



The Wisdom Box

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

Spring Issue 2016



Wisdom Box Contents

SIP Annual General Meeting.....	p. 4
2016 Celebrations	p. 4
Becoming More Fully Human Registration	p. 6
100,000 Satir Heart Connections Campaign	p. 9
Special Interest	p. 10
Newsflash	p. 11
Training News	p. 11
Fraser Valley	p. 15
Island	p. 15
International	p. 16
Call for Papers.....	p. 22
Membership News	p. 23
Todd Clark Nominations	p. 23
Multi-media Resources	p. 24
Advertisements/Classifieds	p. 24
Next Issue.....	p. 26

President's Message

As members of the Satir Institute of the Pacific, we have all been excited and energized by the wisdom of Virginia Satir. Each of us in our own way has been changed by experiencing her lasting legacy and ideas as they have been developed over the years. SIP is providing a major opportunity to participate in the sharing and application of these ideas at the Satir International Conference "Becoming More Fully Human - the Evolution"

If you are among the more than 60 SIP members registered for this International Satir Conference June 23rd to 26th at the Sheraton Hotel in Surrey BC, you will have already checked out the fabulous line up of speakers for the Pre-conference, Keynote Addresses and workshop presenters and are looking forward to a fun evening celebrating Virginia Satir's 100th birthday at the Gala Dinner with friends and colleagues from around the world.

If you are not among the 60, then I encourage you to register for this once in a lifetime event to connect with others, to attend some of the 60 workshops, learn more about the use of the Satir Model worldwide and enjoy yourself. Check out the website at www.satirconference.com I also invite you to take the opportunity to make your personal contribution to the success of the Conference as a volunteer. To volunteer register online at www.satirconference.com

Closer to home the Annual General Meeting of SIP will be held on Saturday April 23rd at the Phoenix Centre. I invite you all to come and hear Anastacia Metcalf on Experiential Access to Inner Wisdom – Bodymindfulness and the Satir Model. Connect with colleagues and friends. There will also be the AGM business and the Todd Clark Unsung Hero Award. I hope to see you there.

**Michael Callaghan,
President**



Message from the Editor

And so the cycle of renewal is upon us once again. And with this explosion of new life we sense an increasing urgency to sweep away the cobwebs of the past in preparation for the birthing of something more life-enhancing and positively directional in our relationship with self, others and the world beyond. What are the expectations clamoring for our attention? What is our life-force inviting us to embrace so that we may co-create with nature, the budding of new growth waiting patiently for our willingness to burst into the light of our daily lives?

Is this yearning for something more meaningful and fulfilling an experience of joy or of fear? Does it possess the properties of excitement and anticipation or of self-criticism and procrastination? And what are we learning about ourselves through observing the experience our yearning(s) creates within us? Who do we have in our life to share these reflections with? Are we remembering to surround ourselves with unconditionally loving and accepting individuals who will accurately reflect us back to ourselves so we can gain the benefit of their unconditionally loving perspective? And does this enable us to be more effective therapists and counsellors to those who are similarly seeking the benefit of someone they can trust with their perspectives, feelings and expectations?

The increasing intensity and longevity of daylight seems to promise better things to come, a chance to renew or reframe those impediments to fulfillment that have lingered in the shadows far too long, yet, paradoxically, the increase in light may also feel like an indictment should we fail to grasp the opportunity to grow when the time seems most appropriate. So perhaps Spring is when we need the unconditional love and support of others most urgently. Change is the birth of something through the death of something else as surely as Spring is born out of the death of Winter. Both aspects are intimately conjoined and interdependent.

May this season of riotous growth leave room for the grieving of what needs to be compassionately released so that there is sufficient psychic space to embrace the transformative change(s) waiting to blossom.

Love and Hugs in fellowship

John Paterson MA

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News From the Board

Satir Institute of the Pacific Annual General Meeting

Hello SIP Members,

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.

MARK YOUR CALENDARS!!

Satir Institute of the Pacific's Annual General Meeting

Date: Saturday April 23, 2016

Location: The Phoenix Center, Surrey, BC

11:30 - 12:30 - Presentation by Anastacia Metcalf on
"Experiential Access to Inner Wisdom - Body Mindfulness and the Satir Model"

12:30 - Light Refreshments

1:00 - 3:00 pm - Annual General Meeting

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

**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.

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



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

Registration is now Open!

21 CEC hours approved by CCPA

Register [Here](#) for the Satir Conference

- Pre-Conference June 23 with Jean McLendon, Anna Low or Dr. Robin Beardsley
- Register before 9:00 pm PST April 15 to be entered into a draw for a free conference registration
- 21 Hours of CEC approved by CCPA

Don't forget to book your hotel room. Rates of \$128.00 per night Canadian secured only until May 24, 2016 based on availability - [Sheraton Vancouver Guildford Hotel](#) Surrey, British Columbia Canada

This conference is sponsored by:



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.

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.



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

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 Loesch, 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 Loesch @ [<sloesch@gmail.com>](mailto:sloesch@gmail.com)



Training News

Programs Offered in 2016

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.

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)

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 SIP Members \$2250 and Non Members \$2300

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

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

LEVEL I

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.

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

Jennifer Nagel, MA, RCC, Registered Clinical Counsellor

Sponsored by the Satir Institute of the Pacific

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 SIP Members \$2250 and Non Members \$2300

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

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)

LEVEL III

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 be on the Use of Self of the Therapist.

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

Come Explore Satir Transformational Systemic Therapy in Kamloops

LEVEL I - will teach the basics of Satir Transformational Systemic Therapy to bring about transformational 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 will give participants the opportunity to have both personal and professional growth.

When: October 14, 15, 16, November 18, 19, 20, 2016, January 12, 13, 14, 15, 2017

Where: Sandman Signature Kamloops Hotel, 225 Lorne Street, Kamloops, BC V2C 1W2

COST: \$1250 for 10 days of training
 Early Bird and SIP Member Rates Available



SATIR TRANSFORMATIONAL SYSTEMIC THERAPY

LEVEL I TRAINING PROGRAM, SURREY, BC (prerequisite for STST Level II)

Sponsored by SATIR INSTITUTE OF THE PACIFIC, Kathlyne Maki-Banmen, MA, RCC, Director of Training

Where: Phoenix Center
13686-94A Avenue,
Surrey, BC

When: September 24, 25, October 22, 23,
November 26, 27, 2016
January 14, 15, February 18, 19, 2017

*With Kathlyne Maki-Banmen, MA, RCC, individual,
Couple and Family Counsellor*

Assisted by Klaus Klein, MA, RCC

Cost: SIP Members \$1200
Non-Members \$1250
(early bird rate available till August 13th)

Satir Transformational Systemic Therapy (STST) Level I training program is for practicing counselors and therapists and for other helping professionals who are presently working with clients. The focus of the program will be Satir Transformational Systemic Therapy to bring about transformational change. The approach will be applicable to working with individuals, couples and families.

WHO SHOULD ATTEND our Trainings?

The following professionals are invited to attend:

Marriage and Family Therapists, Psychologists, Addictions Counsellors, Clergy, Nurses, Psychiatrists,
Family Physicians, Child Care Workers, Social Workers
Mental Health Counsellors / Therapists
Instructors of family studies and family therapy
Counsellors working in Private Practice, Schools, Hospitals and Social Agencies
Other helping professionals as approved by the Director of Training
Graduate students in the above fields who are working directly with clients are also welcome.

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/>



Fraser Valley

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, 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

Fireside Book Chat members,

Part 2 of "The Master and His Emissary"

Will be Tuesday April 19th at 7pm.

5050 Kingsway, 2nd floor, Burnaby, BC, V5H 4H2

Also here is a link that give a brief description of the book to refresh memories etc.

<http://www.middlewaysociety.org/books/psychology-books/the-master-and-his-emissary-by-ian-mcgilchrist/>

Please let me know if you are going to attend. It does help with preparations.

Klaus klaus@kdkcounselling.com

Island

Welcome to our springtime Vancouver Island Fireside Chat.

Come and connect with our Satir community!

Date: Saturday April 9, 2016, 1 pm to 4:00/4:30 pm

Location: 2840 Graham Street, Victoria (Hillside – Quadra area).

Home phone: 250-744-3869, Cell: 250-920-9228 (can text)

Host: Wendy Lum

Goodies: I will provide tea, coffee, juice, homemade chiffon cake.

If you are inclined to bring something, let me know.

Plan: Connection time; Maxine Fisher will lead us through a music sound activity (20 – 30 min)

Lyla Harman will be bringing a Satir model Iceberg quilt that she uses for educational purposes, and will share how she uses it.

Lyla will also bring a video: Essence of Change - it has Virginia and students discussing portions of the theory and has hands on application in her answers. Depends on the group, we may leave it open to share amongst ourselves or watch and discuss this video.

There are some folks carpooling from mid island, let me know if you wish to connect.

Looking forward to sharing and connecting, Happy Springtime! Wendy

Please RSVP to Wendy

Email at welum@shaw.ca

Text or call: 250-920-9228

International

A Chinese woman of poems and drawings - an interview with Julia Hao

By Hettie Tu

Julia Hao is the administrator of the Banmen Satir China management center and has been since 2009. She is also an assistant trainer of John Banmen. She used to be a middle school teacher and she first joined a Satir program at the end of 2006. Since then she continues to study the Satir Model professionally and personally and has begun to teach some fundamental skills of Satir Model in schools and colleges in recent years. She also discovered her new passion of drawing and writing poems since last year.

1. What was your first Satir program and how was it for you?

I joined the family reconstruction workshop held by Maria Gomori the first time at the end of 2006 and I were amazed to watch how the teacher helped the students make changes. In that program Marie Lam, Jerry Lai and Monita were assisting the programs. I was impressed by one sculpture when Monita was using a roll of tissue to wrap up the mouth, eyes, ears, hands and legs of a participant in the way to convey the message of five freedoms from a poem by Virginia Satir. My yearning of freedom was tapped by seeing that sculpture. I could sense that I was not happy somehow in my life but I couldn't figure out the source of [my] unhappiness. That sculpture of the five



freedoms seemed to provide me a clue. Since then I decided to study the Satir Model.

2. How did you continue to study the Satir model? What was your experience of it?

Later on I joined a fifteen day Level I training program held by John Banmen. He taught the program very clearly and also guided us in how to apply it. It fit me well. I also experienced his love which was a calling to my life. In the tea breaks, John always went to approach participants and smiled at them and pat their shoulders gently, shake their hands, or give hugs to participants. I could experience his caring and loving energy. This caring heart was very different from my parents. Now I consider his caring energy as a high vibration. I enjoyed his meditation and I began to learn to connect with my life. That was a new beginning of this journey.



3. How did you learn and apply the Satir model to yourself personally?

Whenever I learned some skills from the teacher I would use it on myself. And it worked well. Before I used those skills on others I used them on myself. If it worked for me it would work for others. Now I realize I was a smart learner---applying to me first.

For example, the teacher taught us how to deal with unfinished business or how to deal with your emotions like fear and so on. I used to experience some small traumas or negative events when I was young. I worked on myself and healed from those negative events.

4. What did you work on in yourself since you began to study Satir model until now?

From the beginning stage I worked on my emotions. The Satir model believes that emotions belong to us and we can manage our emotions. We need to learn the messages from those emotions. I really work on my process of dealing with emotions.

Later on I worked on my expectations. I did a lot of work [around] letting go. This was a big breakthrough for me. I don't spoil my expectations any more by letting them be in charge of me anymore. It used to give me a lot of power. I don't always say "Yes" to my expectations now. This is important to me. When I have expectations, I become angry and I am not satisfied with others. What do I want? I must meet my expectations. That was a kind of stubbornness. Now I can let them go. I won't allow myself to be stubborn like this because of my unmet expectations. Whether the expectations are of me or others, I can jump out of the situations. It is ok not to meet the expectations. It is not only about this part. I don't allow my expectations to be in charge of me. This principle also applies to how I deal with my perceptions. In the whole process I gradually get to know more about myself and who I am. I can separate myself from my expectations and my perceptions, my feelings and my copings gradually. I can experience who I truly am then.

In the first two or three years when I began my study I realized that I didn't love others at all. I thought I was loving. My love was all from obligations. I thought I should love this person. I realized that I didn't have much love from my heart. When I think I am supposed to love others I can't experience my love

inside. Actually I have a standard for myself. If I treat you well that means I am a nice person. That energy of loving others comes from my mind. Surely I have some caring parts for the person. I care about them rationally. How I can like others from the bottom of my heart and how I can feel my heart open to others was something for me to learn deeply. When I came to realize this part of me, I began to heal myself and go beyond myself. I can't say I love all the people now. It is still a long journey for me.

I also continue to work on my tolerance. I am learning to be more respectful and accepting no matter what positions he or she is in, whether he or she is big or small, or in any roles. I expand my kindness to more people. I respond to the people working in the flight and say "thank you" to people who guard the door for me. I try to connect with each of them and respond to them and be respectful to them. I expand myself to use my kindness in more contexts. I do it little by little. It takes a long journey. When I am doing my work I feel freer, more joyful and more loving, more responsible and happier in [my] life. These happy experiences belong to me which helps me to be more successful and harmonious. It will attract more abundant things in my life.

5、 Could you say a little more about your "routine" homework of growing yourself?

I have a "routine" work for myself every day. Usually I lay on my bed every morning and evening. I begin to work on myself. How do I experience myself today? This is a precious time for me. I value my time being with myself. I feel very happy about it when I am with myself. It usually takes me half an hour. When I go inside and experience myself and enter into my process I want to see what is happening there. If I feel stuck I will change it by using what I have learned about the Satir model. We are always trying to help others to make changes. Now I got to learn to become my own therapist.

For example, I don't feel good towards this person. I want to experience what is happening inside me. I am not going to blame her and what she did. I am aware that I have jealousy and fear inside. I allow myself to experience my jealous and listen to what message it is trying to tell me.

I accept my feelings and allow those feelings to come to the surface. I want to discover what my deepest need from it is. I want to see if I can give that to myself. Most of the time some emotions will come up. I will take my consciousness to work on them. I will accept them and allow them and experience them and let them flow. That is how I do my homework every day.

6、 What did you learn as an administrator of Banmen Satir China management center related to the Satir model?

I have learned a lot as an administrator though initially I wanted to learn more about professional skills of being a trainer and counselor. I realize that it is very important for professionals to learn from the practical life but not limited in the counseling work. For example an important practice is how you behave yourself in relationship to others and handle your daily work in life. You can't learn this by sitting on the chair and listening to your teacher. You have to practice every day with people in your life. Satir Model teaches us to learn from doing and practicing every day.

For example, as an administrator I collaborate with many different organizers from different cities whether I like them or not. How I can accept them without liking them, for the common goal of promoting Satir model in China, is a question for me. I have learned a lot from John Banmen. I have learned to let go of my ego to accept others for the sake of the common goal. By working with him, I

have gained a lot of insights and expanded myself in how to treat people and handle things. I learned to see things in a big picture regardless of my likes or dislikes. If I might not like this organizer in temperament I put my prejudices and our differences and judgments aside. Considering how she or he has contributed a lot to promote Satir Model in China, I will work with him or her for the common goal.

What I have learned from Satir Model is to take responsible for myself. The four Meta goals of the Satir model are my study direction. I will take responsible for every part of my life. Whether it is about my expectations or emotions, my direction of self-growth is to increase my stability inside without being impacted so much by the outside world. I cultivate my heart and improve myself by making use of everything happened to me at work. I don't regard my work as a job. Whatever challenges I have encountered, I apply it on myself and help myself to grow up. I make use of every unhappiness to help myself to improve. For example, I was not happy to have dinner with somebody. What message does my unhappiness try to convey to me? What does it try to tell [me] about my life? What can I learn from it? I seem to have a string of musical instruments inside my brain that always reminds me of my learning points from any events. This process is not easy. Sometimes I will be triggered by some pains. Whether I can go beyond my pains or not depends on the goal I set for myself. Your sense of direction matters whenever you encounter with your challenges or discomforts. It is important to have the goal.

7、 Can you share a bit about your personal life with us?

I have no child. My husband and I have good connections. I didn't face so many challenges in family relationships. They all support me.

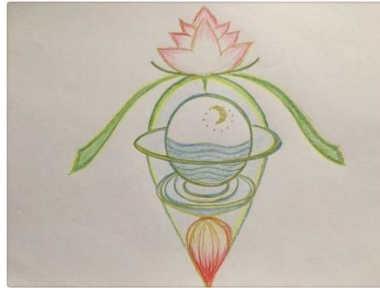


8、 Do you experience some changes in you?

I find myself becoming more creative and flowing now. I have gained a lot of growth from my daily routine work and have a lot of aspirations from there. I began to write some poems or prose after my own work on myself. Most of my prose or poems or drawings are from there. When I go through my journey inside my world, I write down my change process into a poem without stopping. I feel joyful and pleasant. Some poems are written after working with my clients. Since last July I have drawn over 100 pictures and over 50 poems. (Please see the poems and pictures as below)

I believe in the flow of the life. I follow it and trust this life and respect this life more. In the recent two years I find life is more and more beautiful. It is just enough to have this life. I feel rich and abundant. I love life and people more. I see my life and others. Lives are from the same life force and manifest in richness and abundance. The first job is to see myself and experience myself.

Other elements of me are that I became a vegetarian in recent years. This is probably helpful to speed up my learning process.



9、 Where are you going from here?

I am always trying to break my pattern. When I find that I have a pattern I want to break it. I like to change and don't like to repeat. I feel bored if I always teach the same things or using the same techniques in the class. Definitely I use the same things but I have some struggles inside. When I can come up with new ideas that means my energy is flowing. I want my life energy to be flowing in a fresh way. When I am not flowing I feel I am fixated in certain points. If I try to teach what I have remembered in my brain, I find it is fake. There is no energy there anymore. When I teach my program, I have some structure in my hand, but I am always prepared to be impromptu. I want to enjoy my teaching more. I practice to love my participants more. I learn to expand my capacity of loving and caring for people which is my next direction of self-growth.



10、 What is your advice for new learners of Satir model?

1. Believe in what you have learned in Satir Programs. Put [it] into action and practice it more.
2. Remember what you are doing is for your life goal. Apply what you have learned in your life.
3. Practice it at any time, in any situations. Don't wait to use it until you're faced with a big event. Practice it in your daily life. It is like eating your meals every day.
4. Review your day every morning and evening and work on yourself about your unfinished business or emotions or leftovers from the day. Then make changes.

The Path by Julia Hao (Translated by Hettie Tu)

This is a magical path.
When you step into this path you are filled with tranquility, joy and happiness in your heart.
In this path, you will experience the symphony composed of peace and love.
There is no road sign in this path.
Your heart is the instrument of navigation.
You need to listen to it and take your direction carefully,
Because this is a path of wisdom which may test you all the time.
You will be tempted easily to many pictures and voices on the way and slip into the wrong track.
Your inner struggles and pains are your warning signal when you get away from the path of the heart.
Please don't complain, close off or ignore your inner voice.
As it reminds you of going home.
Otherwise you will fall into the wrong track full of illusions and temptations and go further away.
I know many people become more impatient at this moment and can't wait to run away.
They desperately try various ways to look for the quick medicine to fix them.
Kindly reminder;
Please don't forget your navigation guider in the heart.
Perhaps you need some help to wipe off the dust above it.
How to walk on your own path
Is determined by how you listen to your heart and follow it.



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

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. Retrieved from: [http://satirglobal.org/featured/the-satir-](http://satirglobal.org/featured/the-satir-international-journal/)

[international-journal/](http://satirglobal.org/featured/the-satir-international-journal/)



Membership News

Todd Clark Unsung Hero Award – Come to our AGM to find out who is the awardee for 2016

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.

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)

Please join me a warmly welcoming the newest members to our SIP community:

- Neomi Barak Blutner, Israel – Professional
- Uzit Dagan, Israel – Professional
- Sandi Bossons, BC, Canada – Community
- Sylvia Lambert, BC, Canada – Community
- Shujie Zhu, BC, Canada – Community
- Iray YuVanTienhoven, BC, Canada – Community

- Wang, Shuli (Ann), China – Professional
- Luo, Xia, China – Professional
- Christopher Cole, Ontario, Canada – Community
- Catherine Poultney, Ontario, Canada – Community
- Dasa Jendrusakova, Nevada, USA - Community
- Catherine Low, Ontario - Affiliate
- Liu Jianpu (Rebecca), China – Professional
- ShiDan Yuhua, China – Professional



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 June 24, 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

"You never outgrow your need for growth"

Virginia Satir

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