



The Wisdom Box

The Newsletter of the Satir Institute of the Pacific
connecting members throughout the world

Fall Issue 2014



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President's Message

President's Message for the Wisdom Box – Sept 2014

Predictably Fall greeted us here in BC with some much needed rain after a long hot dry summer and it was time for the Board to get together again, reconnect, make some decisions and share the progress being made with a number of projects. These include:

- SIP is also working on a **new website** which will help re-focus our marketing efforts and make more use of social media. Look for the new website early in November.
- SIP is developing a cooperative relationship with the new **Satir International Journal**. The editor is Dr. Jesse Carlock. This is an ejournal published by the University of Victoria with open access to all at no cost <http://journals.uvic.ca/index.php/satir/>
After pioneering a Satir Journal SIP has decided to cease its own publication and support the potential of this new University based Satir International Journal.
- An **Annotated Bibliography** of works in English published since 1960 by Virginia Satir and other authors about the Satir Model is now available on the SIP website. It is downloadable at no cost. A print edition is also being prepared. Thanks to Jesse Schellenberg for compiling this.

SIP is hosting three major events in 2016 to bring together members of the Satir community from around the world to celebrate Virginia Satir's 100th birthday. Planning is well underway. These are:

- **Satir World Leadership Retreat** from June 19th to June 23rd, 2016 for 75 invited participants. This will take place at Rosemary Heights on Surrey.
- **Satir World Conference: Becoming More Fully Human: The Evolution**, June 24th to 26th, 2016 and Gala Dinner in honour of Virginia Satir's 100th birthday are coming together. This event is open to all and will be held at the Sheraton Hotel in Surrey close to Vancouver BC
- **Master class** and a **Level 3, 10 day Intensive training programs**, June 27th to July 7th, 2016. Both of these events, for 30 participants in each, will take place simultaneously at Rosemary Heights in Surrey.
 - Further information about these events will be published on our website as it becomes available.

Michael Callaghan



Message from the Editor

One of the great blessings of this role is the gift of witnessing the transformative power of Satir's Iceberg in the lives of people struggling under the weight of their errors in perception and the suffering these errors impose on good people trying to make sense of their life experience. As I was editing a beautifully intimate contribution from Hettie Tu, a member of SIP from Shenzhen China (International Section) I was struck by the life-enhancing potency of the Iceberg. Hettie eloquently captures the way the iceberg shifts our focus from things outside of us to those within us and describes how this shift was essential for changing the impact of her past and expanding her horizons for securing greater happiness from within.

Once more we are presented with experiential evidence of the priceless gift Virginia provided us when she articulated and implemented the Iceberg model. Once again we witness how changing the impact of the erroneous stories we tell ourselves, about ourselves, each other, and the world, through our perceptions, feelings, expectations, and yearnings provide the vehicle for positively transforming our interpretations of the past thereby enhancing our experiences in the present.

As we approach this gifted therapist's 100 year anniversary, I can think of no more compelling testament to her positive impact than the real-world experiences of people who know the depths of human suffering and have found their way back to the life-affirming light of their life force through the compassionate genius of Virginia's therapeutic gifts.

I pray that as 2014 comes to a close, each of you experiences the transformative healing of your erroneous stories so you can discover the beauty, wonder, and power of your own unconditionally loving nature waiting patiently for your consciousness to notice.

See you at the birth of 2015 ☺

John Paterson MA

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2016 Satir Celebrations

By Michael Callaghan

SIP is hosting three major events in 2016 to bring together members of the Satir community from around the world to celebrate Virginia Satir's 100th birthday. Planning is well underway. These are:

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Dear Kathlyne

Dear Kathlyne,

I have a client who uses the super reasonable coping stance. I cannot get him out of story. When I ask him to go inside and tell me what he feels, he seems annoyed and goes back to explaining (story). When I ask him what he'd like different in his life, he goes into a big explanation - more story. I don't know what to do and feel like I'm not helping him. We go around in circles. How do I get him inside and willing to work on change?

Frustrated

Dear Frustrated,

The fact that he is returning to see you is a good sign that he really does want change, but he doesn't know what he wants or how to get there.

Remember that all of the coping stances are automatic. Clients do not consciously choose to use them. They come from the clients' need to protect themselves when they feel afraid, threatened, and helpless. These feelings may also be in the client's subconscious. Especially with people using the super reasonable coping stance, protection may be so habitual and effective in protecting them from their uncomfortable emotions, uncomfortable relationship dynamics and their own helplessness, that it may even feel like a personal strength to them that they can respond logically and without emotion.

In order to connect with clients, we need to first be aware of our own internal world. Are you able to accept your client, love your client, and have hope for your client as he is right now? Do your insecurities, fears, helplessness get triggered while you are with him? What would have to change for you to allow yourself to acknowledge your own triggers and reconnect to your Life Energy? How can you allow yourself to see his strengths and internal resources while he is still so frightened? What do you have to do to genuinely love and accept him just as he is before he changes, to have compassion for his present experience? How can you let go of your expectations of how he should respond in the therapy sessions?

When you are able to accept how he is at this moment in time, you can now enter his world with him in a caring, accepting way. You can acknowledge and validate his experience (not his story) and reframe some of his perceptions into more positively directional possibilities, maybe adding, "Is that something like what you'd like?" You can ask him to become aware of his body and the sensations there. Ask him to stay with the sensations without analyzing or thinking about them - just feel them. Then ask him what he became aware of. Ask him about his yearnings (What do you really long for? or How do you deal with your loneliness?) Validate his sensitivity, how it seems he feels things very deeply (even if he doesn't talk about his feelings - usually, he will feel relieved that someone sees him). Share a little of what the brain research says about the disconnect between the limbic brain and the neo-cortex and suggest that the experiential work you do together might "rewire" his brain (this will appeal to his logical mind, while also instilling hope). Maybe share the Iceberg Metaphor to show him how he has focused on just one aspect of his human experience and ask him if he'd like to have all of his human experience.

Focus the work on his relationship with himself. Help him connect with his own resources, his tenderness, the positive intentions of his copings, the protectiveness of his mind. Move him from external focus to an internal focus. Help him find the internal voice that he has ignored.

Most importantly, monitor your own Iceberg, paying particular attention to your emotions (felt in your body), how you perceive your client and your role as therapist, your expectations: of yourself, as a competent therapist; of him, as a cooperative client; from him, what you tell yourself he expects from you as his therapist. When your own expectations are getting in your way, therapeutic possibilities are limited. Also, note what your yearnings are telling you that you deserve while you are working with him and find some way to give yourself what it is you need. Then you won't rely on your client's "success" to fulfill your yearnings.

Remind yourself of your own internal strengths and resources and that your client has as many internal strengths and resources as you have. He doesn't need you to fix him, he needs you to be caring,

connected, accepting and curious, so he can find how to be caring, connected, accepting and curious about himself. Then he'll be able to access new possibilities inside himself and make new internal decisions towards transformational change.

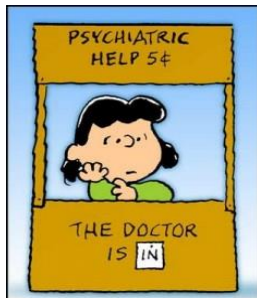
Please also consider the possibility of supervision. Sometimes, someone helping to bring our attention to our own process, our blind spots, and new therapeutic possibilities is invaluable in helping us grow as therapists.

With love,
Kathlyne



Research Implications on The Satir Transformational Systemic Therapeutic Model

Coming Soon



Therapeutic Applications and Practices of The Satir Transformational Systemic Therapeutic Model

By: Katya Sivak, MA

This guiding meditation is written to help clients connect with themselves. The first part of the meditation is designed to help clients ground themselves, get into their body, and calm their mind. The second part takes a person through personal iceberg. In level I Satir training I asked my trainers if there were any scripts of iceberg meditation that I can use with my clients. When I could not find any written script, I wrote this meditation to help my clients tap into their internal resources to create external changes. I find that this meditation helps my clients look clearly and congruently inward at themselves and often helps us establish our counselling goal and therapeutic direction. I use this meditation at a beginning of some of my Ovarian Cancer Support Group sessions and in first sessions with some of my individual clients.

Here it is:

Personal Iceberg Guiding Meditation

Adjust your body so it feels comfortable.

Let your beautiful eyes close.

Let your strong lungs take a deep breath.

This is the time reserved specifically for you.

There is nowhere you need to be.

There is nothing you need to do.

Soften your face muscles. With a smile let the tension leave on an outgoing breath.

Let the tension escape.

Listen to your breathing. Calm. Comfortable. Grounding.

Your breath has been with you since the moment you were born and will stay with you throughout your life. Connect with it as you would connect with an old friend.

Breath in ... Breath out...

With the next exhale bring your attention to your body.

Allow your body, your temple, ease into a seat in a balanced, dignified way.

Feel your feet rooted to the floor.

Explore to see if there are any little tight places as you take the next breath, send the breath through your body to soften the tight, tense places.

With each exhale let the tension escape.

Breath in ... Breath out... Feeling more and more relaxed. Feeling more and more in your body.

Grounded. Relaxed. You are here in your body. Welcome.

I would like you now to put an imaginary movie screen in front of you.

On this screen I would like you to project your life and yourself as you are now in this moment.

Take a deep breath and bring into your mind your current life situation. What are the challenges you are facing? What barriers do you encounter? What strengths do you possess? Who is your ally? Who is your support?

Who are you? Which labels do you carry? Which roles do you play? What are the descriptions of yourself that fit and feel comfortable? Which labels would you would like to change?

Another deep breath and a long exhale. **Now check what are you doing in your life?** What are you doing right? What behaviors create problems in your life? What patterns of your behavior would you like to change? Which patterns are you ready to change?

What are you feeling? What are you feeling in this very moment? Is this a familiar feeling? Do you notice yourself feeling like this often in your life? How do you know you feel this way? Where is it present in your body? How does this feeling feel in your body? Stay with this feeling for a while.

Take another deep breath and on an exhale check **what is your reaction to this feeling?** Is it a positive or a negative one? Stay with this feeling for a few moments.

Take another deep breath and notice where does your mind wonder? **What are you thinking about?** Where does your mind go? Does it wonder into a future or does it go into the past? Is it judging or evaluating something or someone? Just notice where it goes.

Deep breath. Long exhale. **Bring into your attention your expectations of yourself?** What do you tell yourself you should do? How are you being hard on yourself? Which expectation of yourself you are fulfilling? Which expectations for yourself you are struggling to meet? Now check **what other, important people in your life are expecting you? What are you expecting of these important people in your life?**

Take a deep breath and with the next exhale get in touch with who you are. **Who are you?** Which labels do you carry? Which roles do you play? What are the descriptions of yourself that fit and feel comfortable? Which labels would you would like to change?

Another deep breath. Now go deeper into yourself and quietly ask yourself **what do you want in your life?** What do you dream of? What would you like to welcome to your life. What are you ready to say goodbye to? Deep breath. Long exhale. Ask yourself what gives you energy, joy, sense of satisfaction, mastery, achievement? What brings you strength, happiness, joy?

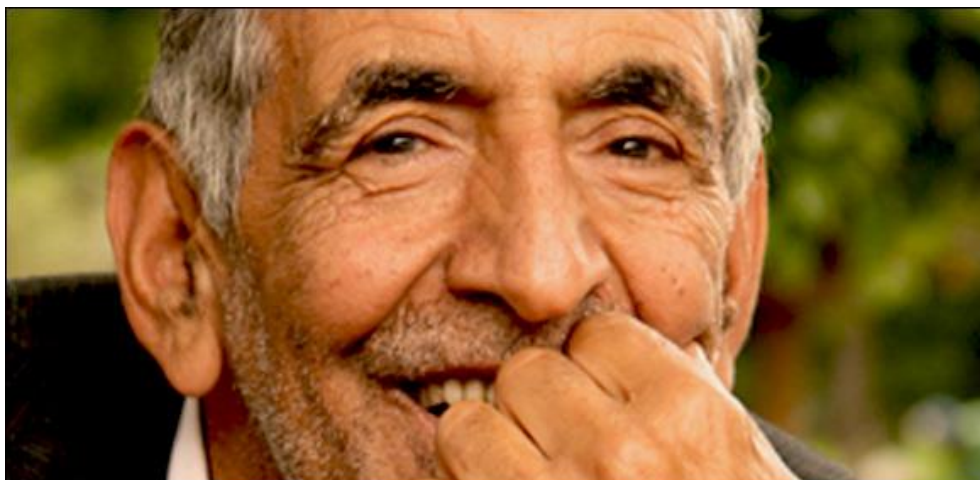
With the next exhale tune in to your body. What has been happening as you've had this experience?

With the next exhale bring your attention to your breath.

When you are ready open your eyes and come back to the room.

(if it's a group) Greet each other with a glance or a smile.

Welcome back.





Interviews

By Linda Lucas

The Satir Institute of the Pacific Training Directorate would like our wonderful membership to welcome Bianca Rucker to the Training Directorate! Linda Lucas invited Bianca to be interviewed in order to share Self/Other/Context with You.

Bianca Rucker, PhD, RN, RMFT -- July 2014

Sexual and Relationship Therapy

www.biancarucker.com



Who is Bianca Rucker?

I am a caring, attentive person in my personal life and a very caring, attentive person in my professional life. I embody enthusiasm for the things I do. I am a direct person. I am honest and open. I like connecting with people.

Dr. Bianca Rucker heads up a sexual and relationship therapy practice which she established in 1986 in Vancouver, British Columbia. She has six associates in her practice.

Could you share a little about your Professional background with us?

I am a registered Marriage and Family Therapist (approved AAMFT supervisor) and a Registered Nurse who holds a Master's degree and PhD in Counselling Psychology.

I was initially a pediatric nurse and then moved to British Columbia to practice more independently versus working in doctor's offices or hospitals. This was not possible in the system at that time. I became aware of the area's need for sexual therapy services. I realized there were no resources to refer someone for sexual therapy. I started educating myself. I felt a calling to fill that niche. I went on to do my Masters and PhD in Counseling Psychology and focused everything in the area of sexuality. Sex therapy was my vision. I wanted to become a sex therapist working with relationships. This was 28 years ago. John Banmen was on faculty at UBC and he presented one afternoon on sex and the couple systems. This was my first contact with Dr. John Banmen. Later, John Banmen became one of my mentors at UBC.

My Satir training started in 1999 with Dr. John Banmen (15 years ago).

I continued training with both John Banmen and Kathlyne Maki-Banmen.

In 2011, I joined the Master's Class with John Banmen.

I was integrating STST with the Sexual Crucible Model, (seeing the best in people) and clinical hypnosis (mind, body). I found both fitting quite well with STST. The "relational sex therapy" approach is an integration of the Satir model, the Sexual Crucible model, and clinical hypnosis combined to help clients bring about change and improve their lives. Most clients come by referral from physicians or therapists. My practice consists of men and women of all ages (single or in relationships) who are experiencing sexual difficulties, intimacy problems, conflict, and/or extramarital affairs.

What are your passions?

I am passionate about helping people make positive changes in their lives -- in particular in their love lives, and helping couples have more fulfilling sex together; promoting good health (from my nursing background) - in particular relational and sexual health, and not but not least, collaborating with colleagues especially working as part of a team.

What hooked you about the Satir Transformational Systemic Model?

I took a workshop from Virginia Satir at UBC in the mid-80's and was struck by her intense engagement and effectiveness with the family she was working with.

I was hooked because STST is change-oriented, positively-directional, systemic, and a mind-body approach and that is what makes sense to me!

How has the Satir Model impacted you personally and professionally?

The Satir Model affirms the way I look at the world and allows me to have a model that is flexible and strong enough to fit well with the way I view the world and I am grounded there.

What has brought you to the training directorate?

I like the model, and working with a good team and I am excited about collaborating with people. A few of my strengths I bring to the directorate are organizing and planning.

What are your hopes for training directorate?

I hope to help with getting some of the processes that we are already engaged in articulated and documented. I hope to assist in an intentional conscious look for SIP.

Could you share your teaching experience related to the Satir Model?

I taught Sex Therapy professional trainings for the Satir Centre in Hong Kong and Korea in 2012. I taught sexuality for couples in Beijing and Guangzhou in 2011 and presented clinical evenings for SIP. I have lectured to professional groups and to the general public in North America, Europe, and Asia, and have appeared on television and radio addressing a variety of sexual topics.

How do you view the world?

I like to have a positive outlook, change oriented, improving, seeing the best in people, like looking at the whole system and working with parts and pieces, possible for growth...the model articulates all that I value.

Could you share a bit about your personal life with us?

I experience a fulfilling marriage, and enjoy time with the children and grandchildren. We recently acquired a new puppy and like things to be interesting and stimulating. The puppy is very stimulated. It is a Norwegian Buhund.



Special Interest News

The Satir Institute of the Pacific is pleased to present an Annotated Bibliography of published writings by Virginia Satir and other authors related to the Satir Model in English since 1960 until June 2014. The Satir Institute of the Pacific expresses thanks to Jesse Schellenberg for compiling this annotated bibliography.

The Satir Institute of the Pacific would be pleased to receive notification of any material already published which has been omitted and any new publications as they appear. Please send any information to admin@satirpacific.org

This Bibliography may be reproduced, quoted or otherwise used in whole or in part, as long as it is accompanied by the following statement: "This bibliography was produced by the Satir Institute of the Pacific (www.satirpacific.org)".

It is now up on the website at www.satirpacific.org under "Publications" or link directly to it at <http://www.satirpacific.org/uploads/documents/Publications/Satir%20Annotated%20Bibliography5%20Website%20copy.pdf>



Professional Growth

Program starting soon...Don't forget to Register

**SATIR TRANSFORMATIONAL SYSTEMIC THERAPY
LEVEL II ADVANCED INTENSIVE**

Workshop Dates: **October 30 to November 5, 2014**

Held at: **Rosemary Heights Retreat Center**

*With Kathlyne Maki-Banmen, MA, RCC, Individual, Couple and Family Counsellor
Assisted by Linda Lucas, LCPC, Clinical Professional Counsellor*

Sponsored by the Satir Institute of the Pacific

Fees: Residential: \$1600.00 Commuter: \$1275.00

This program is for counselors and therapists who have completed a Satir Transformational Systemic Therapy Level II training program offered by the Satir Institute of the Pacific (or an equivalent program approved by Kathlyne Maki-Banmen, Director of Training) who are presently working with clients in a counselling or helping role/position.

This program is being offered at the request of past participants of STST Level II.

The focus of the program is to improve participants' competence, congruence and confidence in doing transformational, experiential, systemic change therapy.

The emphasis will be on bringing about transformational change in individual therapy, although reference will be made to couples therapy and family therapy, as well. The program will offer participants to practice therapy and experiential, transformational change under supervision of program faculty. Much of the program will be skill development and demonstrations. Trio work with supervision, "fishbowl" supervision, video study, and mindful reflection of internal processes will make up a large portion of the program. Attention will also be given to understanding the neurological aspects of transformational change based on current research. Satir Transformational Systemic Therapy is supported by current research in the fields of neurology, trauma, attachment, and mindfulness.

Participants will work in triads for a minimum of 8 hours in the evenings under supervision to practice different aspects of transformational therapy. As in the STST Level I and II training program, participants will use their own process of personal growth as the arena for their learning.

For Registration Details go to [STST Level II Advanced](#).

Emailed by Cindi Mueller, Administrator on behalf of:

Satir Institute of the Pacific

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Society # S-38709

admin@satirpacific.org

[Phone: 1-604-634-0572](tel:1-604-634-0572)

Helping People Change Workshop Series

Professional Growth Workshop

Healing From Trauma

Using Satir Transformational Systemic Therapy

with Kathlyne Maki-Banmen, MA, RCC

Individual, Couple and Family Therapist

When: December 6 & 7, 2014 9 am – 5 pm

Where: Phoenix Centre 13686 – 94A Street, Surrey, BC, Canada V3V 1N1

Cost: \$300 per person (SIP Member and Early Bird Rates Available)

(Payment accepted via PayPal, Credit Card or Cheque)

About The Program:

When a trauma has occurred, the impact of the trauma can affect a person's life for a long time to come. The severity of the impact of a specific trauma is influenced by the person's past experiences and traumas. Research of the neurological and endocrine systems make it very clear that it is possible to heal from the impacts of trauma. It is possible, through a deeply experiential, transformational therapeutic process, to greatly reduce the impact of the trauma and help the client grow in a positively directional way towards peace, joy and empowerment.

This workshop will demonstrate ways to begin the healing process soon after trauma occurs as well as with past traumas. This will include:

- How to release the traumatic energies held in the physical neurological system as “body memory”.
- How to help the client change their intrapsychic system including their emotions, perceptions, expectations and behaviours
- How to use the important role spirituality has in the healing process.
- How to help families heal from the impact of trauma so that they can connect and support each other in healthy ways.

The workshop leader will incorporate lecturettes, discussion, experiential exercises, small group work and skill development practice as part of the program. This 2 day workshop is intended for helping professionals working with clients in therapy.



Training News

Growth and Happiness: Beyond Sobriety

Personal Growth Workshop

Where: Phoenix Center,
4th Floor Lounge

13686-94A Avenue, Surrey, BC V3V 1N1

When: 6 - Thursday evenings - 6:30 pm to 9:30 pm, October 2, 9, 16, & 23, 2014

Program leaders: Kathlyne Maki-Banmen, MA, RCC & Teresa McLellan

Registration: \$180.00/person

For Registration information and payment contact:

Satir Institute of the Pacific

13686-94A Avenue, Surrey, BC V3V 1N1

Phone: 604-634-0572

Email: admin@satirpacific.org



Island

Coming soon from an intrepid reporter in your local

Interior

Coming soon from an intrepid reporter in your local

Lower Mainland

Coming soon from an intrepid reporter in your local

National

Coming soon from an intrepid reporter in your local

International

Coming Home

By Hettie Tu SIP member from Shenzhen China

My first introduction to the iceberg

I went to Satir world by accident in the Summer of 2008. That summer John Banmen was invited to teach a Satir professional training program in a psychiatric hospital of Guangzhou. I was invited to be one of the supporting translators in the program. When I was not translating I was able to participate in some of the exercises.

In one exercise we were guided by John Banmen to use our hands to receive acceptance and appreciation from another person while imagining the other one was one of our parents. I was touched deeply inside and tears came out. Actually I didn't know what really happened to me inside. I had no ideas to explain my tears at that time. Then John drew two icebergs on the

whiteboard and explained why people were touched and what was happening to them on the inside. That was the first time for me to become so interested in myself and make a little sense of myself through that exercise and John's teaching. It was a powerful experience for me. Since then it opened a new door for me to explore myself, learn about myself, and grow myself and....This experience was also the entrance to my journey of coming home.



My first time experiencing the yearning part of the iceberg

At that time I was not happy in my marriage. I was not satisfied with my life. I was not accepting what I had in my life. I always thought there was something missing in my life. It is like having a hole deep inside. No matter how hard I tried to fill it from the outside I never felt fulfilled on the inside. Whenever I was unhappy I started thinking that if I had married a different husband I would be happier. If I were born in a different family instead of a humble and poor family in the countryside my life would be different. If my parents had not forced me to study Chemistry in University my career wouldn't be so difficult.... I regarded my thoughts as true and right and I found myself complaining about God and everyone and everything in my life for such a long time. I didn't recognize that I was searching for things that were wrong on the outside to explain my unhappiness and never understood what was really going on inside.

When I began to study in Satir programs from John Banmen and Marie Lam my old pattern showed up again. I was complaining about John, Marie and the assistants in a secret way. One time in 2010 nearing the end of 30 days of training over the span of two years all the students were sitting in a circle and sharing about ourselves. I was thinking that I should be getting something more from the class and something was still missing for me. I didn't know what that thought was about. As I was talking about something in the class I realized I didn't want to let go of the microphone in my hand hoping that John could fix me out. John seemed to be a little impatient and said to the class "next participant." I felt kind of mad and I couldn't hold my anger any more. I questioned John in a mad way: "I didn't finish what I was saying and you cut off my sharing. Why aren't you listening to me?". John looked directly into my eyes in a sincere way and said "I care about you and I am listening to you now." I was still caught up in my anger and said back: "I don't want to say any more."

For me it was an act of revenge because I was hurt inside. I was playing out an old story that had been inside me for many years that I was not important and nobody cares about me. I am unhappy and it is your fault.

Obviously John was not triggered by my reaction. After a while he guided us to do a meditation in a group by using Iceberg questions to guide us and everyone closed their eyes and went inside. That was the first time I went to my iceberg in a deep way. I went to my yearning part. I was sad and touched at the same time and my tears poured out. I realized that I had been yearning for love for a long time. It was such a great experience of staying with myself and connecting with myself. I had been trying so hard to find a solution on the outside but it

couldn't work out. Since then I realized the power of the iceberg even more. I had experienced the yearning part of myself in the iceberg. The iceberg makes more sense to me now.

Iceberg becoming a map of knowing about myself.

Later on I was lucky to work with Anna Low Maria, Sandy Novak, Linda Lucas and Colleen Murphy as their translator. I got to understand more about the Iceberg and it was like a map for me to understand myself more. I am walking in a journey of looking for who I am. Sometimes I write down my iceberg journal. Sometimes when I am triggered in my work, or in my life, I check my iceberg from the inside and reflect on myself. Sometimes I still make repetitive mistakes and I am mad at myself though I am now aware of myself. It is a long journey. I learned a lot of skills from different Satir teachers while working with them.



When Linda Lucas was teaching students that when you listen to yourself deeply you will hear voices whispering to you, probably from the Universe and you will find your own wisdom. I like those little voices whispering to my ears and I listen to them deeply and carefully.

I like that Colleen Murphy says to students every time "trust yourself and trust your Self" when students just began to practice the iceberg with their clients in the class. I use that for myself inside a lot whenever I started to learn a new thing facing me with so many unknowns in front of me. Surely I learned a lot from Anna Low Maria and Sandy Novak and...They walked the talk and I was impressed by that.

Like what John said to the class that you are your best friend. How are you going to treat yourself? I think I had ignored my best friend for a long time and I began to know about her and understand her and connect with her. And I have begun to love my best friend now. It was such a wonderful experience for me to get to know about my best friend. And I have my iceberg map with me always.

It is always a choice

I am still with my husband and my two boys. I am still from the same family background. I have the same parents. My past experience is still the same for me. I probably do the same translation job as I usual do, however I experience them and my world differently now. I experience myself differently as well. Sometimes I come back to my old pattern again and sometimes find myself complaining and I think what I am thinking is right. It is okay to make mistakes. And there is always a choice possible for me. I have an easier relationship with my husband and I let go of my desire to change him. I accept him though I might not like everything about him. I can access more love from the inside. I love my children, I love myself, and I love my family.

When I am more relaxed and slow down I can experience more loving in the life. In this world there is always love there. I feel easier and more content by receiving small gifts from people. By watching people do a small thing I feel warm inside. By looking at a beautiful flower blossom along the path and stopping to smell it, it is already so nourishing to me. By writing down my sharing at this moment I feel open and warm and loving inside. I realize that love is

everywhere. I don't need to work so hard to achieve it from the outside. It lies in my heart. When I take a deep breath and experience it, I know it is full in my body. It is so easy. I am coming home.

Like John Banmen said before, we are all part of the Universe. We are all connected together. Like the Sun rising in the sky His love is always there for us. It is everywhere and it is always there. What I can do is to open up my heart and receive it. It is always a choice.

World Family Therapy Congress Headliners for IFTA's 23rd World Family Therapy Congress Announced: Great East-West Sharing In 2015



2015 World Congress • March 11 - 14, 2015 • Malaysia

[Five] outstanding clinicians and will keynote the 2015 World Family Congress provided by the International Family Therapy Congress in Kuala Lumpur, Malaysia, March 2015. All of the [quintet] are highly experienced family/systemic therapists who are familiar with therapeutic needs around the world.

John Banmen, PhD:

"Happiness for Many or Fear No Reason: Using the Satir Model"

John Banmen, [is] internationally known as an author, therapist and educator, [who] has provided training programs in dozens of countries in Asia, Europe, South America and North America. He is the author of several books on Satir and the Satir model including *Satir Transformational and Systemic Therapy* (2007) and *In Her Own Words* (2008). Dr. Banmen was the founding president of the British Columbia (Canada) Association for Marriage and Family Therapy, a former member of the Board of Directors of the American Association for Marriage and Family Therapy (AAMFT) and was recently, for four years, honorary Associate Professor at the University of Hong Kong. He is [Past President] for the Satir Institute of the Pacific (Vancouver).



Kathlyne Maki-Banmen, MA:

An experienced teacher who worked as a Parenting Group Leader and Severe Learning Disabilities Teacher in Canada before getting into the field of family therapy, Kathlyne Maki-Banmen has excelled in Professional Development Training in Hong Kong, Singapore, the Czech Republic, Slovakia, India, Thailand, the USA, and Canada. She has been in private practice as an individual, couple, and family therapist since 1995 at Delta Psychological Services, and worked as a Counselor for Suicide Prevention and also as a Learning Assistance Teacher in public school systems. A leading proponent of Satir Transformative Therapy, she is Training Director of the Satir Institute of the Pacific. (Vancouver).



Wai-Yung Lee, PhD:

"Changing Traditions and Systemic Therapy: Dangers and Opportunities for Families."

She is an Associate Professor and Founding Director of the Hong Kong University Family Institute, as well as Clinical Director and faculty member of the Minuchin Center for the Family in New York, NY, USA.

Judith Landau, MD, DPM:

"The ARISE Model: A Cross-cultural Approach For Enhancing Family Connectedness, Engagement, Prevention, And Treatment In The Face Of Trauma And Addiction"

Child, family, and community psychiatrist, and formerly Professor of Psychiatry, and Director of the Division of Family Programs at the University of Rochester Medical Center, Dr. Landau is currently President of Linking Human Systems and the LINC Foundation, in Boulder, Colorado, USA.

Maurizio Andolfi, MD:

"The Essence of Therapeutic Change" "Changing Traditions and Systemic Therapy: Dangers and Opportunities for Families, Part 2"

Maurizio Andolfi is Professor of Psychology at La Sapienza-University of Rome, Director of the Academia di Psicoterapia Familiare (Rome) and Editor-in-Chief of the Italian family therapy journal: Terapia Familiare.

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Membership News

Congratulations to Corrinna Douglas who upgraded her membership to Clinical.
Please join me in welcoming New Members: Peter Prediger-Clinical, Sandy Faulks-Community, Sarah Paulding-Community, Andrea Sum-Community and James Fieser-Clinical



Multi-media Resources

By Michael Callaghan

- SIP is ...working on a **new website** which will help re-focus our marketing efforts and make more use of social media. Look for the new website early in November.
- SIP is developing a cooperative relationship with the new **Satir International Journal**. The editor is Dr. Jesse Carlock. This is an an ejournal published by the University of Victoria with open access to all at no cost <http://journals.uvic.ca/index.php/satir/> After pioneering a Satir Journal SIP has decided to cease its own publication and support the potential of this new University based Satir International Journal.
- An **Annotated Bibliography** of works in English published since 1960 by Virginia Satir and other authors about the Satir Model is now available on the SIP website. It is downloadable at no cost. A print edition is also being prepared. Thanks to Jesse Schellenberg for compiling this.



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 4, 2015.

Please submit any articles, stories, ideas, queries, poems, or anything else you think would interest the membership to the Editor. We would love to hear from you.

Members may advertise for free in this newsletter. We do reserve the right to not publish any article or advertisement that is not in keeping with the tenets of the Satir Model.

Please forward articles and advertisements via e-mail attachment (in Word for Windows format) and/or computer disc, camera ready, for the Editor at editor@satirpacific.org

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 is \$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, BC V5Z 4C2 Tel: 604-731-4466 Email: br@biancarucker.com or visit www.biancarucker.com

Wendy Lum, MA, Registered Clinical Counsellor and Registered Marriage and Family Therapist is an approved AAMFT Supervisor. She is offering supervision for therapists and counsellors. She has been a practicum supervisor for UVic Counselling Services practicum counselling program since 2007. Wendy's focus is on use of self and increasing personal presence and congruence in order for greater impact on Client's growth and change. Location: 2840 Graham Street, Victoria. Tel: 250-920-9228 Email: innerchange@shaw.ca or visit www.innerchange.ca

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

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

Next Issue

We encourage you to submit your clinical questions and/or challenges to our newly launched **Dear Kathlyne Column** through which Kathlyne Maki-Banmen offers practical solutions and insights to the clinical scenarios you encounter. She is a marvelous resource as is evident from her inaugural column. Thanks Kathlyne! Please submit your comments or directly to Kathlyne @ training@satirpacific.org or to the editor @ japaterson@telus.net

We invite you to submit **Letters to the Editor**. These letters give you a voice about past articles, future features you would like to see, or simply share your thoughts and feelings with the rest of us. The value of the Wisdom Box is more than sharing information it is a forum for discourse among dedicated professionals. We Want Your Wisdom!!! This is your newsletter so let us know what you think and what additional material you would like to see in the Wisdom Box that would enrich your reading experience, expand your knowledge, and most importantly, positively impact you!

It was pointed out that members connecting with members is an important mandate of the Wisdom Box so please feel free to submit any news, e.g., weddings, births, anniversaries, new business ventures, etc to the editor @ japaterson@telus.net

We are also very pleased to pass along news of goings on in your region so don't forget to let us know what is happening in your area. News from the various SIP regions and any of the research and application and other people's research that support the Satir model will be gratefully received @ japaterson@telus.net

"I believe the greatest gift I can conceive of having from anyone is to be seen, heard, understood and touched by them. The greatest gift I can give is to see, hear, understand and touch another person. When this is done, I feel contact has been made." Virginia Satir

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