



## The Wisdom Box

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

Winter Issue 2015



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## President's Message

### President's Message for the Wisdom Box – January 2015

My hope is that 2015 will be a year of increased understanding and practice of the Satir Model for all of us and that we may meet our yearnings as we become more fulfilled as human beings. Many of you have already renewed your membership in our Institute, which provides opportunities to enhance our learning and sense of belonging. To those of you who have put it off, please renew your membership now and don't miss out on the opportunities to participate in upcoming events.

There are learning opportunities with Level 1 and 2 residential intensive programs scheduled for the early summer, clinical evenings and a rare opportunity to learn from Maria Gomori and John Banmen together in a two day workshop. As most of you know they were two of Virginia Satir's closest colleagues working with her as trainers in the Crested Butte Process Communities in the 1980's and co-authors with her of The Satir Model.

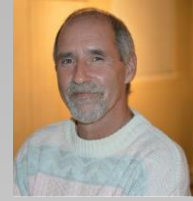
In April the Institute is holding its AGM. This year the format is different. Every member will have a chance to participate in the election of Board Members electronically before the AGM. At the AGM itself we will have a lunch together and the opportunity to connect with each other before we move to the business part, including making the Todd Clark Unsung Hero Award to one or more of our members. We hope this shortened format starting with lunch at 11:30 and finishing at 2:00 pm will attract as many members as possible (we need you to come so that we have a quorum). Please mark April 18<sup>th</sup>, 2015 from 11:30 to 2:00 pm in your diaries.

Our members on Vancouver Island are to be congratulated for forming a viable ongoing 'Fireside Chat' group for learning, sharing and supporting each other both personally and professionally. This is an example for the rest of our membership of what can happen in other areas of the province if a few members take the initiative to get together. There is a write up elsewhere in this issue of the Wisdom Box about the **[proposed Fraser Valley Community of Practice / Fireside Chat]** (Editor's notation).

I hope you have found time to look at the Annotated Bibliography on our website of published works in English since 1960 related to the Satir Model. If anyone has any references to relevant publications which have been missed, please send them to Cindi at [admin@satirpacific.org](mailto:admin@satirpacific.org) . We are currently adding new items, either recently published or just coming to our attention.

Michael Callaghan,

President



### Message from the Editor

Happy New Year everyone. So the Earth continues orbiting the sun and finds itself back where it started yet no longer the same Earth as it was when it began the journey 365 days ago. As the journey around the Sun changed the Earth in myriad ways so too have each of us changed. After completing another annual journey we find ourselves once again at the threshold of a new year with its attendant hopes, aspirations, expectations, and challenges and each of us is asked again by life, "What have you learned from your journey and what, if anything, might you do differently as the result of your accumulated wisdom?"

It seems to me that there are two aspects to this question. The first relates to our overarching orientation to self, others, and the world. This aspect asks, "Regardless of the conditions you encounter in your travels is there a particular orientation towards people, events, and situations that will enable you to remain congruent and resourceful?" The second relates to our ability to operationalize our best intentions. This aspect asks, "What would an outside observer see you doing that would indicate to them that you are engaging with the world in a congruent and resourceful manner?" The first aspect is a matter of intention, the second a matter of application.

Virginia had a marvelous capacity to model this dynamic relationship between intention and application. It is easy to perceive her orientation of unconditional love, compassion, and life-affirming empowerment through her application of focusing on solutions rather than pathologizing the problem; extending a loving touch or a hug whenever it was required to support a person through the challenges of the therapeutic progress, and her relentless focus on refusing to endorse a client's identification as a victim, inviting them instead to a position of owning their part in the situation and inviting them to consider concrete changes at every level of the iceberg in order to anchor the positive changes she empowered them to embrace. So...what do you want more of this year and what are you willing to commit to in order to secure it?

For my part I pray that each of you deepens your appreciation for the beauty, wonder, and power of your own, unconditionally loving, nature so that the quality of your life and the lives of everyone you touch are nourished and enhanced by the gift of your conscious loving presence.

John Paterson M.A.

### Board Members 2014/15

**President** - Michael Callaghan

**Secretary** - Linda Lucas

**Treasurer** - Betty Conroy

**Director of Training** – Kathlyne Maki-Banmen

**Director of Membership** - Tricia Antoniuk

**Director of Marketing** - Rick Miners

**Directors at Large:**

Jennifer Nagel

Corrinna Douglas

Gail Franklin

Maryann Esson

Teresa McLellan

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**Wisdom Box Editor** - John Paterson

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News From the Board

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## Satir Institute of the Pacific Board of Directors

Hello, SIP Members,

Happy New Year!

We are looking forward to our next Annual General Meeting. The AGM will be held on **Saturday, April 18th, 2015 from 11:30 a.m. to 2:00 p.m.** at the Satir Institute of the Pacific, Phoenix Centre, 13686-94A Avenue, Surrey, BC V3V 1N1. Please mark your calendars! We will be serving a delicious lunch for all of you. We are looking forward to connecting with you.

The SIP Board of Directors will have three, three-year term vacancies for the board years 2015 - 2018 for new Directors. We encourage and invite you to nominate yourself or someone who will be hard working, committed, and a motivated candidate for the SIP Board of Directors.

To nominate someone for the Board of Directors please complete the nominator's nomination form (Located below) and have the nominee (if you are nominating someone besides yourself) fill in the nominee's nomination form. (Located below) Please send the form to SIP's Administrative Assistant, Cindi Mueller's email address: [satiradmin@shawbiz.ca](mailto:satiradmin@shawbiz.ca) Nominees and nominators must be members of the Satir Institute of the Pacific. All SIP director nomination forms must be submitted by **March 28, 2015**. If you are not currently a SIP member, it is quite easy to become a SIP member.

This year we will be moving to electronic voting for Board of Director elections. The nominee's information from the nomination forms will be available on the election ballot to all eligible SIP members.

The Board of Director's job description including responsibilities, expectations, and opportunities follows the Nomination Forms. Remember these do not necessarily include the rich, emotional, intellectual and stimulating experiences that are often enjoyed by being on the Board.

If you want to contribute this year, please consider running for the SIP Board of Directors, or if you are want to contribute and not be a Board Director, please contact Tricia Antoniuk, SIP Membership Director or any of the SIP Board Directors.

I would also like to invite you to attend a board meeting if you are considering running for the board. The next Board Meeting will be Friday, February 20th, 2015 from 1:30 to 5:30 p.m. If you have questions regarding the Board experience please call or email, Linda Lucas, or one of the SIP board directors for further information. Board directors contact information can be found on our website, [satirpacific.org](http://satirpacific.org)

All questions are welcome.

Linda Lucas, SIP Board of Directors, Secretary  
Nomination Committee Chairperson

**Satir Institute of the Pacific Board of Directors**

**Nominator - Nomination Form - 2015**

The form can be used by SIP members to nominate another individual to serve on the SIP Board of Directors. Please return the completed form to the SIP office. Please note that nominations will be accepted only through **March 28th, 2015**.

SIP members can self-nominate for a Board position by completing the separate SIP Board of Directors' Nomination form.

Nominee: \_\_\_\_\_

Title: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Describe skills and talents of the nominee:

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Why are you recommending this person?

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Nominator: \_\_\_\_\_ Date: \_\_\_\_\_

Return to:

Satir Institute of the Pacific, [satiradmin@shawbiz.ca](mailto:satiradmin@shawbiz.ca)

**Satir Institute of Pacific Board of Directors Nomination Form - 2015**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

\_\_\_\_\_ City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: Home \_\_\_\_\_ Office \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Satir Membership (please circle) Community, Affiliate, Professional or Clinical Other  
local/national and International memberships: \_\_\_\_\_

What are your reasons for running for the SIP Board of Directors? \_\_\_\_\_

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Describe any leadership positions that you have held-especially in counseling/therapy  
associations? \_\_\_\_\_

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List skills, strengths and  
talents: \_\_\_\_\_

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I have read and understand the responsibilities of the office for which I am being nominated. I  
am committed to fulfilling those obligations.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Accepted no later than Saturday, March 28, 2015

**Mail to:** Linda Lucas, SIP Nominations Committee c/o Satir Institute of the Pacific 13686-94A  
Avenue, Surrey, BC V3V 1N1 Or Email to: [lucas\\_linda@hotmail.com](mailto:lucas_linda@hotmail.com) Satir Institute of the Pacific  
Board of Directors Job Description

## **SIP Board of Director Job Summary:**

The Board of Directors is chosen to manage the Satir Institute of the Pacific, an incorporated non-profit Society in British Columbia and a registered Charity with Revenue Canada. It has the power to act for the Society except where the Articles of Incorporation of the Society say that a decision must be made at a members' meeting. The board must act within all legislated and contractual requirements. It must obey all resolutions passed at members' meetings. The board can only act legally after a decision has been made within an adopted procedure for decision making. The directors must act at all times in the best interests of the Society as a whole, so as to preserve its assets, further its interests, and promote the purposes for which it was formed.

**Reports to:** The Membership

**Source of Authority:** The Board of Directors is elected at the Annual General Meeting by the members of the Society.

**Term of Office:** Directors are elected for three years, with a staggered system of term completion, and cannot sit as a director of the Society for more than three consecutive terms. Following the completion of a director's third term of office, he/she must step down from the Board for a minimum of one year.

**Composition:** The Board of Directors has up to 9 elected directors. If not holding an elected position the following are also ex-officio members of the Board: Past President for a one year term; Director of Training, appointed by the Board; Director of Membership Services, appointed by the Board. The Board of Directors may number up to 12 directors in total.

**Key Duties and Responsibilities:** 1. Attend all Board meetings. 2. Prepare for meetings by reading relevant minutes and reports. 3. Respond to emails requesting decisions or input within 72 hours. 4. Keep in touch with general needs and concerns of all aspects of the Institute's operations. 5. Remain up to date with relevant legislation and policies. 6. Accept responsibility for specific tasks as assigned from time to time. 7. Participate on at least one committee of the Board. 8. Attend the annual retreat.

**Financial Responsibilities:** 1. Understanding financial implications of her/his decisions and recommendations to members. 2. Monitors expenses and income. 3. Approve annual budget. 4. Conduct periodic evaluations of the Institute's operations with a view to improvement. 5. Recommend the appointment of an auditor.

## **General Responsibilities of the Board of Directors as a whole include:**

- Promoting the mission and vision of the Institute
- Ensuring the Institute carries on all its activities within the requirements of all applicable legislation, policy and agreements
- Developing all Institute policy and ensure all policies and bylaws are either properly enforced or amended
- Ensuring long-range program planning and financial forecasting is in place
- Taking responsibility for the overall financial stability of the Institute
- Ensuring adequate financial

controls are in use and that financial records are up-to-date and accurate • Ensuring the re-generation of the membership and the Board of Directors • Providing guidance to the membership in the selection of energetic, qualified and effective Directors • Appointing committees to carry out ongoing operational tasks, procedural functions, and recommendation of policy • Hiring competent staff/contractors and audit and support their performance • Keeping in touch with the needs and concerns of members, training staff/contractors, volunteers and training participants • Reporting regularly to the membership on the activities of the Board and the affairs of the Institute • Implementing a system of evaluation of the Institute's activities.

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### 2016 Satir Celebrations

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**For 2016 Satir Institute of the Pacific Announces...**

## **"Becoming More Fully Human: the Evolution"**

*An International conference in honour of Virginia's 100th Birthday, her evolution, her work and her teachings*

**Friday June 24, 2016 to Sunday June 26, 2016**

**Preconference Thurs. June 23, 2016**

***Sheraton Vancouver Guildford Hotel 15269-104<sup>th</sup> Avenue, Surrey, BC Canada***

**Hosted by Satir Institute of the Pacific  
and Sponsored by The Virginia Satir Global Network**

Start Planning Now registration starts June 2015

Check us out on Facebook at <https://www.facebook.com/satirinstituteofthepacific>

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*Two Residential Intensives will be held following the Conference*

- **Master Class with Dr. John Banmen**

*June 28 to July 5, 2016*

- **STST Level III with Kathlyne Maki-Banmen**

*June 28 to July 7, 2016*

- *Both at Rosemary Heights Retreat Center- 3690- 152 Street, Surrey, BC Canada*



**Dear Kathlyne**

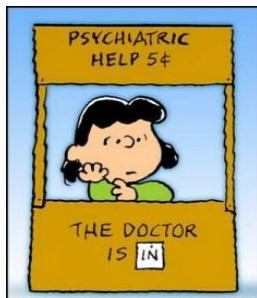
Please submit your questions so we can support each other in our shared commitment to effectively guide our clients who reach out to us in need.

With love,  
Kathlyne



**Research Implications on  
The STST Model**

**Coming Soon**



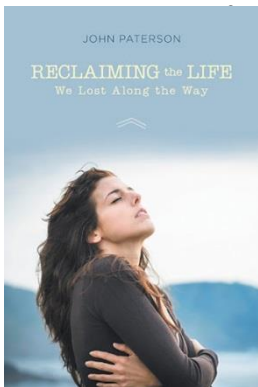
**Therapeutic Applications and Practices of  
The Satir Transformational Systemic Therapeutic Model**

**Stay Tuned**



### Special Interest News

**Book Launch:** Paterson, J., *Reclaiming the life we lost along the way* (2014) Victoria, BC: Friesen Press Inc.



The board members have been generous enough to allow me to introduce my recently published book: *Reclaiming the life we lost along the way* (2014) Victoria, B.C.: Friesen Press. This book is a guide to helping people become more congruent through reclaiming the parts of themselves they felt too vulnerable to integrate into their daily relationship with themselves, others, and the world beyond. The goal of this journey is to reclaim a conscious relationship with our unconditionally loving life force and through this integration identify and extend our unique gifts into the world. The book is available for purchase through Amazon, Friesen Press Bookstore,

Ingram Wholesale, Kindle Bookstore, Nook Bookstore, iTunes Bookstore, Google Books, and Kobo Bookstore. Please visit [www.livingmoreauthentically.com](http://www.livingmoreauthentically.com) for more information or to join the conversation on my blog.

## Feelings Belong to You

**By Dr. John Banmen**

In the 1970's during much of the human potential movement and encounter programs, we were encouraged to express our feelings. Looking back now, feelings became our identity. You were to tell people how you feel. Maybe that was a great improvement from suppressing and denying our feelings, our emotions of earlier days. I see feelings belonging to us. We own them and therefore we need to manage them, change them or not even have them. Often feelings are triggered by what others do or say. We give our power away and react with hurt, anger, or fear. We are not in charge. We are not the decision maker we pretend we are. What we want to learn is to handle ourselves in such a way through our growth and congruence, that such negative feelings actually become unnecessary in everyday living. This view of mine is still difficult to accept and understand by many people and even more difficult to implement. As we deepen our sense of self and connect with our life energy, the practice of transforming one's negative feelings or not even getting triggered with them will become part of becoming more fully human. We will be more responsible and more spiritual. Feelings are usually triggered by our unmet expectations and our perceptions, not by our life force unless survival is

at stake. Feelings have been part of our life from the beginning of being homo- sapiens. Academia has finally accepted the study of emotions/feelings as an acceptable, respectful field of enquiry. Much work is still needed for us to understand and treat our feelings.

Your feelings belong to you and therefore you can learn to be in charge of them, manage them, transform them and create them. You are no more your feelings as you are not your thoughts. No one is responsible for your feelings but you. Congruent people choose their feelings, manage their feelings, and transform their feelings. Taking on the awesome responsibility for one's emotional well-being might need some determination, perception and change of belief. You don't have to make yourself angry because your friend failed to come to see you when he said he would. You don't have to feel afraid when your mate complains about your lack of being on time. You can deal with the outside world with creativity, acceptance without liking it, and with practical actions. Deal with the situation without triggering your negative emotions. Choose not to get upset.

Becoming angry at somebody is like you taking some poison and expecting the other person to get sick or die. © 2011 John Banmen

### **Todd Clark Unsung Hero Award — Call for Nominations**

The Unsung Hero award was first made at the SIP AGM in 2003. It was renamed the Todd Clark Unsung Hero Award to honour Todd who passed away in 2005. Todd was a valued member of our Institute and spent much of his time volunteering for the Institute and other organizations.

Do you know a member of the Satir Institute of the Pacific who works for the benefit of all of us, selflessly and often quietly in the background, not seeking recognition for themselves, but exemplifying Virginia Satir's work of "peace within, peace between, peace among"?

The Unsung Hero Award has been designed to recognize and honour individuals who have provided exemplary service or made significant contributions to the Satir Institute of the Pacific. The Award is intended for members within a variety of capacities, and from diverse settings, in order to locate deserving members whose service might otherwise be missed.

#### **Award Criteria:**

- Recipients of the award will be members of the Satir Institute who are not Directors of the Board.

- They will have demonstrated selfless giving of themselves, their energy, their time, and their creativity.
- They will have offered their help of their own volition without looking for reward or recognition.
- They will be people who enrich the lives of those with whom they come in contact.

**Nomination process:**

- Please forward the names of nominees to **Cindi Mueller satiradmin @shawbiz.ca**
- Please give your reasons for nominating the person (s) and give examples or anecdotes.
- Deadline for nomination submissions:

**Selection Process:**

The Award Coordinator, the Director of Membership, and the Board of Directors' Past President, will review all nominees and make recommendations for Award winners to the Board. Up to 3 Unsung Heroes awards will be presented at the Institute's Annual General Meeting April 18th, 2015. Special plaques will be created for those being honored. Please send in your Unsung Hero Nominee by WEDNESDAY, FEBRUARY 18<sup>TH</sup> 2015.

**Profiles of each year's Unsung Heroes will be included in The Wisdom Box Newsletter.**

**Previous Awardees:**

2003 Jacqueline Armstrong for profile see Wisdom Box Summer 2003 (on SIP website)  
2004 Pauline Chan for profile see Wisdom Box Summer 2004 (on SIP website)  
2005 Warren Tan for profile see Wisdom Box Summer 2005 (on SIP website)  
2006 Colleen Murphy for profile see Wisdom Box Winter 2006 (on SIP website)  
2007 Pauline Mullaney & Hugh Morrison for profiles see Wisdom Box Fall 2007 (on SIP website)  
2008 Kathlyne Maki-Banmen for profile see Wisdom Box Summer 2008 (on SIP website)  
2009 No Award  
2010 Marie Lam & Wendy Lum for profiles see Wisdom Box Summer 2010 (on SIP website)  
2011 Linda Prochaska for profile see Wisdom Box Summer 2011 (on SIP website)  
2012 Madeleine De Little for profile see Wisdom Box Summer 2012 (on SIP website)  
2014 No award



## Professional Growth

### From Addictions to Wholeness

with Mary Esson

**Wednesday, January 28<sup>th</sup>, 2015, 7:00PM – 9:00PM**

Mary is a Registered Addiction Counsellor at North Fraser Pre-trial Center in Port Coquitlam, and she works with inmates who have been remanded in custody pending a trial or a plea of guilty or not guilty. As a client centered Counsellor, she meet the client on his terms of harm reduction, total abstinence, and support in any areas that impact their Addiction. Mary will share how her work with the Satir Model has impacted inmates to move in a positively directional manner. She is very excited to share her insights, understanding and new ideas around Addiction.

**WHERE?** Phoenix Centre, 13686 – 94A Ave, Surrey, BC

**WHO CAN COME?** All members are invited to attend, and we are excited to announce that members may also bring ONE guest (must be in a helping profession). Guests (Non-Member) must be accompanied by a SIP member and need to pay the registration fee also.

**WHAT IS THE COST?** \$20 per Person

### TO REGISTER

Using PayPal: send your name, email and phone number and in a body of an email and request invoice by PayPal to: [admin@satirpacific.org](mailto:admin@satirpacific.org) or call Cindi Mueller at 604-634-0572

Or by mail send information below with a cheque to:

Satir Institute of the Pacific, 13686-94A Avenue, Surrey, BC, V3V 1N1

By Credit Card over the phone call Cindi Mueller at 604-634-0572

## Adding to Satir's Iceberg

By Gloria Taylor

After teaching and facilitating reconstructions these past many years, I have found it useful to use the following ways to add to Satir's metaphor of the iceberg.

Students have been my teachers. Their need to interpret, assume and/ or draw conclusions as they practice "walking" each other through the steps of the iceberg appeared to be getting in their own way as guides. As well, they attempted to understand the iceberg from preconceived notions of "helper or guide". That would be, from the point of view of the problem solver or fixer.

These students are in a masters or doctoral level of learning and have not been exposed to a systemic or process therapeutic way of perceiving and thinking. Rather they seem to have been learning from a hierarchical, problem solving medical model perspective.

So picture the iceberg drawing. To the upper right just above the water line, write the following three words beneath each other. Interpretations, assumptions, conclusions.

**Interpretations:** The therapist hears and sees the client and proceeds, rapidly, to understand, clarify or guess the possible meanings of what she sees and hears. Her questions may well be informed by that rather than staying with the original sounds and visuals of the client. This can be misleading and is now about the therapist rather than the client. And so easy to do!

**Assumptions:** As the stories of the client unfold, the therapist can almost, fed as well by her own interpretations, assume any number of things; Early parental abuse, sexual abuse, communication problems, unmet expectations and so on. In this case, the therapist is once again in danger of asking inappropriate, misleading, agenda -laden questions . If the client/therapist is an equally contributive relationship, any preconceived notions on the part of the therapist can be seen to be invasive. For example, she may be assuming a possible suicide is going to be the natural next step for her client. This could even be close to the truth but the timing of such comments or questions is critical. Assuming the client's truth can be misleading. Process centered therapy teaches us to join rather than lead the client.

**Conclusions:** Often the conclusions of the therapist can be a check-in moment or an eloquent way in which to bring the hour to a finish for today. To wrap the shared understanding of the work to this point is an opportunity for the client to anchor this mutual understanding. Conclusions drawn and believed but not checked out with the client leave room for taking no further moves on that particular topic. As in, "I get it, best move on" . Clients tend to have a

need to develop a trusting relationship with the stranger they are about to reveal life's issues to and may return to testing that from time to time, especially if it seems that their therapist is or seems to be coming from a different song book.

In the old science fiction book , Stranger In A Strange Land, is a character named " the fair witness" She is bought in by the courts for murder cases and situations that require 'clean' reporting for the sake of eliminating all interpretations, assumptions and conclusions. I have made use of the notion of fair witness for many years when teaching the iceberg. It helps the students appreciate the importance of remaining outside of the clients perceptions of their own process. Recently I have had the 'star' choose a role player to Be her 'fair witness' As part of debriefing at the end of the reconstruction the fair witness describes what he/ she saw. Period! Without the interpretations, assumptions and conclusions nor the meanings made by the therapist and role players, the star gets to hear the process of her reconstruction described in detail. It has been most useful!

I urge readers to ponder the above and offer comments, interpretations and assumptions!

## **The Satir Model in China with Dr. John Banmen**

**Wednesday, April 15, 2015 from 7:00PM – 9:00PM**

Dr. John Banmen has been working in China for the past several years, training therapists in various cities throughout the country. He also has developed a faculty of competent STST therapists who provide programs in China for a variety of people including counsellors, social workers, police, doctors, business people, teachers, and the general public.

Do not miss this opportunity to hear about Dr. John Banmen's exciting and challenging experiences in China.

We will explore a brief history of the Satir Model in China, looking at the Satir Model's compatibility to the culture of China. John will share his insights about the universality of the Satir Model in the Chinese culture, as well as what is unique, challenging, and exciting for the Chinese about this model.



## Training News

### Programs Offered in 2015

**February 27, 28, 2015 - Fernie Women's Resource Center, Fernie BC**

Helping People Change Series with Kathlyne Maki-Banmen

Healing from Depression

**March 13, 14, 2015 - Phoenix Center, Surrey, BC**

Helping People Change Series with Linda Lucas

Transforming Your Relationship with Money

**April 24, 25, 2015 - Phoenix Center, Surrey, BC**

Helping People Change Series with Corrinna Douglas

Families with a Child with Disabilities

**May 22, 23, 2015 - Phoenix Center, Surrey, BC**

Helping People Change Series with Angie Dairou

Personal Leadership

**June 13, 14, 2015 – Vancouver, BC**

Dr. John Banmen and Dr. Maria Gomori will speak at a workshop on, *"The Development of the Self through Life Stages"*, Using Family Reconstruction, Internal Resources, and the Iceberg Metaphor

**June 18 – 27, 2015 – Nanaimo, BC**

*10 Day Residential Satir Transformational Systemic Therapy Training Program – Level 2 with Kathlyne Maki-Banmen, MA, RCC*

FOR THOSE WHO HAVE ALREADY TAKEN LEVEL 1 AND WISH TO EXPAND ON THEIR KNOWLEDGE AND IMPROVE THEIR COMPETENCE, CONGRUENCE AND CONFIDENCE IN DOING TRANSFORMATIONAL, EXPERIENTIAL, SYSTEMIC CHANGE THERAPY.

*Held at Bethlehem Retreat Center, 2371 Arbot Road, Nanaimo, BC*

**July 1 – 10, 2015 – Nanaimo, BC**

*10 Day Residential Satir Transformational Systemic Therapy Training Program – Level 1 with Kathlyne Maki-Banmen, MA, RCC*

FOR THOSE IN THE HELPING FIELD WISHING TO EXPERIENCE THE SATIR MODEL; BRINGING ABOUT CHANGE AT THE LEVEL OF BEING, AS WELL AS CHANGE IN DOING, FEELING AND PERCEIVING. THE PROCESS TAPS THE UNIVERSAL YEARNING OF INDIVIDUAL WITHIN THEIR PERSONAL FAMILY AND SOCIAL SYSTEMS AND HELPS THEM WORK TOWARDS A SENSE OF RESPONSIBLE WHOLENESS.

*Held at Bethlehem Retreat Center, 2371 Arbot Road, Nanaimo, BC*

SEE OUR WEBSITE FOR OTHER SATIR WORKSHOPS AND EVENTS [www.satirpacific.org](http://www.satirpacific.org)



**Special Events**

**PUB NIGHT Fundraiser**

Don't miss out on a fun opportunity to support a local non-profit charitable organization. The Satir Institute of the Pacific (SIP) is hosting a pub fundraiser **April 11, 2015 at Rusty's Pub 17770-56th Ave Surrey, BC**. Tickets are \$20.00 which includes your choice of beef, chicken or veggie burger, choice of fries or salad and choice of beer, house wine or non-alcoholic beverage.



This event is to raise funds to support and enhance training programs for SIP. This fundraiser will also host a **silent auction, raffle and 50/50 draw**. Come out and join us for a fun night and catch the Canucks last home game!!!

**For more information and tickets please contact Denise at 604-306-7284.**

**Limited seating so get your tickets before their all snatched up**



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Island

**Coming soon from an intrepid reporter in your locale**

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Interior

**Coming soon from an intrepid reporter in your locale**

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Lower Mainland

**Coming soon from an intrepid reporter in your locale**

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National

**Coming soon from an intrepid reporter in your locale**

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International

**Open the door in the heart of Children by hugging them**

**By Hettie Tu**

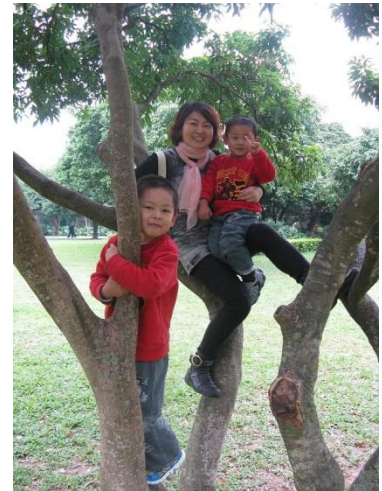
The poem of “the farthest distance in the world” written by Indian poet Tagore makes me think that there is a door in the heart between people regardless of your gender, age, occupation and so on. This door is as solid as a rock. No matter what you use to knock on the door perhaps this door may remain closed and locked. However with the right key, when you turn it gently, the door of the other person will likely open and his world unfold in front of you naturally ...

How to get to know about your child and enter into his world and how to develop an intimate and satisfying relationship with your child are topics of concern for many parents.

In the first two weeks after my son newly enrolled in primary school, I was nagging him on the way to the school every morning to “behave well in class, remember to nap at noon time, and drink more water”. As a new student I had a myriad of anxieties and worries. I found my relationship with my son becoming more and more distant in those hectic and anxious days.

One noontime I decided to visit my son at his child-care center. I saw him sitting and eating with a group of unfamiliar children. By observing them as fresh students in a totally new environment, finish eating their meal within half an hour, and then follow the teacher’s guide to nap without their parents to accompany them, I was quite moved. After lunch I went to my son and said: Langlang, let me hug you.

Seeing him a little embarrassed I took him into my arms and used my right hand to caress his upper back gently the way I used to affectionately stroke his tender body when he was a baby. Neither of us spoke. It seemed like everything in that wonderful and happy moment stopped.



I started wondering; when I was preaching at him what was he eager for from me? Was it love, warmth, encouragement, acceptance? Might he want the same things that I want, as an adult working in such a fast-paced city and striving for achievements - a warm hug or smiling eyes? Do I often provide this kind of nourishments for my child? Then I gently whispered into his ear, “You are my dearest child”.

He embraced me with both hands, his head in my chest. It is as if a bird, not fully fledged, is going to go out looking for food independently and he is eager to absorb some strength from his mother bird before he leaves. Until he felt he had received enough with this hug we didn’t say goodbye to each other. On my way home I felt deeply moved and connected with my son and my heart was full of love.

That night my son said to me casually: “Mom, do you know that after you left me at noontime I cried quietly.” I was a little surprised to hear about it. He continued: “I miss mom, dad and grandmother....”

I didn’t realize that a warm and nourishing hug could have such a big impact on him and that he had been longing for it for a long time... Later on I reflected that as parents we can’t forget to nourish this young life emotionally and spiritually besides making every effort to take good care of his life.

After that day I noticed that he approached me and got close to me from time to time. He seemed to like body touch even more. I began to hug him more. Several days later he said to me: "Mom, could you give me three hugs a day - The first one in the morning, and the second at noon, and the third at night?" "I was happy to hear about his request. After a discussion with my husband we decided to hug our child as the first thing whenever we send him or pick him up at school. Now to hug each other has become a ritual in my family. Sometimes I forgot it and my son comes over to remind me, "Mom, today you forgot to hug me. Please hug me for one minute. "After one minute he leaves satisfied...



Virginia Satir said, "Everyone needs four hugs to survive, eight hugs to sustain, twelve hugs to thrive. Many people have "skin hunger". The best way to provide healthy body touch between people is to hug each other. When a child can get enough "body touch" he will not suffer from "skin hunger", he will be content with the love he receives. He will develop more body-emotional balance. He will be more confident and more willing to care for others.

When you hug your child, at the same time your child hugs you back. How wonderful is this Universe to design this format naturally!

## **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 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 Accademia di Psicoterapia Familiare (Rome) and Editor-in-Chief of the Italian family therapy journal: Terapia Familiare.

Retrieved from [http://ifta-congress.org/newsletter/WFTCE-News\\_June\\_14.pdf?utm\\_source=IFTA+Congress+e-News%2C+June+2014&utm\\_campaign=congress+e-News&utm\\_medium=email](http://ifta-congress.org/newsletter/WFTCE-News_June_14.pdf?utm_source=IFTA+Congress+e-News%2C+June+2014&utm_campaign=congress+e-News&utm_medium=email)



Membership News

**Stay Tuned**



Multi-media Resources

I hope you have found time to look at the Annotated Bibliography on our website of published works in English since 1960 related to the Satir Model. If anyone has any references to relevant publications which have been missed, please send them to Cindi at [admin@satirpacific.org](mailto:admin@satirpacific.org). We are currently adding new items, either recently published or just coming to our attention.

**Michael Callaghan,  
President**



**Attention Contributors/ Advertisers:**  
**Fraser Valley Community of Practice / Fireside Chat**

Are you interested in forming a Satir based Community of Practice in the Fraser Valley?  
“Communities of practice are groups of people who share a concern or a passion for something they do and learn how to do it better as they interact regularly.” Wenger-Trayner.com

This is an opportunity to meet with other Satir based practitioners on a casual basis to create a community of support and learning to explore and deepen your clinical practice. Like a Fireside Chat, you can connect with others in a relaxed atmosphere and share your experiences and questions.

**Facilitator:** Tricia Antoniuk, MSW, RSW  
**Date:** Tuesday, March 3, 2015, 6:30 – 8:00 pm  
**Where:** lelem’ Arts and Cultural Café  
100 Billy Brown Road, Fort Langley, BC  
**RSVP:** please email or phone / text me:  
[tricia@antoniukcounselling.ca](mailto:tricia@antoniukcounselling.ca)  
778-378-2633

The Wisdom Box is published four times per year: Summer, Fall, Winter and Spring. **The next deadline for submission will be March 26, 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](mailto: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](mailto:br@biancarucker.com) or visit [www.biancarucker.com](http://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](mailto:innerchange@shaw.ca) or visit [www.innerchange.ca](http://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](http://www.satirpacific.org)

### Membership Rates:

**Clinical/Professional Members—\$50.00 per year**

**Affiliate/Community Members—\$25.00 per year**

[www.satirpacific.org/membership](http://www.satirpacific.org/membership) or contact Cindi Mueller at [admin@satirpacific.org](mailto:admin@satirpacific.org)

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Next Issue

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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 questions directly to Kathlyne @ [training@satirpacific.org](mailto:training@satirpacific.org) or to the editor @ [japaterson@telus.net](mailto: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!

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](mailto: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](mailto:japaterson@telus.net)

*"Peace within.... Peace between... Peace among... Peace beyond."*  
**Virginia Satir**

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