

The Wisdom Box

June 28, 1999

Volume 2, Issue 1

Message from the President

BOARD OF DIRECTORS 1998 - 1999

President:
Michael Callaghan

Secretary:
Kathlyne Maki-Banmen

Treasurer:
Alan Baiss

Director of Training:
John Banmen

Director of Membership Services:
Sue Taylor

Directors:
Martin Bartel,

Faye Ann Karasick,

Wendy Lum,

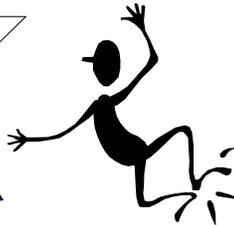
Anne Morrison,

Don Potkins,

Dara Roscnzweig.

I am pleased to welcome the new members who joined the Board at our first Annual General Meeting. Alan Baiss is our new Treasurer as Faye Ann Karasick decided to relinquish the position, but staying on the Board. Wendy Lum and Anne Morrison are also new

"I hope everyone is able to enjoy their summer and take time to deepen their connection with themselves, others and this wonderful planet."



Welcome to the new Board members and thank you to the returning & departing Board

members who have quickly become involved in some Board activities. Kathlyne Maki-Banmen was re-elected and continues as Secretary.

Cathy Wilder and Mary Marlow (Smith) have left the Board. Mary is returning to England and we wish her well.

A more detailed report of the Annual General Meeting and other news of the Institute and its members is included elsewhere in this newsletter.

For myself the summer has begun with the first of several family visitors from England, enjoying the first strawberries from

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Special Event:

The Self Mandala

with
Stephen Buckbee

on
November 20 & 21, 1999

Contact Kathlyne Maki-Banmen for more information: 604.591.9269

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Reactions to the First Annual General Meeting

By: Wendy Lum



I was pleased to have attended the First Annual General Meeting of the *Satir Institute of the Pacific Northwest*. It was great to connect with friends and acquaintances from various Satir programs.

I appreciated hearing the various report from the Executive members. It

helped me to become aware of the huge amount of work that has been accomplished since August 1998. The foundation of this Institute seems to be solid and off to a great running start!

Four election speeches were held for three Board positions. I was eager to give my speech and what a surprise when the decision was made to increase the three positions to four positions! What an inclusive organization! SIPN can definitely benefit from the energy of all contributing participants.

In the afternoon we formed triads and brain stormed ideas that would contribute to the three year plan. The ideas were exciting, visionary and have the future potential to be actualized. I am thrilled to be part of such a vibrant Board and look forward to being involved. I hope that many new members will also get involved and contribute to the *Satir Institute of the Pacific Northwest*.

Wendy Lum, *Director*

Reactions to the First Annual General Meeting

By: Alan Baiss

Approximately 20 people attended the first AGM on May 29. The meeting was up beat and I was feeling keen, I was running for the Board and there was to be a real election complete with campaign speeches.

President Michael Callaghan opened by inviting members to introduce themselves and disclose something new. This personal sharing established a nice atmosphere.

Michael's report summarized the year's activities. He spoke of an Institute on solid ground and well positioned to move forward.

Treasurer Faye Ann Karasick assured us of the Institute's good financial position. Sue Taylor, *Director of Membership Services*, presented an impressive inventory of potential services for members and reviewed those already available. Dara's perseverance on **The Wisdom Box** was also recognized.

Director of Training John Banmen reported that there will be two Level I and possibly two Level II courses next year, also there are plans for a

training for Trainers Workshop in the summer of 2000. John followed with the Research Committee report. Unfortunately most of this committee's members are following other pursuits so there was little to report.

John also gave a report on the Advisory Board which will be an adjunct body for the Institute. The prospect of people such as Michelle Baldwin and Marilyn Peers, recipient of the Order of Canada, joining this board is exciting. John would like to hear suggestions for advisory board members.

Next came the elections. Cathy Wilder, apparently after a long conversation with herself, withdrew her name. That left four nominees: Wendy Lum, Anne Morrison, Kathlyne Maki-Banmen and myself vying for three positions. Each candidate delivered a passionate campaign speech, disclosing both personal attributes and their vision for the Institute.

The speeches must have been

convincing. Rather than use Don Potkins' finely crafted ballot box an additional seat was created and SIPN received four new Board members.

A break for lunch and then we went into triads to brainstorm our hopes and wishes for the Institute over the next three years. I was excited by the number of overlapping ideas. The results of this effort will be compiled in the future.

Martin Bartel was ill and so we missed him and his presentation, hopefully he has fully recovered. With everyone participating, this community meeting made a wonderful contribution to the Institute's future.

Alan Baiss
Treasurer



Using Stances To Make Contact

By: John Banmen

Making contact is an important concept and requirement in the Satir Model. While others talk about rapport, Satir emphasizes making contact.

As healthy care requirements expect us to reduce the time we see our clients, the time spent making contact with our clients can definitely be reduced. Making contact with our clients can probably be done in the first four minutes of our first session and, then, sustained throughout the following therapeutic sessions.

By using the Satir Personal Iceberg and immediately appraising the client's likely coping stance, the therapist can use the following ways to make deeper and faster contact.

Clients who basically use **placating** as their stance can be easily reached through their feelings.

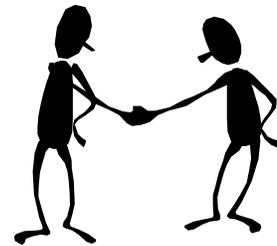
Clients who basically use **blaming** as their stance can be easily reached through their expectations.

Clients who basically use **super-reasonable** as their stance can easily be reached through their perceptions.

Clients who basically use **irrelevance** as their stance are difficult to reach. Body sensations, body contact, and physical activities are three ways to start making contact with the irrelevant client. Therapists need to take extra time with these clients to make contact before much, or any, change can be worked on.

Knowing the Personal Iceberg and using process questions will greatly reduce time needed to make contact with your clients.

John Banmen
Director of Training



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

Satir's Systemic Brief Therapy - Advanced

(prerequisite: completion of Level 1)

Dr. John Banmen R. Psych. & Kathlyne Maki-Banmen, MA
A ten-day training program:
Beginning February 2000 - now registering

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 programs.
For information, please call Kathlyne at 604.591.9269.

News Around the Institute

For those of you who were not at the AGM to hear these wonderful pieces about everyone... we decided to *hear and tell*.

Michael Callaghan was pleased to announce that he is in a new relationship and that she's moved in! Her name is

Renate and he was aglow!

David Kennedy is retiring from medicine and becoming a grandparent alongside **Linda** (who has decided to continue with her career.

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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*.

Professional Members:

Bob Fenton
Billy Weselowski

Affiliate Members:

Cory Wint

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 gossip 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



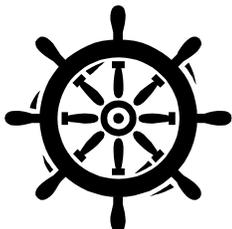
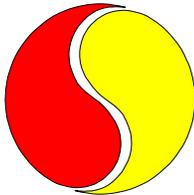
Message from the President continued...

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my garden, spending time

in my kayak, and a week at Hollyhock *Singing for the Joy* with Ann Mortifee and Shivon Robinsong. Activities I find congruent with Satir's idea of becoming more fully human, connecting with ourselves and others, experiencing and manifesting our relationship to the total life force of the universe.

I hope everyone is able to enjoy their summer and take time to deepen their connection with themselves, others and this wonderful planet.



More News Around the Institute...

(Continued from page 3)

Alan Baiss is currently enrolled in a writing course which he is enjoying. Thank you for your submission to the newsletter!

In addition to working at Ministry for Children and Family *Surrey Drug and Alcohol* **Cathy Wilder** is also balancing her career with business communication at *NuMethod*. She is part of their *NuSpeak - show up and be heard* program.

Before becoming a Board member **Anne Morrison** began co-chairing the *Sexual Abuse and Satir* taskforce with John Banmen.

John Banmen and **Kathlyne Maki-Banmen** are returning from being away training once again and are about to lead the week long Avanta workshop in the states.

Congratulations to **Wendy Lum** who has finished her transcriptions for her Master's thesis. Thank you also for your submission to the newsletter!

Even though it's been mentioned before, congratulations and welcome to our three new Board members: **Alan Baiss**, **Wendy Lum** and **Anne Morrison**. Welcome back to the Board **Kathlyne Maki-Banmen** (we'd never have made it without you!). And thank you from all the membership for a great inaugural year to our departing Board members: **Mary Marlow (Smith)** and **Cathy Wilder**.