacrifices itself so the person can survive

Manifests- in central nervous system issues

Behavior-complete divorcing from reality, out of reality “greased pig”, psychosis

The day ended with a better understanding of the brain, the stances and Satir but it also opened the door for many more questions. Thanks Colleen

by Linda Proshaska





The physiological response of the body under stress, peripheral Vision, (Shelley) shoulders tense, (Madeleine and Deborah) heart beating rapidly (Anne) sweating hands (Mary)



Sculpting the parasympathetic response of the brain on the body after breathing and feeling safe.

LEVEL II COMING TO VANCOUVER ISLAND!

Since moving back to Vancouver Island in 2009, Anne Morrison, Program Leader and an Assistant Director of Training for the Satir Institute of the Pacific, has conducted two 10 day Satir Transformational Systemic Therapy training programs on the Island. The first took place in Bethlehem Retreat Centre in Nanaimo BC between February and May, 2011 and the second program took place at the Victoria Executive Centre in downtown Victoria between February and April, 2012.



Building on these two Level I programs, and hoping to reach any other previous Satir Model Level I graduates, Anne is now planning to teach a Level II Satir Transformational Systemic Therapy Training Program to take place in Duncan, BC in the beautiful Riverwalk Cafe setting of the Cowichan Tribes 'Quw'utsun Cultural Centre. Hopefully this central Island location will be accessible to both southern and northern Islanders. The program commences January 31, 2013.

If you have completed the Level I training program, or if you wish to repeat your Level II as a refresher, you are welcome to register. Please refer to our Satir website for registration details. (Above is a joyful class photo from our Victoria Level I class, taken in April 2012,)

Below is a photo which captured a few of us who gathered in Beacon Hill Park in September, 2012, for a reunion picnic. Included in the reunion photo are Anne Morrison, Wendy Lum (the Assistant Trainer), Shauna Janz, Elizabeth Stevenson, Lyla Harman and her lovely 4 year old daughter Kaylela.



Last but not least, is a photo of the wonderful Victoria training staff, which includes Wendy Lum, June Saracuse, and Tricia Antoniuk. Each of them enriched the students' learning experiences; thank you!

Wishing us all peace within, between, and amongst us all as we each continue to spread and embody the Satir Model!

Anne would love to hear from any of you with your hopes and ideas for continuing to spread the Satir Model throughout Vancouver Island. Feel free to contact her at annemorrison@shaw.ca



**The Next Fireside Chat
will be
on**

Wednesday November 28th 2012
Madeleine's House at 23253 Francis Ave,
Fort Langley, BC.

Email Madeleine if you are coming.

7:00 pm

fort.playroom@shaw.ca

604 626 9671



Training Schedule for 2012-2013
And Board Meetings

New Programs

Fall 2012

Level 3 Date TBA

“Incorporating the Somatic Experience in Therapeutic Process”

with Anastacia Metcalf

Clinical Evening November 14

“Dead Kids Talking—Finding the Internal Story of Suicide and Suicidal Ideation”

With Jim Smith

Winter 2013

Level 2 January 31, Feb 1, 2, 28, Mar 1, 2, April 4, 5, 25, 26, 2013

With Anne Morrison, MSW, RSW, RMFT

Summer 2013

Level 2 July 2—11, 2013 Summer Intensive at Rosemary Heights Retreat Center

With Kathlyne Maki-Banmen, MA, RCC

Master Class July 14—21 BY INVITATION ONLY

With Dr. John Banmen, R. Psych, RMFT, Director of Training

Level 1 August 6—15, 2013

With Kathlyne Maki-Banmen, MA, RCC

Board Meetings

Saturday 1st Dec 11:30 am to 3:30 pm

AGM March 16th 2013 1pm

May 24th-26th 2013 Board retreat Rosemary Heights

Satir In The Sand Tray Workshop Dates 2013

March 2nd /3rd 2013 Level 3 part 1

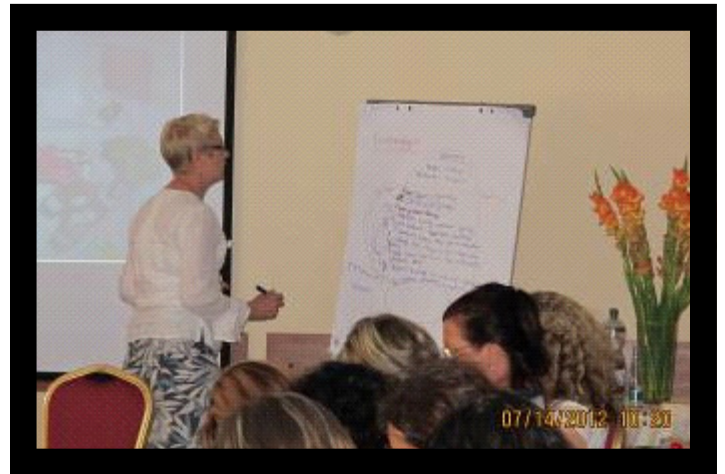
Leader: Madeleine De Little

Where: Fort Langley at The Fort Playroom

April 13th/14th 2013 Level 3 part 2

Leader :Madeleine De Little

Where: Fort Langley at The Fort Playroom



May 4th /5th 2013 Level 3 part 3

Leader Madeleine De Little

Where: Fort Langley at The Fort Playroom

Registration coming soon

Fall 2013 Vancouver Island Level 3 part 1

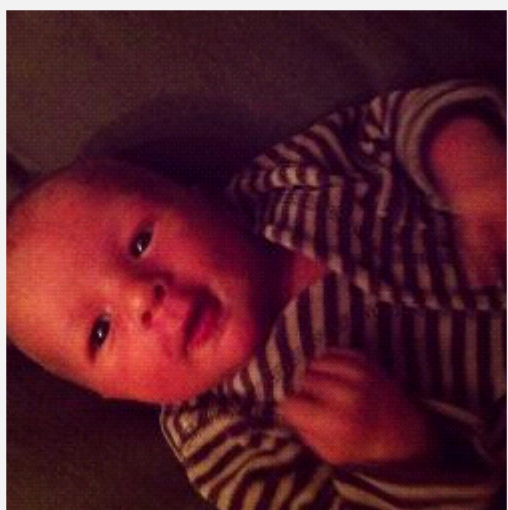
Leader :Madeleine De Little with Anne Morrison

Where: TBA



Announcements-Send us your snippets of news-births, deaths, marriages, graduations, requests, things to sell.

Do you do Facebook? All are welcome to join the Facebook of the “Satir Institute of the Pacific” .



Here is Danielle Braun-Kauffman's new addition. Please will you welcome;

Asher Julian Braun-Kauffman (left)

We have a number of research papers in Korean. Who would be willing to translate them into English?

After the first week of level 1 in Surrey a participant and her soon to be husband wrote their vows based on the iceberg metaphor!

SIP needs someone to look at the criteria for awarding scholarships for summer institutes. Please send your name to Madeleine at mdelittle@gmail.com

Milada had puppies and a wedding-not at the same time (right)



Advertisements

Bianca Rucker, PhD is an experienced approved AAMFT supervisor offering supervision for therapists wishing to become clinical members of AAMFT or BCACC. Supervision and consultation is also provided for therapists who would like to improve their effectiveness. Special expertise is offered in the area of sexual and relationship therapy. Fee = \$120/hour for supervision. Inquire about reduced fees for certain circumstances. Supervision available at Cambie and Broadway, and also at Boundary Road and Marine Drive.

Contact Bianca Rucker at: Bianca Rucker and Associates Inc.,
#400 -601 W. Broadway, Vancouver, V5Z 4C2

Tel: 604-731-4466

Email: ruckerb@interchange.ubc.ca ,
or visit www.biancarucker.com

"Office Space for Rent"

I have a large office facility in downtown Langley in which I am building an assessment, counselling & wellness center. There are a few offices for rent (hourly, daily or monthly). Please email ssarrobin@shaw.ca or call 604-882-3589 and leave a message.

Susan Robin

Advertising and Classified Ads in *The Wisdom Box*

“Virginia’s list”

Please feel free to advertise office space for rent, your old sofa that needs a good home, workshops that are relevant, puppies for sale etc.

We do reserve the right to not publish any article or advert that is not in keeping with the tenets of the Satir Model.

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.

Program Registration

All Satir programs can be registered for by contacting Cindi Mueller at 604-634-0572 or from our website at www.satirpacific.org

Attention Contributors/Advertisers:

The *Wisdom Box* is published four times per year: Summer, Fall, Winter and Spring. the next **deadline** for submission will be **January 15th 2013**

Please submit any articles, ideas, gossip, poems or anything else to the Editor. We would love to hear from you.

Wisdom Box Production Team

Madeleine De Little—Editor

mdelittle@shaw.ca

Cindi Mueller—Distribution

admin@satirpacific.org

Membership Rates

Clinical/Professional Members—\$50.00 per year

Affiliate/Community Members—\$25.00 per year

www.satirpacific.org/membership or contact Cindi Mueller at admin@satirpacific.org

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