



The Wisdom Box

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

Spring Issue 2017



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President's Message

Hello, Everyone! Satir Institute of the Pacific's Annual General Meeting was held March 4, 2017. Lots of change took place at our AGM. Change is always possible, according to Virginia Satir. It is true. I accepted the board's nomination to be the new SIP President. As many of you know, Michael Callaghan, has been our competent, wise president for many years. Michael needed to 'step down' as he has been president for several consecutive terms, and he was ready to take a break. His words, I think, were, "It is bitter sweet". Although Michael will no longer be the President, he will be our illustrious, wise Past President. We are all looking to Michael to sort of hold our hands, nurturing, guiding, advising us during this next transition year, and probably many years to come. We would love for you to welcome our three new board members, Lyla Harman, (from the Island), Moira Haagen, and Madeleine DeLittle. Madeleine accepted the responsibility as Research Chair. Another big change was Kathlyne Maki-Banmen resigned in February as our Training Director and Jennifer Nagel was nominated and accepted responsibility as our new Training Director. Teresa McLellan accepted the responsibility as Membership Director. Tonda Chin will be our new Treasurer. Our Executive Trio is Tonda, Denise Wynne, and myself, Linda Lucas. The only position not changing was our lovely, competent, Marketing Director, Corrinna Douglas. We are a volunteer working board. We work hard to promote the Satir Model as a welcoming, intentional community.

I would like to share with you one of Virginia Satir's quotes. I hope this quote will define the SIP board of director's energy and environment for the upcoming year. I also hope it will help you as you live your life one moment at a time.

"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."

Our Board of Director's annual Retreat will be at Loon Lake, May 26, 27 and 28. Our retreats are working retreats. We celebrate our accomplishments and plan for SIP's future. This includes past, present and future training programs, Institute business issues, and marketing issues. Our mission is to promote the Satir Model. In our Vision Statement we have five purposes. The fifth purpose is, "We are working toward promoting a world of harmony, peace and wholeness within, between and among all humanity. " At the Retreat we will be brainstorming, discussing and planning on how we can better achieve our purposes.

All of us are busy in our lives. The Board of Directors have made a commitment to prioritize living the Satir Model, and promoting it. We hope to provide attainable, affordable, and transformational trainings, and opportunities for meaningful connections to you through our trainings, Fireside Chats, and Clinical Evenings. Please accept our gratitude and appreciation for being a loyal Member of SIP

Linda Lucas,

President, Satir Institute of the Pacific



Message from the Editor

Spring is once again bravely attempting to make itself felt after a horrifyingly cold and snowy winter (at least by Vancouver standards Hahaha). With the emergence of spring comes a renewal of growth, new life and rejuvenation. It is also a time chiefly characterised by rapid change and we, as part of this great cosmic dance, are not exempt from these seasonal imperatives. To this end you will discover a great many changes are occurring in our SIP community. I too am in a state of change and am respectfully passing on the torch of Editor to the next budding journalist inspired to capture and extend the life-affirming outreach of SIP and our Satir communities across the province and around the world through this wonderful newsletter.

I have loved my involvement in SIP from my first exposure to Satir Transformational Systemic Therapy (STST). I felt an immediate, visceral connection with the life-affirming message and inspiration of Virginia embodied in all those teachers and friends I have encountered during my association with SIP. I cannot do adequate justice to the level of compassion, love and wisdom I have witnessed and experienced to date but I can tell you that there are many individuals who have expressed appreciation for the support I have been blessed to provide them and those gifts of healing are the direct result of the remarkable power of TST and the guidance and training I have acquired while a member of SIP.

My involvement in this therapeutic community will not end with this transition. Rather it will continue to evolve as I immerse myself in on-going training and relationship with many exceptional people I have had the privilege to meet, share and learn with in this remarkable community. You are a precious oasis of hope, healing and empowerment for countless individuals and families struggling to emerge from the shadow of ineffective approaches for living. I am proud to be associated with such a loving and transformative community.

John Paterson MA

Board Members 2017/18

President - Linda Lucas, MA, LCPC
Secretary – Denise Wynne, MSW, RSW
Treasurer – Tonda Chin, MS, LPC
Director of Training – Jennifer Nagel, MA, RCC
Director of Membership - Teresa McLellan, MA, RCC
Director of Marketing - Corrinna Douglas
Past President - Michael Callaghan, RTC

Directors at Large:
Maureen Boliszczuk
Madeleine DeLittle, RTC, MTC, RCS, Ph.D. Cand.
Moiraa Haagen, M.Ed. RCC
Lyla Harman, BSW, MSW, RSW

Wisdom Box Editor - TBA

CCPA Approved
14 Credit Hours

The Sacred Journey: From Addiction to Connection

April 21, 22, 2017 9:00 am to 5:00 pm

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

There is still so much stigma and shame around individuals who struggle with substance abuse. This workshop offers a positive, holistic, and strengths-based approach to addictions where providing an accepting, safe and trusting environment for connection and healing is priority. It will help addictions professionals to become more congruent, more grounded, more connected and more confident with clients so they can better facilitate transformational change. The use of self is essential to assisting individuals who live with the shame of addiction to be more accepting of themselves, have more hope for their future, take responsibility for their current situation and make better choices for their lives.



Teresa McLellan, MAC, a graduate of the Adler University, has been working in the Mental Health and Addictions field for over 17 years. In addition to her extensive education and training, her experience across various abstinence-based programs, both residential and outpatient, with concurrent disorders, harm reduction

and withdrawal management, facilitating educational groups, individual counselling and family programs provides a wealth of knowledge and expertise. She is currently working in Corrections as an Addictions Counsellor where she combines Satir's experiential, systemic and transformational approach with her training in Motivational Interviewing and Trauma-Informed Practice. Teresa has been studying and training with the Satir Model for 17 years in many capacities, currently as a clinical member.



satir institute
of the pacific

Early Bird Rate \$275 *

* Early Bird Available until March 31, 2017 SIP Member Rates also available.

www.satirpacific.org or 604-634- 0572

News From the Board

The Satir Institute of the Pacific Annual General Meeting, March 4th, 2017 President's Report

This has been an exciting year of both success and challenge stretching the Board and Institute's resources. One of the major achievements was the planning and hosting of the very successful International Conference "Becoming More Fully human: The Evolution" in honour of Virginia Satir's 100th birthday in June 2016 at the Sheraton Hotel in Surrey. This was followed immediately by two well attended residential programs held at the University of BC, originally booked to take place at Rosemary Heights. We were told in late November 2015 that Rosemary Heights was closing its doors at the end of December 2015, which left us scrambling for an alternative venue.

The Board Retreat was held at Loon Lake where we were joined by Judy Kenzie of Thumbnail Brand Corporation, Working with her on contract during the year has led to another significant achievement. This was the design and launch of our new Logo and branding material for our website and print materials. This has given us a new look and impetus for our marketing efforts.

SIP also entered two other agreements during the year. One, a Copyright Licence, with Virginia Satir Global Network to reprint two hundred copies of the book "Applications of the Satir Growth Model." We are grateful to Dr. John Banmen whose idea and donation of time and money made this project possible. The other agreement is a Memorandum of Understanding with the University of Victoria concerning the Satir International Journal published by the University of Victoria. SIP's new Logo, website and link to our Annotated Bibliography are on the UVIC Satir International Journal website and SIP has committed to promote submissions of articles and readership of the journal.

In December 2016 Cindi Mueller completed 10 years of service with SIP as our administrator. She was honoured at the Board Meeting in December with flowers and a gift of \$5,000 from SIP. February 2017 also marks SIP's 10 year anniversary of renting our office space at the Phoenix Centre. The Institute has come a long way in the last ten years as it has transitioned from an Institute without a home base, run entirely by volunteers, to what we have today.

John Paterson deserves a special mention and our thanks for his dedication and commitment as Editor of The Wisdom Box including the upcoming Spring Issue, over the last three years. This

is a very important communication vehicle for members and others. I would encourage all members to contribute information about what they are doing with the Satir model.

The Board began the year shorthanded with two vacant Board Director positions. The Director of Membership Services and the Director of Marketing were also vacant. Corrinna Douglas concentrated most of her attention on organizing and marketing the Conference before embracing the wider role of Marketing Director. Denise Wynne took on the role of Director of Membership Services but found that other demands on her time and energy had to take priority and resigned that position but remains on the Board. Kathlyne Maki-Banmen also found that other demands on her time and energy had to take priority and resigned as Director of Training and left the Board in January this year. Thank you Corrinna, Denise and Kathlyne for all you have done in these roles. In September the Board welcomed Tonda Chin and appointed her as a Board Director, for three years. Thank you for stepping up, Tonda.

It is time for me to step aside from being President and take on the role of Past President, I feel confident in the capacity, commitment and enthusiasm of current and soon to be Board members to take on the various roles to increase the impact, growth and influence of the Satir Model and the vitality of the Institute in BC and beyond. Some planning has taken place and individuals are ready and willing to fill many of the vacant roles. These appointments will be announced in the Wisdom Box after the new Board has made its decisions. My hope is that all appointees will be familiar with their positions before the Board looks to the future at its Retreat in May. There are always opportunities for members to become more involved, volunteer on committees or take on specific tasks.

In conclusion, I would like to thank the members for their confidence in electing me as President and to all the Board members who have worked together as a team over the last year. Together we have achieved a lot and can look forward to the further evolution of the Institute and Becoming More Fully Human.

Thank you
Michael T. Callaghan
President
1st March, 2017

A MESSAGE FROM THE DIRECTOR OF MEMBERSHIP

Hello members of the Satir Institute of the Pacific

My name is Teresa McLellan and I have just recently been appointed your new Director of Membership. I wanted to introduce myself to those of you that I have not met yet and

reconnect with others whom I have already met at various trainings, board meetings, retreats, summer intensives or conferences over the years.

First I thought I would tell you a little bit about me and my love affair with the Satir Model and the Satir Institute of the Pacific then I would love to find out more about you: how you came to know about the Satir Model, why you joined SIP, what you had hoped to get from your membership and maybe what you might be willing and able to contribute.

I took my first level 1 training program in 1999 at the old Abercorn Inn in Richmond with colleagues from work before I had any counselling education experience at all. I proceeded to take level 2 in 2002 with the same workplace. After leaving that job, I returned for another level 1 in 2006 while I started my Bachelor's Degree in psychology. I then became a member of the Satir Institute of the Pacific in 2007 because I wanted to stay connected to the amazingly lovely positive and loving energy that I felt in level 1 and level 2. I became a board member around the same time for the same reason. It has kept me connected with the people and with the model. I say this because that deep desire for connection and belonging is very strong in my life today although I keep it hidden sometimes for fear of being hurt or rejected. Because I have felt incredibly misunderstood most of my life, I see this unique community as priceless.

There have been some big changes in SIP recently and so we will likely experience an adjustment period as our board and our institute shifts and stretches. We want to provide the loving, caring, accepting and inclusive environment for you to grow and change along with us. The new leaders at SIP have lots of big ideas and are looking for passionate, energetic, and creative individuals to help us be all that Virginia would have wanted us to be.

I hope to connect with as many of you as possible over the next few months to hear about what you want for yourself, for our community and for the institute. If you are interested in providing any kind of constructive feedback, volunteering any time, contributing on any committees or projects or joining our board of directors please let me know. I can be reached by email at membership@satirpacific.org or text/telephone at 604-318-5309.

Thanks again for all you do to support the Satir Institute and I look forward to connecting with you soon

Teresa McLellan MAC
Director of Membership
Satir Institute of the Pacific
Office: 604-634-0572 Cell: 604-318-5309
membership@satirpacific.org
www.satirpacific.org

A NOTE FROM YOUR DIRECTOR OF TRAINING

It is a great honour for me to have been appointed the new Director of Training for SIP. As the board goes through new and exciting changes, I am thrilled to be a part of this dynamic team where we all share a common vision for serving our community, building connections, and providing quality training for deep and meaningful work with others. I feel excited about continuing with many of our existing programs, and also for developing some new training opportunities and programs for our SIP community, as well as for community organizations and other helping professionals. I want to thank and express my gratitude to Kathlyne Maki-Banmen for all that she has done for the institute in her role of Director of Training for the past few years.

We have a wonderful training directorate that will be meeting regularly to plan and discuss our training programs. Members of the new training directorate are: Linda Lucas, Bianca Rucker, Carolyn Nesbitt, Don Potkins, and Tricia Antoniuk.

To whet your appetite for all things training, here are a few things we have that are already planned and also a few things that are in the works:

1. APRIL 6, 2017 - Tricia Antoniuk will be presenting at the next clinical evening: "When My Body Betrays Me: Working with Transgender Clients" from 7:00 - 9:00 at the Phoenix Centre. And remember that you may also bring a guest who works in a helping profession. Registration is only \$20
2. APRIL 21 - 22, 2017 - Teresa Mclellan will be presenting a 2 day workshop on "The Sacred Journey: From Addiction to Connection" at the Phoenix Centre. Early bird rate of \$275 available until March 31st and then regular rate will apply.
3. JUNE 9 - 10, 2017 - Dr. Robin Beardsley will be presenting a 2 day workshop on "Caring for the Caregiver" at the Phoenix Centre.
4. JUNE 11 - 17, 2017 - Kathlyne Maki-Banmen and Linda Lucas will be leading the Level 2 Advanced Intensive at Bethlehem Retreat Centre in Nanaimo, BC.
5. JULY 4 - 13, 2017 - Kathlyne Maki-Banmen will be leading the Level 2 Transformational Systemic Therapy summer intensive at Trinity Western University.
6. JULY 29 - AUGUST 7, 2017 - Kathlyne Maki-Banmen will be leading the Level 1 Transformational Systemic Therapy summer intensive at Trinity Western University
7. SEPTEMBER 23, 2017 - FEBRUARY 18, 2018 - Level 1 Transformational Systemic Therapy weekend course (1 weekend per month) led by Jennifer Nagel.

And works in progress are:

1. Use of Self in Therapy - a 2 day weekend workshop presented by Jennifer Nagel
2. Satir in the Sand tray (Part 1 in November, 2017 and Part 2 in February or March, 2018) presented by Madeleine DeLittle.
3. Live Your Best Story - a weekend, personal growth retreat on Bowen Island in the Spring of 2018 for therapists and helping professionals, led by Dr. Carolyn Nesbitt

And so much more to come, including summer intensives in 2018. So stay tuned, be involved, and BE INSPIRED!

We want to hear from you about your hopes for what kind of training and workshops you would like to see happening. Please feel free to share any thoughts, ideas, or questions you might have - I hope to send out a short survey in the near future so we can gather your feedback and preferences.

I look forward to this journey with you all!

Jennifer Nagel



Special Interest News

Todd Clark Unsung Hero Award

Congratulations Mary Leslie!

Mary has been passionate about the Satir Model and spreading the work of SIP in all areas of her life. She has dedicated many, many hours over the years, and has served our institute in a multitude of ways.

Mary has always looked for ways to help get Satir's teachings and the work of the Satir Institute of the Pacific out to the public through advertising our programs with social workers and suggesting articles for the wisdom box. She has taught at the University of British Columbia and incorporated Virginia Satir's teachings into her curriculum, written articles for journals, presented at conferences and was a member of the Satir Journal Editorial committee for a number of years.

Mary is also passionate about making our training more accessible to our members who do not live here in the Lower Mainland (which we hope to do in the near future with the right technology). Mary coordinated the transfer of all our VHS



tapes to DVD, updated the pre-ambls in the videos, and conversion to the logo that had been changed at that time.

Mary was Director of Membership from 2011 to 2013. She built a successful membership committee during her time, which Tricia Antoniuk was able to continue with after she left the position.

Much of Mary's contributions have been and continue to be done 'behind the scenes' and therefore she epitomizes the meaning of 'unsung hero.'

Respectfully submitted,

Jennifer Nagel

Satir Institute of the Pacific's Office will be Closed April 26 until May 7, 2017

Cindi is taking a long overdue vacation to Mexico, so the office will be closed during those days. Emails will be checked and we will reply as soon as possible. Thank you for your patience.

Body Wisdom: Using Mindfulness to Access Inner Wisdom – Jan 20, 21, 2017

I thoroughly enjoyed the **Mind-Body Wisdom Workshop** facilitated by Anastacia Metcalf. I especially appreciated all of the experiential learning and Anastacia's ability to create a safe space for us to explore. It is refreshing to learn different ways to access one's inner experience

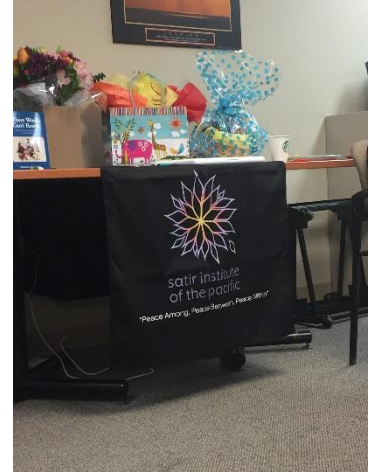


and uncover hidden resources. I have already been using some of the concepts I learned with clients with positive results. I would highly recommend this workshop to other counsellors. **Sandi Bossons**

Satir Institute of the Pacific's 2017 Annual General Meeting Highlights

March 4, 2017 a group of SIP Members gathered in support of Satir Institute of the Pacific and for our 19th Annual General Meeting. For the first time in several years we had no worry to fill a quorum as our members had been gracious to let us know if they could come or not and we knew well in advance we were good.

Corrinna Douglas and her marketing committee did a fine job with lots of nibblies to keep our tummies in check and everyone enjoyed the time to connect before the meeting started. Michael Callaghan made sure the meeting started on time and we were off and running. Some highlights were our finances which are in fine order, the conference (don't worry if you missed out last year Corrinna has another in mind for 5 years down the road), acknowledgement of my 10 years of working for Satir and I am looking forward to 10 more, also our new logo and soon to be launched new website. If you would like copies of the minutes, just connect with me at the office. Other highlights were some changes to the Constitution and By-laws to reflect the new Societies Act and changes to our membership categories.



The big highlight of the evening was the election of the new board. Teresa McLellan, Jennifer Nagel were re-elected and Madeleine DeLittle was elected all to three year terms. Linda Lucas was nominated for President and accepted. Many thanks to Michael who has served so willingly for so many years and to Kathlyne Maki-Banmen who was recognized for all her years of service to the board as a member and Director of Training. Michael will remain on the board for one year as Past President to make sure we know what we are doing.

After all formal business was done Corrinna drew for the two door prizes. Moira Haagen received a lovely gift of a pair of hands. Interestingly Moira collects hand and images of hand. Not real ones! Lysandra Chan received a copy of Madeleine's book "Where Words Can't Reach."





At this time the extra members in attendance continued over to Browns Social House where we were all going to meet for a bite to eat and the new board had a quick meeting to set calendars for the next year.

At this meeting Tonda Chin accepted the position of

Treasurer and Denise Wynne accepted the position of Secretary, Michael Callaghan accepted the chairmanship of the Advisory Board and Madeleine accepted the chairmanship of the research committee. The board appointed Teresa McLellan as Director of Membership and Jennifer Nagel as Director of Training. It was at this time that it got exciting as Teresa and Jennifer resigned their board positions leaving room now for three new board members. We had two members who had expressed an interest in the board after the close of nominations. After hearing what they had to offer and why they wanted to join the SIP board both Lyla Harman and Moira Haagen were appointed as two new board members for 3 year terms. We still have one more position open in case anyone is interested. After all this excitement Linda Lucas proposed a sculpt. There was lots of energy pouring into and out of this new board. I am so excited to be part of it.



Welcome to our new board members, Madeleine DeLittle, Lyla Harman and Moira Haagen. Welcome to Tonda Chin who joined us last fall. See Page 3 for a complete list of all the board members. Feel free to connect with everyone and get involved. Let me know at the office if you are interested and don't know where to start.

Cindi Mueller

Newsflash

Coming Soon

Watch for Teresa McLellan's interview on the Addicted Mind podcast. It includes a brief introduction to the work that Teresa has been doing in the Addictions field. It also highlights some of the research that supports Satir's Transformational Systemic Therapy in general but especially with this population. We will keep you posted on when it is coming ...

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)

Next year's IHLRN conference will be held in Sun River, Oregon in October 8-15, 2017 and I hope many of you will start thinking about attending. Satir Global will have their annual meeting as well. We will notify you when you can register for it!

Sharon Loeschen
President, Satir Global Network



Training News

HAVE YOU COMPLETED TST LEVEL II? THEN YOU SHOULD BE LOOKING AT THIS NEXT OPPORTUNITY.

A message from Jennifer Nagel, new Director of Training for SIP:

- ☼ Would you like to have more dynamic, transformational therapy sessions with your clients?
- ☼ Do you want to have more opportunities to practice connecting with your intuition and life energy in a beautiful retreat setting with other therapists who also want to go deeper with themselves and their clients?

If you answered yes to these questions, then I want to encourage you to join Kathlyne Maki-Banmen and Linda Lucas at the Level 2 Advanced intensive. If you have not registered yet,

NOW is the time to do it.

This program will:

- improve your competence, congruence, and confidence in doing transformational systemic change therapy.
- provide opportunities to practice therapy and experiential transformational change under the supervision of program faculty

- work on skill development and mindful reflection of your own internal processes

Your own process of personal growth will be the arena for your learning. What better context to do all of this in than a lovely retreat centre with other therapists and helping professionals who also want to grow themselves?

If you have been thinking about registering, or sitting on the fence about it, then here I am to encourage you to take action today and make the commitment to be there. Please let us know BEFORE April 10 about your intention to attend.

You can register by contacting Cindi at: admin@satirpacific.org or 604-634-0572 or check out our website at <http://satirpacific.org/event/tst-level-ii-advanced-summer-intensive/>

With love and gratitude,

Jennifer Nagel
Director of Training
Satir Institute of the Pacific

Summer Residential Intensives

Level II Advanced (Pre-Requisite Level II) 7 Days

June 11 – 17, 2017

Bethlehem Retreat Center, 2371 Arbot Road, Nanaimo, BC Canada

with Kathylyne Maki-Banmen, MA, RCC, Individual, Couple and Family Counsellor

Linda Lucas, LCPC, Clinical Professional counsellor

[REGISTER NOW](#)

Level II (Pre-requisite Level I) 10 Days

July 4 – 13, 2017

Trinity Western University, 7600 Glover Road, Langley, BC Canada

With Kathylyne Maki-Banmen, MA, RCC Individual, Couple and Family Counsellor

[REGISTER NOW](#)

Level I 10 Days

July 29 –August 7, 2017

Trinity Western University, 7600 Glover Road, Langley, BC Canada

With Kathylyne Maki-Banmen, MA, RCC Individual, Couple and Family Counsellor

[REGISTER NOW](#)



COME EXPLORE TRANSFORMATIONAL SYSTEMIC THERAPY!

"The Satir Model offers dedicated helping professional facilitate deep and meaningful change with their clients? Come be inspired!"

Calling all Helping Professionals! Helping People Change Series Weekend Workshops

Explore how systemic, experiential, positively directional therapeutic process can improve your positive results with clients. These professional workshops focus on specific aspects of therapeutic process, symptoms and dynamics, relationships and other therapeutic issues. **No pre-requisite required. All helping professionals welcome!**

The Sacred Journey: From Addiction to Connection

April 21 / 22, 2017

Teresa McLellan, MA

This workshop offers a positive, holistic, and strengths-based approach to addictions where providing an accepting, safe and trusting environment for connection and healing is priority. It will help addiction professionals to become more congruent, more grounded, more connected and more confident with clients so they can better facilitate transformational change. The use of self is essential to assisting individuals who live with the shame of addiction to be more accepting of themselves, have more hope for their future, take responsibility for their current situation and make better choices for their lives.

Caring for the Caregiver: Maintaining a Sense of SELF While Caring for Others

June 9/10, 2017

Robin Beardsley, MD

We tend to take care of others far better than we do ourselves. Caregiver Fatigue, characterized by profound emotional and physical exhaustion is a form of relational pain, one of connection, having emotional resonance with someone we care about who suffers. When we empathetically resonate with people who are suffering, it can be draining and even overwhelming. There can be a gradual erosion of all things that keep us connected to ourselves and others. We often suffer in silence, disconnect from the essence of who we are and just survive. This experiential workshop will focus on another way of coping with caregiver fatigue, one which includes acceptance, hope and compassion. We will explore being mindful of our own, and shared, experience of being human. Participants will learn how to care with equanimity, experience techniques to reconnect with their own essence and move from striving to thriving.



Satir Clinical Evening

"When My Body Betrays Me: Working with Transgender Clients"

Thursday April 6, 2017 7:00 to 9:00 pm

Tricia Antoniuk, MSW, RSW

Cost \$20

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

This Clinical Evening will focus on:

- Learning about a variety of transgender perspectives
- Specific issues that transgender clients face/cultural context
- An introduction to the shifting sands of resources
- Using the Satir model with the trans population
- Time for questions

I hope you can join us!

Advanced Registration is required: Please contact Cindi Mueller at 604-634-0572 or admin@satirpacific.org

Bring a Colleague: All Members of SIP may bring one colleague or friend who works in the helping profession. Colleagues pay the same registration fee.



International

KENYA UPDATE by Jennifer Nagel

As you know, the Satir Model is taught all over the world by many of our trainers. I have had the privilege of travelling to Kenya three times now to teach the Satir Model to the country's counsellors and helping professionals. Having taught an introductory weekend course and two Level 1 STST courses there now, there is a lot of excitement from past participants to further advance their training in the Satir Model. After a 3-year absence, I will be returning to Kenya this April to teach two 6 day programs and am very excited to be going back.

One of the programs will be an Advanced Applications of the Satir Model for those who have already taken Level 1 in the past few years, and the other will be a Foundations of the Satir Model. I sent a letter out to our SIP community with an invitation to sponsor or partially sponsor participants to attend, as many who would like to further their training would be unable to do so due to financial situations.

Thanks to your generosity, we have collected \$2190.00 that will all be used to provide full or partial scholarships to several participants. Your donations are making this training available to those therapists and helping professionals in Kenya who are so passionate about doing deep and meaningful change therapy with their clients.

Thank you so much for being part of this global community!

You can check out the new Satir Marriage and Family Institute of Africa's website at www.satirafrika.com (and note the logo of the iceberg superimposed over the shape of the continent of Africa!)

Satir Human Growth and Family Therapy Institute

(Satir İnsan Gelişimi ve Aile Terapisi Enstitüsü) trains professionals in Turkey towards becoming clinically competent family therapists deepened in the Satir model. The competency based Family Therapy Training Program was developed by Sibel Erenel using the AAMFT, EFTA & IFTA standards. Since 2007 it is endorsed by Satir Institute of the Pacific (SIP). The institute is a



full member of EFTA-TIC (European Family Therapy Association Chamber of Training Institutes) and it is a registered program of the Minister of Education in Turkey. The founder, developer and the lead trainer of the program; Sibel Erenel is a California licensed marriage & family therapist and an AAMFT (American Association of Marriage and Family Therapy) approved supervisor. She is the recipient of SIP 2013 Unsung Hero Award and Satir Transformational Therapy Leadership Award for the family therapy training she had developed using the STST. © VSGN News Flash

THE NIGHTMARE THAT CONTINUES:

THE USA PRESIDENTIAL ELECTIONS 2016

I awakened at 5:30 am, November 6, 2016 to my wife, Kerry Glaus, standing at the foot of our bed.

I sleepily asked her, "Who won?"

With a deadpan look, she replied, "Trump."

"No," I begged. "You're kidding, right?"

"No," she repeated, "Trump won." Her shoulders were slumped, her voice detached.

"That can't be. Oh, no," I moaned, "Oh no."

I had been torn throughout the fall. I wanted to be on the streets getting the vote out as I had in elections past, but during the fall of 2016 I had all I could do to keep up with our business plus ready the Fall issue of the Satir International Journal for publication. I continued to fund candidates I supported but other than posting signs in the front yard of our home (and someone stole those), I did nothing active for the campaign.

And now this happened. The United States of America electing Mr. Trump was something I had thought would never happen, could never happen. As the campaign drew on, however, to my amazement I saw the tides turning towards Mr. Trump, seemingly as a hoped-for way back to the security and "prosperity" people once believed they had, not a way forward. The Democratic Party was losing a large chunk of its base. I was incredulous that Mr. Trump, so blatantly sexist, xenophobic, racist, and qualifying for so many other "ists," could win the election to the Presidency of the United States of America. I do believe Virginia Satir would be horrified. Trump disrespects the core values that represent the way she viewed the world, the way I view the world too. To me November 9, 2016 was a National Day of Embarrassment, and that National Day of Embarrassment has continued every day since his election...only now it is international.

Over the past number of years, I had wondered about what would have to happen to rouse progressive Americans from our sleep of complacency. I had recognized the poor getting poorer, the rich becoming richer and the middle class rapidly shrinking. Unemployment levels were dropping, yet jobs won often provided fewer hours, lower pay and few, if any, benefits. Medical and higher education costs were rapidly increasing and young graduates increasingly have been unable to gain a solid foothold in their

careers while they saddled with college debt up to their eyeballs. Voter suppression was also expanding, another erosion of our democracy.

On top of those issues facing America, I was aware that climate change was and is threatening life on our planet. Congress had been blocking every move President Obama tried to make to move our country forward, and then, Congress blocked President Obama's appointment to the Supreme Court for **eight months**. But we (I) stayed asleep through it all. I was very concerned about what was happening but I took **No Action**.

That is, until November 9. I finally woke up. I was startled awake, in fact, finding that Trump was our new President-elect. I knew I had to take action. I would be silent no longer. I would speak out. When I heard about the Women's March on Washington, I knew I had to go.

First Reflections after the Women's March on Washington

At the march, on the way home and for a week or two after the march, I would chant in my head and out loud with Kerry, the words that we sang throughout the march:

"Tell me what democracy looks like?"

"This is what a democracy looks like!"

"Tell me what a democracy looks like?"

"This is what a democracy looks like!"

This chant echoed through my body and voiced my core feeling. Honoring our differences, being free to voice dissent, believing in the equality of all people, standing for the basic right of freedom of choice, valuing the humane treatment of all people, all of our core beliefs were in my mind as I chanted. "We the People...Means Everyone," was the placard Kerry and I displayed at the march.

Another marcher voiced my feeling further with a placard that read, "Democracy Is Not a Spectator Sport." I was present at this march to protect our democracy which I believe is being threatened from many directions. "We will resist!" we chanted. I knew I was a participator now. I had moved up from the sidelines. I also realized that I must take the control tower position now and then to keep perspective.

I felt so pumped marching with people of all colors, races, nationalities, religions, sexual and gender identities, and all ages from a child of 3 whom I met to people in their 80s, men and women alike. We all stood together in this rally/march. For me the march launched the beginning of a movement. "We will not go back!" We were entering a new tunnel of change. My spirit swelled with each contact I made with the people marching. I felt so much love and caring around me. The people in the dense crowds (perhaps a million strong) couldn't have been more loving and kind to each other. People offered food and water to each other and emotional support to those who were suffering physically from standing and walking for 8+ hours straight.

This was a crowd that was so dense in places that it would have been possible to be crushed or trampled if panic erupted but the crowd squeezed together to allow people in anxious distress to worm their way out to more open space. In the entire experience, I heard not one harsh word spoken to anybody. I never saw a disparaging look. Instead I saw smiles and heard lots of thank yous to fellow marchers, security, volunteers, and police. I felt grateful to see so many minority groups present and to see everyone treated with great respect and open hearts. This is what a democracy looks like.

I have talked with natives of countries outside of the USA who have lived under fascist governments in the past and many still do today. I have visited such countries and I have witnessed their pain and their resiliency. They cope with the intolerable. In the USA, we have the right to protest. I am finally roused to action again. I am reawakening. Silence is assent. I will resist!

To some extent, I have always taken our American democracy for granted. To see it begin to crumble and show a fault line is terrifying. Yet, at the same time, I have tapped into a level of patriotism inside of me and I can use that energy in efforts to protect our democracy, that while imperfect in many ways, I dearly love and more deeply appreciate today. The America I know and love is worth defending and bettering. I realize more fully now how fragile freedom is. The power to protect that freedom is in every American's hands. I feel very thankful to my Canadian friends and colleagues who support us in these trying times.

Jesse Carlock

SATIR INTERNATIONAL JOURNAL

Did you miss reading the latest issue of the Satir International Journal which came out in the middle of the Christmas rush? Did you set aside reading it until later when you had more time? I did. If you haven't already done so, I would like to recommend that you go to <http://journals.uvic.ca/index.php/satir/> You will find two of the three major articles are written by SIP members.

Wendy Lum, a previous SIP Unsung Hero awardee, has an article entitled "[Zero Infinity: Multidimensional Healing of Experiences](#)" Here is the abstract:

The Satir Model (Satir, Banmen, Gerber & Gomori, 1991) is an inclusive, systemic therapeutic model that offers innovative concepts and interventions that lead to deep transformation. Virginia Satir was a pioneering, creative and brilliant therapist. This article will introduce and present a systemic and geometrically based concept "zero infinity" as an innovation and new offering to the Satir Model. Zero infinity has emerged from my research on Satir's Personal

Iceberg Metaphor (Lum, 2000) and treating thousands of individuals, couples and families since 1994, when I was first exposed to the Satir Model intensive training. I will share some experiences, understandings and influences that have helped me to discover zero infinity. This concept has been influenced by my Asian heritage and Canadian Western upbringing. Video links will visually and verbally demonstrate how zero infinity relates to healing within four dimensions of a person.

Mary Elizabeth Leslie, our current SIP Unsung Hero awardee, has an article entitled “**Widening Our Lens, Deepening our Practice: An Exploration of Energy within the Teachings of Virginia Satir**” Here is the abstract:

This article seeks, through a deeper examination of Virginia Satir’s meditations, tapes, and writing, to bring greater attention to her concept of energy and how she applied this to her own practice. Satir frequently talked about centering and energy and acknowledged her unique way of seeing and being to a few close colleagues. Her meditations and comments about how she uses meditations *provide a clearer picture of her way of centering, and connecting with the universal life energy*, which was foundational to her way of being and engaging with clients and students. The article also draws from the teachings of Carl Rogers, Eugene Gendlin and colleagues, and Dora Kunz and Dolores Krieger (founders of Therapeutic Touch) to explore the under-lying assumptions of an energetic framework and more fully illuminate this aspect of Satir's work. Through this review of her ideas and meditations, and excerpts from the author’s own experience with an energetic perspective, the goal will be to deepen awareness of therapists and their comfort with engaging clients through a more energetically focused lens.

Will you be the next SIP member to be inspired to write an Article, Book Review or Insight to be published in the Satir International Journal?

Check out: journals.uvic.ca/index.php/satir and click on **ABOUT** tab at the top of the page, scroll down to **Submissions** section, and click **Author Guidelines**. Submit to Jesse Carlock, Ph.D.: satir@uvic.ca

Michael Callaghan

SATIR INTERNATIONAL JOURNAL

FREE TO ALL! REGISTER NOW!

How do I register?

go to: <https://journals.uvic.ca/index.php/satir>

On the opening page, you will see a place to register (**USER**) to the right of your screen. Sign in there. When you register, you will be notified when a new issue is published on-line. We publish yearly in the Fall. In the meantime, you can browse around and take a look at back issues. You are free to print any articles you choose and as long as you site the journal as its source, you can use the articles in teaching, with clients and colleagues, or any way you choose.

HAVE A MANUSCRIPT YOU'D LIKE TO SUBMIT?

Go to: <https://journals.uvic.ca/index.php/satir> and click on **ABOUT** tab at the top of the page, scroll down to **Submissions** section, and click **Author Guidelines**. Submit to Jesse Carlock, Ph.D.: satir@uvic.ca

SURVEY

Joshua Forman is building an online application that allows you to build Satir Family Instruments that would enable your clients to share their family data and present family systems information that supports the therapeutic process. The tool will save data gathering time, present information in intuitively useful ways, and suggest new avenues of exploration from the data gathered.

This survey is research for us to discover if the tool may be useful to professionals and to get feedback about specific instruments we may build.

<https://www.surveymonkey.com/r/Y3W7QG8>

For more information visit www.satirglobal.org or contact Kim Hendron at office@satirglobal.org



Membership News

As the new Director of Membership, I am honored to welcome our newest members of the Satir Institute of the Pacific. All 3 of these lovely ladies have been approved as affiliate members having just completed the level 1 training in February 2017.

Barb Higgins was one of our amazing volunteers at the International Satir Conference last year. Here is what she says about why she chose us:

For 22 years, I was CTV Calgary's anchor and producer for the 6 o'clock news. In the final years of my career, I realized that I wasn't reporting on war or crime, I was reporting on people's pain. I became aware that quite often, it was people's inability to cope that made the daily news. I was reminded of this awareness when I first heard Virginia Satir's belief that the problem is not the problem, it's the coping that's the problem.

As I studied for my new career to become a counsellor, Virginia Satir and her approach stood out from the other methods I was learning. Satir's focus was on the entire person rather than just the symptom or 'problem'. The more I learned about Virginia, the more excited I got. She was compassionate, and she clearly saw the depth and inherent goodness in every person, no matter the situation.

While I am new to counselling and the Satir Institute of the Pacific, I feel I have found my fit. After a total of 26 years in the news business, I am thrilled to be a part of an organization and approach that is hopeful and based upon people's intrinsic sense of worth.

Leslee Gibbs has this to say about why she chose us:

My decision to enroll in the Satir Transformational Systemic Therapy was based on the hope that the fundamental principles of this process would be a rich complement to my training as an Expressive Arts Therapist. I am not disappointed.

I appreciate the experiential and positively directional nature of both Satir and Expressive Arts Therapy and their use of curiosity, imagination and possibilities to promote new awareness, healing and transformation. As I integrate this new learning into my present work with groups in addiction recovery I'm experiencing an increased confidence in the value I bring to my practice.

I'm looking forward to continuing my personal and professional growth and am excited to participate in Satir Level II training this summer.

Sherri Calder says this:

Professionally, I split my time between teaching conflict resolution at The Justice Institute of BC, working as an Associate at Bonnie Mason and Associate and building my own practice in Tsawwassen. Personally, I like to spend time with my husband and three teenagers, burn off stress by trail running and agate hunting and I love to travel and going on hiking adventures.

I have been working as a therapist for the last eight years. I recently left a practice downtown to build a new practice in my hometown, in the transition between practices I decided I wanted to work with clients in a more meaningful way. It was around this time Bonnie Mason, a Satir therapist herself, suggested Satir training. I signed up for the training and experienced a supportive and encouraging environment where I grew personally and professionally. I became a SIP member so I can continue to learn and connect with others who are at various stages of learning chaos like me! I am looking forward to TST level II this summer.

Teresa McLellan MAC RCC

Director of Membership

Satir Institute of the Pacific

Office: 604-634-0572 Cell: 604-318-5309

membership@satirpacific.org

www.satirpacific.org



Multi-media Resources

Dear Satir Members,

You can access the updated Satir Annotated Bibliography on our website at:

<http://satirpacific.org/wp-content/uploads/2016/06/2016-05-Annotated-Bibliography-Web-V3.pdf>

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

Regards, Cindi

Administrator,

admin@satirpacific.org



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 26, 2017.**

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.

newsletter@satirpacific.org

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 newsletter@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

Care for the Caregiver: Maintaining a Sense of SELF While Caring for Others

June 9-10, 2017 9:00 am to 5:00 pm

Phoenix Center 13686-94A Avenue, Surrey, BC

What else is
on my list?

What will others
think of me for
taking this break?

I feel so guilty
for saying no

Hard to enjoy the scenery with all this chatter! We are so hard on ourselves!

We tend to take care of others far better than we do ourselves. **Caregiver Fatigue**, characterized by profound emotional and physical exhaustion is a form of relational pain, one of connection, having emotional resonance with someone we care about who suffers. When we empathetically resonate with people who are suffering, it can be draining and even overwhelming. There can be a gradual erosion of all things that keep us connected to ourselves and others. We often suffer in silence, disconnect from the essence of who we are and just survive.

This experiential workshop will focus on another way of coping with caregiver fatigue, one which includes acceptance, hope and compassion. We will explore being mindful of our own, and shared, experience of being human. Participants will learn how to care with equanimity, experience techniques to reconnect with their own essence and move from striving to thriving.



satir institute
of the pacific

CCPA Approved
14 Credit Hours



Robin Beardsley MD, CCFP is a Family Physician and Psychotherapist in Ottawa, ON who graduated from the University of Toronto and is a member of the College of Physicians and Surgeons of Ontario, the Cdn College of Family Physicians, the Satir Institute of the Pacific, and is a trained teacher in Mindful Self Compassion and Compassion Fatigue Solutions (nowTENDAcademy). She has combined her extensive knowledge of Satir Therapy with her Mindful Self Compassion training (developed by Dr's Kristen Neff and Chris Germer) and brings her presence, fun and experience to her workshops.



The Connection Imperative: **What Compassion and Hypnosis Teach us about** **Treating Violence and Trauma**

presented by Dr. Harry Stefanakis, PhD, RPsych

Date: Saturday, April 29, 2017
Time: 9:00 AM to 4:30 PM
Location: Unitarian Church of Vancouver, Main Hall, Hewitt Centre
949 West 49th Avenue (at Oak Street), Vancouver, BC

Description: In this one day workshop, Dr. Stefanakis will explore how compassion and hypnosis activate the antidote to violence and trauma and provide us with a foundation for intervention that is supported by theory, research and practice. Through discussion and demonstration, Dr. Stefanakis will present his C.O.R.E. framework for intervention developed from 25 years addressing violence and trauma issues. The CORE framework is an acronym for Centering, Opening, Releasing and Extending that describe essential components of effective interventions.

Presenter: Dr. Stefanakis is a clinical and consulting psychologist who has over 20 years experience. He is past president of the Ending Relationship Abuse Society of BC and is on the board of the Canadian Society of Clinical Hypnosis (BC Division). He has been a visiting expert for the United Nations Asia and Far East Institute.

ATTENDANCE ELIGIBILITY: Physicians, Psychologists, or those holding a Masters degree in social work, psychology, counselling or marital/family therapy, or registered nurses, naturopathic doctors or doctors of Traditional Chinese Medicine. You must belong to a registered college or to a regulatory body. See website for "Student Eligibility."

CONTINUING EDUCATION: A Certificate of Attendance evidencing 7 hours of participation will be issued to each participant at the workshop.

For more details and to register visit:

<http://www.hypnosis.bc.ca/training-opportunities/upcoming-workshops.html>

or call **604-688-1714**

EARLY BIRD PRICING UNTIL April 8th, 2017 – PAY BY CREDIT CARD

CSCH Member	\$195 (Early Bird)	\$245 (after April 8th)
Non-Member	\$250 (Early Bird)	\$300 (after April 8th)
Student	\$150 (Early Bird)	\$195 (after April 8th)

Satir Institute of the Pacific Announces the 2017 Summer Intensive Programs in Transformational Systemic Therapy

Level II Advanced (Pre-Requisite Level II) 7 Days

June 11 to 17, 2017

Bethlehem Retreat Center, Nanaimo, BC Canada
With Kathlyne Maki-Banmen, MA, RCC and
Linda Lucas, LCPC, Clinical Professional Counsellor

Level II (Pre-Requisite Level I) 10 Days

July 4 to 13, 2017

Trinity Western University, Langley, BC Canada
With Kathlyne Maki-Banmen, MA, RCC

Level I 10 days

July 29 to August 7, 2017

Trinity Western University, Langley, BC Canada
With Kathlyne Maki-Banmen, MA, RCC



Continuing Education
Credit Hours Available



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 Members - \$75 per year

Professional Members—\$50.00 per year

Affiliate 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 Cindi Mueller@ admin@satirpacific.org until such time as the new Editor is announced.

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 @ newsletter@satirpacific.org until such time as the new Editor is announced.

"We never come to the end of anything. We come to pauses which enable new things to happen..." Virginia Satir

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