

The Wisdom Box

April 30, 1999

Volume 1, Issue 3

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Message from the President

My hope is that all of you who are interested in the creation of the *Satir Institute of the Pacific Northwest* and developing the various aspects of the work of Virginia Satir will be able to come to the *First Annual General Meeting on Saturday May 20th, 1999.*

"If you are a member, please come [to the Annual General Meeting]. If you are not yet a member... please come and participate."



SIPN invites everyone to participate and contribute at the AGM.

If you are a member, please come. If you are not yet a member and want to learn more about the **Satir Institute of the Pacific Northwest,**

contribute your ideas to our three year plan, and listen to our speaker, Martin Bartel, please come and participate. Your experience at the meeting may prompt you to apply for membership.

The meeting will be held at the Holiday Inn in Richmond and begin at 9:30 a.m. and end at 4 p.m. We will begin with the business part of the meeting, including election of new Board members, break into smaller groups to discuss

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Announcements:

**The First Annual General Meeting of the
Satir Institute of the Pacific Northwest
will be held:**

Date: Saturday May 29, 1999

Location: Richmond Holiday Inn - Vancouver Airport

Time: 9:30 a.m. until 4 p.m.

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You Are Invited

A group of Institute members and non-members are interested to form a task force on ADHD - Attention Deficit/Hyperactivity Disorder - D.S.M. IV 314 - as the symptom of focus. The group would like to work on applying the Satir Model on helping children and adolescents "having ADHD."

If you would like to join the group, please call Kathlyne Maki-Banmen at 604.591.9269. She will schedule the first meeting in May or early June.

John Banmen
Director of Training

Satir Institute Establishes Task

Satir Institute of the Pacific Northwest is forming two task forces:

1. *Sexual Abuse Using the Satir Model*: co-chair Anne Morrison. Date: Monday, May 17th, 1999.
2. *Art Therapy and the Satir Model*: co-chair Marga Hanna. Date: Thursday, May 20th, 1999.

If you are interested in attending the first meeting of either task force, please give Kathlyne or me a call - 604.591.9269.

John Banmen
Director of Training

Certificates For Courses Completed

First, my apology for taking such a long time for some of you receiving your certificates. I appreciate your patience.

Second, if you have not received your certificate, but sent me your assignments, we probably do not have your correct address. Please drop us a card and we will send you your certificate.

Third, if you still have not sent me your assignments, you can still do so. Please mail your assignment to me and I'll get back to you in May 1999.

John Banmen
11213 Canyon Crescent
Delta, B.C., V4E 2R6

News Around the Institute

Congratulations for **Kathlyne Maki-Banmen** who has recently gotten accepted as a Registered Clinical Counsellor.

John Banmen's and Kathlyne Maki-Banmen's highlight from their New Orleans trip was connecting with Kate Castin and going to her black baptist church. "*It's better than Mardi Gras!*"

Kate Castin is now teaching at Dillard University - her alma mater for her under graduate degree - in which she is being appreciated and she's enjoying being there too.

John Banmen and Martin Bartel went to Ottawa at the end of April to do some Satir training. Keep spreading the word...

Martin Bartel was not allowed by his boss to accept an opportunity for a six month psychologist position. They won't let him leave Aggassiz... what an odd way to be rewarded for doing a good job!

Here's wishing a belated birthday to **Faye Ann Karasick** as well as congratulations both on her new job and new home! Faye Ann leaves the Aurora Centre after 5 1/2

years to a fresh start at *Seaview Alcohol & Drug Services* in West Vancouver. She is also settling in to her new home.

Good luck to **Pindy Badyal** who is defending her dissertation at the end of this month. Maybe we can hear about it at the AGM.

Beth Lisson is joining **John Banmen** in the Czeck Republic in June to train supervisors.

Cathy Wilder and Steve Smith will be
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Message from the President continued...

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and contribute to the three year plan, and the day will end with the presentation by Martin Bartel on *Spirituality and the Satir Model*. Martin, (a founding Board member of our Institute) made this presentation at the International Family Therapy Association conference in April in

Akron, Ohio. I am sure you will want to join me in congratulating Martin on having his presentation accepted and will want to come and hear him present it to us.

I look forward to seeing all of you at the Annual General Meeting as we start our first full year as an Institute.

Special Event

Coming in November 1999

Steven Buckbee

Steven is the former President of Avanta who has worked as a lecturer and with police about stress and critical incidents. He has also developed with two others, how to work with issues of alcohol and depression using the Mandala

Virginia Satir's Five Freedoms

By John Banmen

Since 1970 Virginia Satir has been identified as the world's foremost family therapist. She has advocated some major principles of human nature and human potential that culminate in hope, freedom, greater and more relevant choices and more positive relationships. Basically she has provided psychotherapists and family therapists with dynamic tools to help people and their systems change from levels of dysfunctional survival to healthy, congruent individuals with high self-esteem.

One component of Satir's system and view is her statements on freedom.

Her Five Freedoms are:

The freedom to see and hear what is here, instead of what should be, was or will be;

The freedom to say what one feels and thinks, instead of what one should;

The freedom to feel what one feels, instead of what one ought;

The freedom to ask for what one wants, instead of always waiting for permission;

The freedom to take risks in one's own behalf, instead of choosing to be only "secure" and not rocking the boat.

To activate these freedoms, which are necessary for personal growth and happiness, it necessitates developing the unique resources within each individual. These five freedoms are difficult to achieve because of:

- a) our family of origin experience, namely our upbringing,
- b) our social, institutional environment and experience,
- c) our low self-esteem, mostly as a result of the the two earlier statements.

Our parental upbringing often conditions us to what we are supposed to see and hear, say and feel to the point that our own senses, thinking and feeling are negated and often

rejected. We are taught to follow other people's reality, be they based in the past, the future or the present.

The freedom to see and hear what is here is based on the premise that we can come from our own place of worth, our high self-esteem, our knowing and accepting our inner self as the basis of our existence and freedom.

In her therapeutic intervention, called family reconstruction, Satir helps individuals come to terms with ones family of origin experiences and helps individuals to reframe negative experiences into resources for future growth. The many "shoulds" from one's family and social institutional conditioning becomes guidelines and choices.

Instead of placating others, one has the freedom of saying what one feels and thinks. There was a time when only what one thought was important. There was even a short time, about twenty years ago, when only what one felt was important. Thoughts were considered counter-productive in one's search and journey.

There needs to develop a strong commitment to accepting, harmonizing and integrating feelings and thinking. Satir implements this even at the level of the brain by using both right and left hemisphere functions in her workshops, her training, and in her therapeutic interventions.

To say what one feels and thinks puts a great onus on the individual. It assumes and expects that the individual knows and accepts their own feelings and thinking. Satir found in her early work with families that most people were terribly enmeshed with other people's feelings and thoughts. Therefore, her next freedom states the need to actually feel what

one feels. The trust and capacity to hear and be aware of one's own feelings, and then acknowledge and share them openly and honestly was much more difficult for people than she had expected. With that in mind, she has developed some steps to help individuals increase their capacity to feel, to acknowledge their feelings and to trust those feelings.

Once people have accepted and developed the freedom to see and hear, to feel and think, and to share those feelings and thoughts, people should then be able to ask for what they want.

Wants are inner human yearnings turned into individually specific means of satisfying these universal yearnings. These wants need also to be self-directed; "what do I want from myself," not only for myself, or from others.

The fifth freedom recommends that one risks on one's own behalf. Often people are willing to risk on behalf of others only.

Satir has studied the stages and process of change at considerable length. She has found that people get into a status quo position of living that becomes familiar and perpetuates itself at a low level of risk. It might even feel secure but usually the cost to the Inner Self is drastic. With hope and the awareness of new possibilities, people will often accept this freedom and risk changes.

These Five Freedoms might require a lot more responsibility on our part than we are willing to put out at first. If we start with the acceptance of our own Inner Self as the core and basis of our life force and life energy, and trust that inner voice, we soon can become more congruent, more confident and

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Welcome Aboard!!!

We are pleased to announce that the following people have recently become members of the *Satir Institute of the Pacific Northwest*. What a lot of talent in one place!

Professional Members:

Mary Marlow
Stephen Smith

Affiliate Members:

Sandra Ang
David Bradshaw
Carol Dukowski
Marga Hanna
Tatjana Jansen

For membership information, please contact:

Sue Taylor

Director of Membership Services
4120 Delbrook Ave.
North Vancouver, B.C.
V7N 4A3

604.988.5353



Wondering How You Can Contribute???

We need your input!

Here is a list of various ways you can better enjoy your membership with SIPN:

- ❖ Circulate your own or others bragging rights through the newsletter;
- ❖ Surf the web to find related articles, news items, etc.;
- ❖ Organize a special event;
- ❖ Get on a committee;
- ❖ Lead an interest group;
- ❖ Get on the *Welcome Wagon*;
- ❖ Write an article for the newsletter;
- ❖ Write up a book review;
- ❖ Submit poetry or prose...

Contact: Sue Taylor
604.988.5353

Five Freedoms Continued

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experience a higher level of self-esteem.

The Five Freedoms will also help us differentiate between Self and Other, to de-enmesh, to individuate and then build a solid, healthy, open relationship between and among individuals. They can become a significant tool to "heal" oneself without first having to be sick.

Dr. John Banmen is a psychologist and family therapist in private practice in Delta, B.C.

News Around the Institute continued

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working together soon as they have both been hired by the same agency to work in addictions. Stay posted for the name of the agency, or ask them yourself at the AGM!

Jacqueline Armstrong, who began working with Aborigines over two years ago through her own private practice, has now expanded to a point where she has opened up an office in Vancouver. Congratulations!

The **Video Day** put on by **Kathlyne** was well attended and considered a success. The two films shown and discussed were about working with a suicidal family member and working with a family with abused children.

Please submit juicy details about yourself or someone you

Program Happenings

Satir's Systemic Brief Therapy - Level 1

Dr. John Banmen R. Psych. & Kathlyne Maki-Banmen, MA
A ten-day training program:
Sept. 25 & 26, Oct. 30 & 31, Nov. 27 & 28, 1999
Jan. 15 & 16, Feb. 12 & 13, 2000

Satir's Systemic Brief Therapy - Advanced FULL

(prerequisite: completion of Level 1)
Dr. John Banmen R. Psych. & Kathlyne Maki-Banmen, MA
A ten-day training program:
Oct. 2 & 3, Nov. 13 & 14, 1999
Jan. 22 & 23, Feb. 19 & 20, March 18 & 19, 2000

Resolving and Appreciating the Past:

Sculpting Using the Satir Model

Kathlyne Maki-Banmen, MA
A six-day training program:
Sept. 18 & 19, Oct. 16 & 17, Nov. 6 & 7, 1999

Registration now being accepted for both programs.
For information, please call Kathlyne at 604.591.9269.

REMINDER

THIS WILL BE THE LAST FREE ISSUE OF THE WISDOM BOX IF YOU HAVE NOT YET SIGNED UP FOR A MEMBERSHIP TO THE SATIR INSTITUTE OF THE PACIFIC NORTHWEST.

FUTURE ISSUES OF THE WISDOM BOX WILL BE MAILED TO MEMBERS ONLY. PLEASE SIGN UP!