



Satir Institute
of the Pacific

SATIR TRANSFORMATIONAL SYSTEMIC THERAPY

LEVEL I TRAINING PROGRAM (prerequisite for STST Level II)

To be held in Cranbrook, BC

(Axis Family Resources Ltd. Room 102, 125-10th Avenue South, Cranbrook, BC)

September 11, 12, 13, October 2, 3, 4, November 19, 20, 21, 22, 2015

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

With Linda Lucas, M.A., LCPC Clinical Professional Counsellor

***Program Fees Early bird rate SIP Members \$1250 Non Members \$1300
After Early Bird SIP Members \$1300 Non Members \$1350***

The 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.

The course leader will utilize lectorettes, small group discussions, structured exercises, demonstrations, experiential learning and skill practice sessions as part of the program.

The program will provide some hands-on skill development opportunities and participants will be required to work in triads between sessions, practicing some aspects of the program. Participants will also work with their own three generational family-of-origin maps to increase personal learning opportunities in applying a systemic, experiential therapy model.

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 process requires that the therapist has a high level of therapeutic competence and congruence.

STST processes are supported by recent therapeutic and neurobiological research. Evidence-based research supports therapeutic processes that are experiential, systemic, positively directional and change focused in providing neurological changes in clients. The model's focus on the congruence of the therapist is supported in research supporting how important it is that therapists provide the conditions for attachment, hope, positive possibilities and safety in order for clients to achieve deep and lasting change.

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.

Program Outline

Day 1 The Satir Model: A Systemic Transformational Change Process

- i. Overview of the program
- ii. The neurobiological process of change
- iii. The Treatment Plan: assessment of the internal system; sympathetic and parasympathetic processes
- iv. Skill development

Day 2 The Satir Model: Towards Congruence

- i. The Treatment Plan: assessment through survival stances
- ii. Externalizing the internal coping process
- iii. Congruence as an alternate way of being
- iv. Essential elements for therapeutic change
- v. Triad group formation
- vi. Supervision group formation
- vii. Skill Development

Day 3 Satir's Three Generational Family Maps

- i. The Treatment Plan: assessment through family of origin maps
- ii. Creating family of origin maps
- iii. Reading family of origin maps - impacts
- iv. Accessing family coping and communication patterns
- v. Accessing family strengths and resources
- vi. Accessing unfinished business from the past
- vii. Skill development

Day 4 Preparing for Change: Therapeutic Goals

- i. The importance of collaborative goal setting in therapy
- ii. The four meta-goals for therapy
- iii. Final therapeutic (outcome) goals
- iv. Sessional goals: intrapsychic and interactive
- v. Incremental goals within the session
- vi. Skill development

Day 5 Preparing for Change: The Initial Interview

- i. The Treatment Plan: interventions and techniques
- ii. The role of the therapist
- iii. Making contact and building rapport
- iv. Assessing the presenting problem
- v. Focusing the problem into positively directional goals
- vi. getting a commitment for change
- vii. Accessing the client's internal processes through process questions
- viii. Bringing about transformational change through process questions

- ix. Anchoring changes in the intrapsychic and interactive systems
- x. The Treatment Plan: evaluation of change
- xi. Skill development

Day 6 Intrapsychic Change: Change from the Inside Out

- i. Changing the impact, not the event
- ii. Changing three types of expectations
- iii. Reframing perceptions
- iv. Owning and changing feelings: anger, hurt and fear
- v. Tapping the Life Energy through universal yearnings
- vi. Skill development

Day 7 Making the Covert Overt

- i. Bringing family rules to awareness
- ii. Surfacing the impact of family rules
- iii. Transforming the impact of family rules
- iv. Resolving internal conflict and integrating internal resources
- v. The Ingredients of an Interaction: The intrapsychic components of interactive communication
- vi. Resolving conflict in relationships
- vii. Skill development

Day 8 Working with Couples

- i. Couples: intrapsychic and interactive systems
- ii. Couples: power and control
- iii. Couples: improving intimacy
- iv. Couples: resolving differences
- v. Couples: resolving impacts from the past
- vi. Couples: what the research says
- vii. Skill development

Day 9 Working with Anger in Therapy

- i. Understanding anger therapeutically
- ii. Understanding anger experientially
- iii. Resolving anger and connecting to Life Energy
- iv. The role of forgiveness in therapy
- v. Skill development

Day 10 Transformation and Integration

- i. The Internal Parts Party: transforming and integrating the internal system.
- ii. Review of the Satir Model and integrating learnings
- iii. Reviewing personal and professional growth
- iv. Where to from here?
- v. Triad work completion
- vi. Feedback, evaluation and closure
- vii. Celebration

This Program Will Help Counsellors And Therapists:

1. learn to make contact and build rapport with clients to stimulate their healing energy
2. understand and incorporate the basic therapeutic belief system of the Satir Model
3. use experiential process throughout their therapy sessions
4. surface and identify clients' communication and coping patterns
5. prepare clients' family of origin maps (genograms) and surface dysfunctional personal and family dynamics
6. sculpt relationships among family members and bring automatic coping patterns into awareness
7. transform clients' problems into positively directional goals
8. learn the Satir process of therapeutic change through mindful process questions
9. help clients access, accept and utilize their internal strengths and resources
10. transform family rules that diminish clients' self-esteem
11. help clients raise their self-esteem and increase their choice-making possibilities
12. map the internal processes of clients and help them access and change their behaviours, feelings, perceptions and expectations
13. help clients reduce the impact of past events and negative experiences
14. help clients integrate and maintain their changes
15. become more effective counselors / therapists in using the Satir Model

Program Leader:

Linda Lucas, M.A., LCPC, is a licensed clinical professional counsellor. Linda has an independent private practice in Orofino, Idaho, and provides Satir based training in Asia and North America. Linda worked as a clinical therapist with 16 adolescent females and their families for the past 15 years. She utilized Satir Transformational Systemic Therapy and Dyadic Developmental Psychotherapy (attachment therapy model) at a residential treatment center in Lewiston, Idaho. Linda is a former President of the Board of Directors of the Satir Institute of the Pacific and was the Secretary for the SIP Board of Directors for the past six years. Linda teaches ethics for the Idaho Mental Health Counseling Association, is a clinical member of the Satir Institute of the Pacific and a member of the American Counseling Association. She has facilitated Satir training programs in New Zealand, China, Singapore, Hong Kong, India (January 2013) and Canada.

STST Level I: The focus will be mainly on the theoretical base of the Satir Model and learning to bring about transformational change with individuals and couples.

STST Level II: The focus will be on skill development practice in bringing about transformational change in individuals, couples, and families

Program Text: *The Satir Model: Family therapy and beyond.* Satir, V., Banmen, J., Gerber, J., and Gomori, M. (1991). Palo Alto, CA: Science and Behavior Books, Inc.
(available on the first day of the program)

Additional reading: *The new peoplemaking*, Satir, J. (1988). Palo Alto, CA: Science and Behavior Books, Inc.

Registration Application
Satir Transformational Systemic Therapy Level I Training Program – Cranbrook, BC
September 11, 12, 13, October 2, 3, 4, November 19, 20, 21, 22, 2015
Axis Family Resources Ltd. Room 102, 125-10th Avenue South, Cranbrook, BC

Name _____

Address _____

city province postal code

Tel. (Res) _____ Tel.(Bus) _____

Tel.(Cell) _____ Email _____

Occupation _____

Employer _____

<u>Fees</u>	<u>before July 31</u>	<u>after July 31</u>
SIP members	\$1250.00	\$1300.00
Non-members	\$1300.00	\$1350.00

Full Payment due with application, full refund if not accepted into program

**Includes Program Text
and Manual**

Cancellation Policy: No refunds after August 21, 2015. Refunds minus a \$100 administration fee before Aug. 21, 2015.

Send to:

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Telephone: 604-634-0572
Email: admin@satirpacific.org
www.satirpacific.org

WHO SHOULD ATTEND?

The following professionals are invited to attend:

Marriage and Family Therapists	Psychologists	Addictions Counsellors
Psychiatrists	Family Physicians	Child Care Workers
Social Workers	Nurses	Clergy
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.