



Satir Institute
of the Pacific

The Wisdom Box

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

Winter Issue 2016



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President's Message

As 2015 draws to a close I look forward to the coming year with optimism for SIP, for the growth and spread of the Satir Model, and with it the opportunity to continue to bring Peace Within, Peace Between and Peace Among. In the Northern hemisphere we welcome the return of the life-giving light and look forward to the return of its warmth to the earth and the new possibilities it brings.

As SIP approaches its AGM in April, it is a time of new possibilities for members to contribute their energy, enthusiasm and skill to SIP's mission. There will be three vacancies for Directors and the Board will be appointing a new Director of Marketing, a new Director of Membership Services as well as the President, Secretary and Treasurer for the year. As some people step down from the Board and important positions open up within it, we are looking for other members to step up. Do you have some skills, talents or vision you would like to bring to the Institute either as a Board member, Committee Member or Volunteer? Please contact Jennifer Nagel, Chair of the Nominations Committee, at jennifernagel1@yahoo.com to discuss possibilities.

At the AGM we will also be awarding the 2016 Todd Clark Unsung Hero Award to one of our members who has been quietly making a contribution to the work of the Institute and the spread of the Satir Model. See the nomination form on **p. 25** in the Wisdom Box

We are hoping that SIP members will join our colleagues from the Satir community around the world to celebrate Virginia Satir's 100th Birthday by attending the International Conference, "Becoming More Fully Human: The Evolution" at the Sheraton Guildford Hotel in Surrey, BC from the 23rd to the 26th June, 2016. This will be an opportunity to experience the growth and spread of the life-giving light of Satir Transformational Systemic Therapy, which is shining in many places the world. This is a major undertaking for our Institute and an opportunity for our light as a major provider of presenters of Satir Transformational Systemic Therapy on five continents to shine forth. The organizing committee is inviting SIP members to step up to volunteer their time and energy to make it a success. Please contact conference@cordiscovery.ca about potential opportunities.

I wish you all a peaceful and successful New Year.

**Michael Callaghan,
President**



Message from the Editor

Happy New Year everyone.

I trust you were able to sufficiently indulge in your culinary, confectionary and liquid delights to tide you through the dark days of winter. One might reasonably argue that even excess, practiced in measured frequency, is a boon to the constitution (although this argument may be supported more by wishful thinking than empirical evidence. Hahaha)

It's not uncommon this time of year to hear people lamenting their excesses and suffering a post-holiday hangover as much from an excess of emotional exertion as from too much turkey, or the sticker shock when the dreaded Visa bill inevitably arrives. This is also the time of year when people experience the greatest impact from SAD Seasonal affective disorder so we should not be surprised to discover that this is a particularly important time for people to have resources to support them.

Personally I've always loved this time of year. The dark feels like a cocoon where I can withdraw into my chrysalis and incubate a while knowing that when I emerge in the spring I will spread my wings and float on the winds of renewal and inhale the explosion of new life that interpenetrates every molecule of Spring and every fibre of my being. So what will you do with your cocoon time? What potential is waiting to emerge within you on the other side of winter? What resources is life inviting you to marshal within that you might give birth to the greater wonder and beauty of your true self waiting patiently for you to give it permission to spread its wings?

2016 promises to be a transformative year for the Satir community as we express our love and appreciation for our beloved matriarch. Preparations are in full swing for Virginia's 100th birthday celebration and I know I speak for everyone when I wish all those who have worked so tirelessly on this event, the very best fortune on what is sure to be a beautiful memory and inspiring legacy equal to the beauty that Virginia contributed to the health and vitality of all those she touched with her unconditionally loving presence.

John Paterson MA

Board Members 2014/15

President - Michael Callaghan

Secretary – Jennifer Nagel

Treasurer – Teresa McLellan

Director of Training – Kathlyne Maki-Banmen

Director of Membership - Tricia Antoniuk

Director of Marketing - Rick Miners

Directors at Large:

Maureen Boliszczuk

Corrinna Douglas

Maryann Esson

Denise Wynne

Wisdom Box Editor - John Paterson

News From the Board

Satir Institute of the Pacific Board of Directors Nominations

Hello SIP Members,

Happy New Year! We are looking forward to our next Annual General Meeting. The AGM will be held on **Saturday April 23rd, 2016 from 11:30am-2:00pm** at the Satir Institute of the Pacific, Phoenix Centre, 13686-94A Avenue, Surrey, BC V3V 1N1. Please mark your calendars! We are looking forward to connecting with you.

The SIP Board of Directors will have several vacancies for the board years 2016 - 2019 for new Directors. We encourage and invite you to nominate yourself or someone that will be hardworking, committed and a motivated candidate for the SIP Board of Directors.

To nominate someone for the Board of Directors please complete the form and have the nominee (if you are nominating someone besides yourself) fill in the nominee's nomination form. Please send the form to SIP's Administrative Assistant, Cindi Mueller's email address: admin@satirpacific.org Nominees and nominators must be members of the Satir Institute of the Pacific. If you are not currently a SIP member, it is quite easy to become a SIP member so refer to our website for more information (www.satirpacific.org).

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 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 Meetings will be **Friday, January 8, 2016 from 1:30 to 5:30 pm and Friday, February 12 from 1:30 – 5:30**. If you have questions regarding the Board experience please call or email Jennifer Nagel or one of the SIP board directors for further information. Board directors contact information can be found on our website, www.satirpacific.org. All questions are welcome.

Jennifer Nagel, SIP Board of Directors, Secretary
Nomination Committee Chairperson

Satir Institute of Pacific Board of Directors Nomination Form - 2016

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? _____

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

List skills, strengths and
talents: _____

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 April 2nd, 2016

Mail to: Jennifer Nagel, SIP Nominations Committee c/o Satir Institute of the Pacific
13686-94A Avenue,
Surrey, BC V3V 1N1 Or Email to: jennifernagel1@yahoo.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.

MARK YOUR CALENDARS!!

Satir Institute of the Pacific's Annual General Meeting

Date: Saturday April 23, 2016 11:30 to 2:00 pm

Location: The Phoenix Center, Surrey, BC

2016 Satir Celebrations

Have you heard what everyone is talking about?

Well...it's only the most exciting event happening in 2016!!! My question to you is - do you want to be a part of the most talked about event happening in Surrey, British Columbia Canada that will bring people from all over the world together? Then you will most definitely want to attend the 2016 International Satir Transformational Systemic Therapy Conference entitled "Becoming More Fully Human: The Evolution." The Satir Institute of the Pacific (SIP) is excited to be hosting this world class event in honour of the evolution of Virginia Satir's work and her 100th birthday celebration. With the support of the Virginia Satir Global Network as our title sponsor and many other sponsors, this conference is going to be electrifying; surpassing any 'expectations' (and we know that we do not have any of those). With over 50 presenters and representation of 11 countries, this conference will bring knowledge, experience and depth to facilitating profound and meaningful change with your clients. Based on the work of Virginia Satir, participants will explore and discover the use of Transformational Systemic Therapy with various topics.

This incredible and energetic conference kicks off with a preliminary day on Thursday June 23, 2016 where individuals can participate in a full day of learning with Jean McLendon, Anna Low or Dr. Robin Beardsley. The conference takes place on Friday June 24, 2016 to Sunday June 26, 2016. You will not want to miss key note presenters Dr. John Banmen, Dr. Judith Landau and Dr. David Schnarch.

The conference committee has been working extremely hard and diligent to ensure that participants receive the most transformational experience ever during a conference. One can only imagine the magnitude of effort, time and commitment to facilitating such an event. SIP is offering an opportunity for anyone who wishes to support the event by volunteering before, during and after the conference to please go online and complete an application form.

Individuals will not only have a chance to participate in a reflective pre-conference and insightful conference, there will be opportunity for participants to enjoy networking and connecting. Celebrating Virginia's 100th birthday, registrants will be invited to attend a luxurious gala dinner with entertainment and many surprises.

The impact of Satir's work is transformational and systemic with lasting effects. As a leading modality, based in Virginia Satir's work, Transformational Systemic Therapy facilitates

exploration, discovery and connection. Our hope is that participants will experience Satir's greatest gift - a gift of connection: among, between and within.

Please do not wait to register for this conference as space is limited and filling up quickly. Visit our website for more information on registration, booking hotel rooms and volunteering opportunities – www.satirconference.com

Corrinna Douglas
Conference Chair & Board of Directors
Satir Institute of the Pacific
Email - conference@cordiscovery.ca

“Becoming More Fully Human: The Evolution”

Located at: “Sheraton Guilford Vancouver” Surrey, British Columbia Canada
June 24th to 26th, 2016

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



It is with great excitement to announce that the Satir Institute of the Pacific (SIP) will be hosting an international conference in honour of Virginia Satir. This event is proudly supported by our title sponsor Virginia Satir Global Network. With this advance notice, we are seeking proposals for consideration in this world wide celebration conference.

Information Tele: 1.250.572.5568 | **Mail:**
conference@cordiscovery.ca | www.satirconference.com

KEYNOTE SPEAKERS

John Banmen, R. Psych., RMFT is internationally known as an author, therapist and educator.



His training programs have taken him to over a dozen countries in Asia, Europe, South America and North America. He has authored and edited several books and articles focusing on the Satir Model.

Dr. Banmen is the honorary Associate Professor at the University of Hong Kong and was on faculty at the University of British Columbia for 21 years. Recently he was appointed visiting (Guest) Professor at Beijing Normal University, China for a five year period. Presently he is putting his effort into expanding the application of the Satir Model in China. He is an Approved Supervisor with AAMFT and provides extensive supervision for counsellors, psychotherapist and family therapists. He also practices privately in Delta, British Columbia, Canada, with individuals and couples in family therapy.



Judith Landau, MD, DPM, LMFT, LMFT, CIP, CAI, a child, family and community neuropsychiatrist, has specialized in addiction and other behavioral compulsions for 30+ years, exploring the origins of problems and how to facilitate long-term healing for addicted individuals and their families. As co-developer of Invitational Intervention: the ARISE Model, an evidence-based, best practice model for engaging and treating addicted individuals and their families, she has co-authored 12 peer-reviewed publications and 3 books on the model, has taught in over 100 countries and trained over 1000 people as ARISE Interventionists. Dr. Landau serves as consultant on addiction to NIDA, NIAAA, WHO, and several international governments. A senior Fulbright consultant, she is

president of Linking Human Systems, LLC and LINC Foundation, Inc. and director of ARISE Intervention NOW and the Recovery Resource Center located in Boulder, CO. Dr. Landau is recipient of the American Association of Marriage and Family Therapy's award for Outstanding Contribution to the Field of Marriage and Family Therapy.



David Schnarch is a world-renowned expert on sexual and marital therapy and the founder of the Passionate Marriage and Crucible Approaches to therapy. He is a licensed clinical psychologist, marriage and family therapist, and certified sex therapist, diplomat status, AASECT. He is the Director of the Marriage and Family Health Center and the Crucible Institute in Evergreen, Colorado.

He received the American Psychological Association (APA) 2013 Award for Outstanding Contributions to Private Practice and the American Association of Marriage and Family Therapists (AAMFT) Award for Outstanding Contributions to Family Therapy in 2011, as well as the first recipient of the American Association of Sex Educators, Counselors and Therapists (AASECT) Award for Professional Excellence. Dr. Schnarch has trained therapists in fifteen counties and his four books, including the best-selling

Passionate Marriage have been translated into eight different languages.

Registration is now Open!

Satir Institute of the Pacific invites you to....

"Becoming More Fully Human: The Evolution"

an International Conference in Honour of Virginia Satir's 100th Birthday, her evolution, her work and her teachings

Friday June 24th to Sunday June 26, 2016

Early Bird Conference Fees

SIP Members - \$550.00 Non-Members \$650.00

Conference Registration Fees include: Workshops, welcome bag, conference program booklet, Friday evening wine and cheese social, snack/coffee during morning and afternoon breaks, lunches, participation certificate and gala dinner celebration on June 25, 2016 (Extra banquet tickets are also available)

Pre-Conference Thursday June 23, 2016 - Early Bird Pre-Conference Rate \$100.00

[Sheraton Vancouver Guildford Hotel](#)

15269-104 Avenue Surrey, BC Canada

Register [Here](#) for the Satir Conference

This conference is sponsored by:



Title

Platinum	Banmen Satir China Management Center (BSCMC) Satir Xiamen Education & Application Center, China
Gold	Guangzhou Satir Institute of China Wenchai Self Development Hong Kong Satir Center (HKSC) Satir Learning and Development Center of China
Bronze	Cindy (Yuhong) Cao Marie Lam Nanjing HongAi Satir Education & Application Center Satir Hangzhou Education and Application Center, China Satir Center Singapore

PREAMBLE

One of the fundamental purposes of the Satir Institute of the Pacific (SIP) is “providing a broad educational context including classes, workshops and seminars in which persons may experience and learn in depth the Satir Transformational Systemic Therapy model in order to understand, develop and use the Satir Model in their personal and professional lives.”

Reflecting on this intention, SIP is proud to host the 2016 international conference with title sponsor Virginia Satir Global Network.

GOAL

The objective for hosting this international conference is to provide diverse educational workshops in which persons may experience and learn in depth the Satir Transformational Systemic Therapy model. By offering a deep understanding of the Satir Model, individuals can develop and use the model in their personal and professional lives. Another purpose is to promote the development, study and research of the Satir Model internationally. By fostering and embracing strong and lasting fellowship among the members within the Satir community and others, we hope to build an energetic and passionate community committed to growth, change and transformation.

THEME

As this event is a celebration conference honouring Virginia Satir, we have created a title which highlights a key concept of Virginia's and where we are today – **"Becoming More Fully Human: The Evolution."** Reflecting on this notion we are left with a remarkable theme of **"A Gift: Connection with self, others and context."**

*Satir Institute of the Pacific reserves the right to change or add to any component of the conference.

Virginia Satir Global Network 100,000 Satir Heart Connections

The Virginia Satir Global Network commenced a major campaign, June 26th, 2015 running all the way through 2016. The title is The **100,000 Satir Heart Connections Campaign.**

100,000 Satir Heart Connections: Furthering the Legacy of Virginia Satir

Virginia Satir, in her lifetime, touched the hearts of millions of people worldwide. She helped us understand the meaning of human connection. She helped us to understand the process of change, the power of understanding and the wisdom of compassion, for others and most importantly for ourselves.

Virginia would have been 100 years old on June 26th, 2016.

Please help us celebrate her birthday in three ways:

1. **Send us a video** by recording you or your group expressing your appreciation for how Virginia touched your life. Be sure to include your name and your country. Please keep your video to 60 seconds or less. If English is not your first language, please repeat your message in your own language.

Steps for sending an appreciation:

- 1) Upload your video to YouTube, marking it as unlisted or public
- 2) Copy your video's YouTube URL
- 3) Send the url to our organizer by clicking the Contact Button below (envelope icon)
- 4) Or write an email and send it to our organizer.

We will be posting your videos and emails as updates.

2. **Donate** to our campaign. We ask you to donate so we can continue furthering Virginia's teachings. Some of the ways we are currently doing this are by:

- Sponsoring conferences, such as the upcoming one honoring Virginia's 100th birthday, **Becoming More Fully Human: The Evolution**

- Co-sponsoring trainings for continuing education credits
- Offering online education
- Promoting trainings, books, articles and research through the weekly News Flash linking people, such as linking a Saudi Arabian author of the Arabic version of Satir's The New Peoplemaking with a Jordanian professor who found a publisher for him.

3. **Share** our campaign with your friends and associates on Facebook, Twitter and by email.

Thank you for joining our campaign. Help us create 100,000 heart connections, and be part of bringing peace to the world by furthering the legacy of Virginia Satir!

<http://www.gofundme.com/satirglobalnetwork>



Dear Kathlyne

Please submit your comments or questions directly to Kathlyne @ training@satirpacific.org or to the editor @ japaterson@telus.net 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



Special Interest News

“The Development of the Self through Life Stages”

Using Family Reconstruction, Internal Resources, and the Iceberg Metaphor with Dr. John Banmen and Dr. Maria Gomori on June 13, 14, 2015 9 am – 5 pm at the Executive Airport Plaza Hotel and Conference Center in Richmond, B.C.

This incredible event was a culmination of hard work and dedication of Dr. John Banmen and Dr. Maria Gomori. Dr. Banmen and Dr. Gomori came together to engage the participants in connecting, teaching and living the principles' of Transformational Change based on the model of Virginia Satir. Since 1970 Maria Gomori and John Banmen have worked together in many contexts and in many countries around the world.



They are co-authors with Virginia Satir and Jane Gerber of the award winning book "*The Satir Model: Family Therapy and Beyond*" (1991). In 2015 Maria Gomori will celebrate her 95th Birthday and John Banmen will celebrate his 80th Birthday. We were privileged to have this opportunity to witness these two master therapists working together in what will probably be their last workshop as a team in North America. It was our profound pleasure to see these two individuals share their knowledge with participants from all over the world.

By Mary Esson

Four Therapeutic Goals of the Satir Model

Raising self-esteem

Self-esteem is how the person experiences and judges him/herself in the present. It goes beyond how one feels about or perceives himself; it is at the level of one's essence and, therefore, is at the level of Being and consciousness. When one has high self-esteem, he/she is experiencing him/herself through his/her spiritual Life Energy, or Self.

Becoming a choice maker

When one is living from the level of Self, one's choices are towards freedom. One's choices are in the direction of health, happiness, peace and love. One feels empowered to choose wisely.

Becoming Responsible

When one is living from the level of Self, one is conscious of his/her internal experiences and is responsible for all feelings, perceptions, expectations and yearning as well as one's behaviour. Satir reminded us that all of our internal experiences belong to us. The Self is greater than all feelings, greater than all thoughts, greater than all unmet expectations. When we become

responsible for our internal world, we experience the vastness of our Being. We then become responsible for our own growth towards becoming more fully human, as well.

Becoming Congruent

Congruence is a deeply imbedded concept and goal of the Satir Growth Model. In her early communication model, Satir encouraged people to be “straight” – to say what they meant and to do what they said. However, congruence as a meta-goal implies that people can grow to be in harmony with their own Life Energy and to experience the peace, joy, love and connection that exist there. When one is more congruent, one is free from negative experiences of the past as one is now living in the present at the level of Being. Other ways of describing congruence might include being integrated, real, genuine, or authentic. There is an expectation in the Satir Growth Model that therapists have attained a fairly high level of congruence in their lives and can be congruent while working with their clients.

©John Banmen and Kathlyne Maki-Banmen

Newsflash

Sharon Loeschen, President of The Virginia Satir Global Network (VSGN), has invited us to sign up for, and send contributions (if you feel inspired to do so) for consideration of publication in VSGN’s News Flashes. To get the News Flash, go to www.satirglobal.org and on the Home page, right lower corner, and sign up for it. To submit contributions for consideration in the Newsflash please send them to Sharon Loeschen @ [<sloeschen@gmail.com>](mailto:sloeschen@gmail.com)



Training News

COMING SUMMER 2016 June 28 to July 7, 2016

Satir Institute of the Pacific Presents:

2 - 10 Day Satir Summer Residential Intensive Training Programs (Satir Transformational Systemic Therapy)

(Following the Satir 100th Birthday Conference)

Location change for 2016 Summer Intensives

Recently we were informed that Rosemary Heights, our summer intensive retreat location, will be closing their doors as of December 31, 2015. After much research we have decided to move our 2016 Summer Intensive training programs ([Satir Transformational Systemic Therapy Level I](#) and [Satir Transformation Systemic Therapy Level III](#)) to the [University of British Columbia](#) located in Vancouver, BC, Canada. UBC is located only 20 minutes by car to downtown or the airport. The Vancouver International Airport (YVR) is easily accessible from UBC, offering direct flights to major cities around the world. The city center is easily accessible by public transit, with many bus routes offering frequent service.

UBC is situated on Vancouver's west side, surrounded by temperate rainforest and sandy beaches. UBC's natural setting is complemented by nearby shops and restaurants located within walking distance of guest rooms, meeting space and many campus attractions and recreation.

We look forward to offering our two programs in this beautiful setting. For more information on our programs see our website at www.satirpacific.org or the attached brochures.

Sincerely,

Your SIP Training Directorate
Kathlyne Maki-Banmen, Director of Training
Linda Lucas
Jennifer Nagel
Bianca Rucker
Cindi Mueller, Administrator
admin@satirpacific.org
1-604-634-0572

Applying Research Innovations to Psychotherapy And Family Therapy For Deep And Lasting Change!

Recent research in neurobiology, attachment, trauma and mindfulness has important implications for psychotherapy and family therapy. Satir Transformational Systemic Therapy integrates research with therapeutic practice to provide therapeutic processes, assisting clients to transforming their intrapsychic and interrelational systems. The changes clients experience result in more internal peace, integration and empowerment and more connected, accepting and positive relationships.

A recent survey of mental health practitioners in the U.S.A. indicated that Virginia Satir remains among the top 5 most influential therapists from history. When she was alive, many people believed that her very successful results with people were due to her charismatic and loving nature. Since her death, her system of working therapeutically with people has been developed and refined. Many of these processes are now clearly supported by research.

Satir Transformation Systemic Therapy Level 1 Summer Intensive Residential Program

June 28 – July 7, 2016 (9:00 am to 9:00 pm most days) at University of British Columbia, Vancouver, Canada

Early Bird Fees to April 22, 2016 SIP Members \$2250 and Non Members \$2300

(includes Tuition, Accommodation from June 27th to July 7th, 27 meals and all program materials)

With Linda Lucas, MA, LCPC, Clinical Professional Counsellor and

Jennifer Nagel, MA, RCC, Registered Clinical Counsellor

Sponsored by the Satir Institute of the Pacific

LEVEL I - Satir Transformational Systemic Therapy (For practicing Counselors and therapists and for other helping professionals who are presently working with clients)

The focus of this program will be Satir Transformational Systemic Therapy to bring about transformational change. The approach will be applicable to working with individuals, couples and families. The Satir Transformational Systemic Therapy Model (STST) is unique in encompassing both the intrapsychic and interactive components of therapy. Much therapy of the past has been focused only on clients' behaviour, cognition or affect. This model is focused on bringing about change at the level of Being, as well as changes in doing, feeling and perceiving. The process taps the universal yearnings of individuals within their personal family and social systems and helps them work towards a sense of responsible wholeness. The experiential processes provided by the training program give participants the opportunity to

have both personal and professional growth. The program will provide several therapy demonstrations and skill development opportunities.

Satir Transformation Systemic Therapy Level 3 Summer Intensive Residential Program

June 28 – July 7, 2016 (9:00 am to 9:00 pm most days) at University of British Columbia, Vancouver, Canada

Early Bird Fees to April 22, 2016 SIP Members \$2250 and Non Members \$2300

(includes Tuition, Accommodation from June 27th to July 7th, 27 meals and all program materials)

**With Kathlyne Maki-Banmen, MA, RCC, SIP Director of Training
Sponsored by the Satir Institute of the Pacific**

LEVEL III - Satir Transformational Systemic Therapy (Program Requirements: Minimum STST Level I with SIP or Equivalent training approved by the SIP Director of Training and be therapeutically working with clients)

Minimum STST Level I required for this program. The Level III program will focus on five of the most common issues that therapists see with clients: loss and grief, trauma, anxiety, depression and suicide. Rather than trying to lessen the symptoms, STST works with the intra-psychic impacts to help people change internally and in their relationship contexts. For each of the above topics, recent research will be explored to understand the conditions. Then, the focus will be on how to intervene in an experiential, systemic, and positively directional and change focused way. A great focus will on the Use of Self of the Therapist.

**For more information on registration and payment contact Cindi Mueller at 604-634-0572
admin@satirpacific.org**

or go to our website at Events at <http://satirpacific.org/our-events/>

[Check us out on Facebook](#)



Fraser Valley Fireside Chat: December 9, 2015

On December 9 a small group of us met at Wendal's café in Fort Langley to share about what inspires us from the Satir model, and the areas of practice in which we would like to get support. It was great to be able to connect with others who are using this model and who want to integrate it more deeply.

We were jammed in pretty tightly in the busy café, and the seasonal drinks were tasty, but what we noticed most was that the time flew by and we enjoyed being able to share, ask questions and reflect.

Upcoming dates for our Fireside Chat have been set, with Tuesday being the best day for everyone there.

Mark your calendars for upcoming Fireside Chats in Fort Langley in 2016,

Time 7 – 9 pm:

Tuesday, February 9

Tuesday, April 12

Tuesday, September 20 at Madeleine DeLittle's playhouse

Tuesday, November 15

Location will be announced closer to the dates. For more information please contact Tricia Antoniuk @ 778-378-2633 or email me at tricia@antoniukcounselling.ca

Island

Our Vancouver Island Satir family is alive and well!

On October 24th, some of our Vancouver Island Satir family gathered at Lyla Harman's beautiful Cowichan Valley home for an afternoon of connection and fellowship. Joining Lyla for our fall Fireside Chat was Anne Morrison, Anita Chambers, Wendy Lum, Chris Kallis, Shelley Iberg, June Saracuse, Caroline Bradfield, and special guest, Emmanuel Gaillot, visiting all the way from Paris, France. Seven years ago, Emmanuel and Lyla were triad partners: They happened to be reconnecting with each other the same weekend as our gathering!

Some of the highlights included Emmanuel sharing his fascinating work applying the Satir Model to the Information Technology team he consults with there, and his enthusiasm for "bringing Satir to France". To this end, he has started to translate Satir's work into his native language, and, as a group, we enthusiastically welcomed this exciting challenge he has undertaken! Anne Morrison spoke about her excitement regarding Satir finding its way into her church spirituality group, and indeed into her life more fully; June Saracuse spoke passionately

of her experience of the Culture of Possibility— a distinctly Satir concept— at Burning Man this past summer with her family (if you are curious, check out <http://burningman.org>); Shelley Iberg spoke about how she is exploring Satir, reminding some and introducing others to the work of University of Victoria's own Dr. Bentheim, Evolving to Become More Fully Human - Early Contributors to the Satir Model. The afternoon was rich and full, and we were reminded yet again that the journey of living the Satir Model is indeed diverse and inspirational.

Wendy Lum has graciously offered to host the Spring Fireside Chat in Victoria. Dates will be announced, and all are welcome!

"Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible—the kind of atmosphere that is found in a nurturing family." Virginia Satir.



Top left to right—Lyla Harman, June Saracuse, Chris Kallis, Shelley Iberg

Bottom row left to right—Anita Chambers, Wendy Lum, Caroline Bradfield, Anne Morrison

Warm regards,

Caroline Bradfield

Registered Clinical Counsellor, MACP

250 792 2418 cbradfield@shaw.ca

Transformation has occurred when a person goes from saying 'I want to be loved' to "I am loved-by me". **Virginia Satir**

International

Official 2015 Book of Abstracts for the 2015 IFTA World Congress

We are pleased to offer you a link to the official 2015 Book of Abstracts for the 2015 IFTA World Congress in Kuala Lumpur, Malaysia which includes the contributions of Kathlyne and John Banmen who were there as speakers. <http://www.ifta-congress.org/docs/2015Book-of-Abstracts>

The Satir International Journal

Dear Satir Members,

"The Satir Institute of the Pacific is pleased to forward this Call for Papers for the Satir International Journal. The journal is published by the University of Victoria and Jesse Carlock, a former Associate Editor of SIP's Satir Journal, is the new Editor. SIP no longer publishes its own Satir Journal but supports and is developing a partnership with the Satir International Journal. It is exciting that SIP's innovative pioneering publication of the first Satir Journal has now been taken up by an academic institution which brings further credibility to the Satir Model. My hope is that our members will support this publication by submitting articles for publication and by promoting it to their colleagues."

Sincerely,

Michael Callaghan

President, Satir Institute of the Pacific

The Fall, 2015 issue of The Satir International Journal has been published. Check it out for free at: journals.uvic.ca/index.php/satir. The book by Bruce H. Lipton & Steve Bhaerman, "Spontaneous Evolution: Our Positive Future and a Way to get There from Here" has been reviewed by SIP member, Mary Leslie.

The *Satir International Journal* offers research and applications for the mental health of individuals, and promotes the healthy development of families, groups and organizations in society. Our goals encompass therapeutic communication, equality, spirituality, ethical decision-making and global diversity. Retrieved from: <http://journals.uvic.ca/index.php/satir>

Satir International Journal

CALL FOR PAPERS

The Satir International Journal welcomes submission of papers in the areas of theory, research and application of the Satir Model in a wide variety of settings. SIJ publishes high quality solicited and unsolicited articles in English with abstracts in several languages. The journal

welcomes submission of manuscripts that meet the general criteria of significance and research excellence. All articles published in SIJ are peer-reviewed.

The following types of articles are considered for publication:

- Theoretical and philosophical articles
- Research papers
- History of the Satir Model
- Applications of the model
- Visual arts (photos must be in jpeg format)
- Insights (personal accounts, case studies related to theory/practice)
- Book and film reviews (500-750 words; twice that if you wish to expand the material into a mini-article)

You are invited to submit articles as an email attachment to the editorial office:

satir@uvic.com.

Include the following information along with your manuscript:

- Name and institution with full address details
- Title of paper
- Cover letter that includes a declaration that the prospective manuscript is original and has not been published before nor is it under consideration for publication by another publisher.

ALL DOCUMENTS MUST CONFORM TO APA PUBLICATION MANUAL (6th Edition)

SEE SUBMISSION GUIDELINES BY VISITING THE SIJ WEBSITE:

journals.uvic.ca/index.php/satir and click on a tab at the top of the page labeled, "ABOUT." Scroll down until you find the guidelines. SIJ is committed to scholarship addressing racial, ethnic and cultural concerns.

The Satir International Journal has room for research articles and theoretical pieces, room for personal accounts, ethical and cross-cultural issues, case studies, interviews, as well as room for more artistic-symbolic pieces like Roger Harmon's photo essay that will appear in the next issue. The Satir International Journal is continuing the process of becoming rounder, more "whole." We are open to a diverse range of manuscripts as well as other media. The journal encourages researchers to submit articles that demonstrate the efficacy of the Satir Model. Increasingly, clients are seeking cognitive-behavioral therapy because their physician, who reads CBT studies that appear in the medical literature, has recommended that the patient see a CBT therapist. Research related to the Satir Model needs to be brought together in one place and, eventually, distilled and integrated into teaching curriculums. The Satir International Journal can be forum for high quality papers such as this.

Please check us out: <http://journals.uvic.ca/index.php/satir>

Retrieved from: <http://satirglobal.org/featured/the-satir-international-journal/>



Membership News

2016 Membership Dues are Now Due

Why Renew?

- Members can receive support and inspiration in their Satir journey through Fireside Chats or Video Days, and as a member you also receive priority on these special events and discounts on other programs. Please be in touch if you are interested in hosting one of these events.
- The SIP Library is now at the Phoenix Centre, and as a member you can borrow books, tapes and CDs. These can be a resource for Video Days, or a way to deepen your own understanding and use of the Satir Model.
- You will have early receipt of the Wisdom Box, the SIP newsletter and access to the SIP Membership Directory.
- Members are encouraged to become involved: you could be a board member or join committee and have an active voice in promoting the Satir Model worldwide. You also have voting and nomination privileges for Board Members.
- NEW in 2016: Access to a members only site on our website

We believe that as a member of SIP you are part of an exciting and inspiring network of members: you want to make a difference in the lives of others and you know firsthand how powerful and freeing this model can be. THANK YOU for being a member – we couldn't do this without you and your support.

In Peace,

Tricia Antoniuk, Director of Training

Denise Wynne, Assistant Director of Training

Mary Leslie, Committee Member

Cindi Mueller, Administrator admin@satirpacific.org

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** admin@satirpacific.org

Please give your reasons for nominating the person (s) and give examples or anecdotes.

Deadline for nomination submissions: **Wednesday February 17, 2016**

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 **Saturday April 23rd, 2016**. Special plaques will be created for those being honored. Please send in your Unsung Hero Nominee by **WEDNESDAY, March 2, 2016**.

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)
- 2013 Sibel Erenel for profile see Wisdom Box Summer 2013 (on SIP website)
- 2014 No award
- 2015 Anne Morrison for profile see Wisdom Box Summer 2015 (on SIP website)



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 . We are currently adding new items, either recently published or just coming to our attention.

**Michael Callaghan,
President**



Attention Contributors/ Advertisers:

The Wisdom Box is published four times per year: Winter, Spring, Summer, and Fall. **The next deadline for submission will be March 25, 2016.**

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. japaterson@telus.net

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 \$150/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 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 are 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

“Awareness releases energy that has been bound up in buried feelings.”

Virginia Satir

Wisdom Box Production Team:

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Distribution: Cindi Mueller - E-mail: admin@satirpacific.org