

The Wisdom Box

The Official Newsletter of the *Satir Institute of the Pacific*

Board of Directors 1999–2000

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Michael Callaghan

Secretary:
Kathlyne Maki-Banmen

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Alan Baiss

Director of Training:
John Banmen

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Membership Services:**
Sue Taylor

Directors:
Martin Bartel,
Faye Ann Karasick,
Wendy Lum,
Anne Morrison,
Don Potkins,
Dara Rosenzweig.

Annual General Meeting

The Annual General Meeting will be held on Saturday May 13th from 4:30 to 6:00 p.m. at The Holiday Inn Express Vancouver Airport. This is a different hotel from the one many of us know from previous trainings. The

address of the hotel is 9351 Bridgeport Road and is situated just beside the Richmond Costco.

In order to vote at the AGM you need to be a member in good standing. This means that you

need to pay your yearly fee either before the AGM, or at the beginning of the AGM.

Annual fees are paid to the Satir Institute of the Pacific c/o Sue Taylor, 4120 Delbrook Ave., North Vancouver, V7N 4A3

Members Mingle

Directly following the AGM, there will be an opportunity for members of the Satir Institute of the Pacific to gather together for some much needed social time.

The Members Mingle will be held at the Hilton Vancouver Airport, situated at 7571 Westminster Hwy. and Minorou from

6:30–9:00 p.m. All members will receive a *15% discount* on their meals. Members are responsible for their drinks and food at this event.

This is an opportunity to meet the new Board of Directors and fellow members.

We look forward to seeing you there!



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Message from the President

As I look around me at the manifestation of the life force in all the beautiful colours of the flowers and blossoms on the trees, I think about where our Institute is in its development. To be sure it is a iterative and ongoing process as members join and add their con-

“One of the things that became clear is that we wanted to attract members who would become active leaders in making their contribution to the vision and mission of the Institute. So I would challenge... you to consider as we come to our AGM what is your personal commitment... what are prepared to do and to give?”

tribution and talents to the whole in the practice of the Satir Model in their personal

life, daily interactions with others and work of teaching, spreading knowledge and practicing therapy.

The process work the Board has been doing on the three year plan in two, day long

meetings is exciting and has led to a greater depth and shared understanding of what it is we hope the Institute can achieve.

This feels like Spring, new blossoms and renewed energy. One of the things which becomes clear is that we wanted to attract members who would become active leaders in making their contribution to the vision and mission of the Institute. So I would challenge each of you to consider as we come to our Annual General Meeting what is

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Reflections on the Visioning Day

I knew this was going to be a very special experience for me when each member of the Board of Directors spoke for a few minutes on what the Satir Institute of the Pacific means to them. I was deeply moved as I heard them talk about their symbols – a spider plant, an eagle feather, pearls, a lap top, butterfly, chocolate, gold – all signifying some aspect of growth, creativity and community.

I felt honoured to be facilitating the process as the group created their vision. My perception of the Board changed from a list of people on the letterhead of the Newsletter to that of caring, committed individuals who trav-

eled from different parts of B.C., giving up a day's work at their own expense, on our behalf.

I began to let go of my own expectations of myself and immersed myself in the participants' process, a part of it, yet apart, keeping the process on track, watchful of the time.

I became aware of a yearning to be part of this organization which is committed to the principles of Satir and found myself consciously wondering where I could offer my talents at a later date.

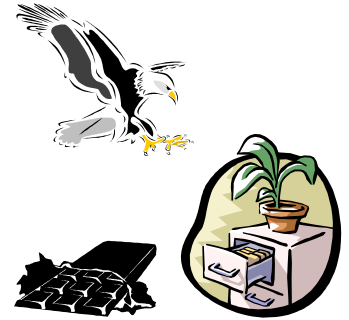
At the level of Self, I felt a deep sense of peace, calmness and joy.

By— Judy Ferris

Thank you Michael, for suggesting I do this, thereby honouring my own process! And thank you, Jim Smith, Langley Youth and Family Services, for giving me this day for professional development!

I would like to encourage each of you to contemplate your own gifts and to encourage you to give back to our Organization in time and talents. There is a place for each one of us to shine!

- Judy Ferris



... I was deeply moved when I heard them talk about their symbols... all signifying some aspect of growth, creativity and community...



Let Your Inner Child Grow Up

A lot of folklore has entered the psychological field over the last hundred years. Some of it gives us some emotional comfort, but at the same time it might be very costly to our mental health.

One idea that has considerable public support is that we have an "inner child" and that we must take care of it. Some mental health practitioners have incorporated this belief into their practice and actively tried to help clients to discover and nurture their inner child.

During the past few years, this practice has been seriously questioned. To freeze a part of a person at an early age and then have the present aged person take care of it has, in effect, split the person. Freezing one part in an early age could cause the person to experience a major personality split.

Some writers have suggested that this leads to the development of multiples—a concept

rather popular several years ago. With unstable clients, this might even lead toward a mild schizophrenia.

Folklore often seeps into the public psyche and is hard to dislodge. Our history has many examples, many of them in medicine. At least we no longer believe that the world is flat.

The Satir Model, as many other systems do, encourages people to be integrated and live fully in the present in a wholesome way. As is true with many folk tales, there is some element of wisdom in the "inner child" myth, in that we want to help clients to surface, accept and own all of their parts, including the ones which seem child-like, however, that is only the beginning part of the process.

We might help clients have their "inner child" grow up and integrate the child-like parts (eg. Fun, vulnerability, innocence) into their present time frame.

By— John Banmen

We might even help transform that "inner child" into a resource which is useable in the present, and release the energy that the client has used to keep a part of him/herself frozen in the past. We can definitely help encourage people to see and experience themselves as whole persons.

I think we now have enough knowledge and skill to overcome one more belief from folklore. Do we have the courage? I suppose only time will tell.

- John Banmen,

Director of Training



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News Around the Institute

Congratulations to Wendy Lum for successfully completing her M.A. in Counselling Psychology. She defended her thesis entitled, *The Lived Experience of Satir's Iceberg Metaphor* before her committee and a group of more than a dozen encouraging supporters. Well done, Wendy! If you remember, a year ago we

reported that Donna Lagana (now Wedlock) was getting married. Well, she and her hubby are happily settled in Petersborough, Ont. and are now expecting a wee one. All the best Donna!

John Banmen recently completed a day of filming for a new teaching video for using

the Satir Model with individual clients. Also involved in the project were Diana Johnson, Jim Smith, Beth Lisson, Alan Baiss, Wendy Lum, and John Riopka. Peter Clemente (Joanne Crandall's husband) is producing what will hopefully become a series of teaching videos.

Anne Morrison just returned from Washington, D.C. where she not only visited her son, Trevor, and his wife, Beth, but also visited the Supreme Court and AAMFT headquarters. (Sorry, she didn't have time to fit in an appointment with Bill and Hillary to work on their marriage.)

New Members

A warm welcome to the following new member of the Satir Institute of the Pacific:

Professional—
Jim Smith

Upgraded to Professional—
Sandra Ang
Marga Hanna



For information and membership applications contact:

Sue Taylor
Director of
Membership Services
604.988.5353

Don't forget to visit our new website!!!

www.satirpacific.org

Submit ideas and content to Sue Taylor

Upcoming Special Event!

Be sure to book Saturday, November 18, 2000 on your calendar!

It will be a special day filled with various Satir-focused workshops by Satir Institute of the Pacific members!

Demonstrations, lectures, and experiential learning are just the beginning of what you will

experience that day.

You are welcome to bring a friend, or partner, or even your family members. This could be the kind of day you were looking for to get re-energized about the Satir Model, to introduce this model to a colleague, to freshen up on your skills, to have fun, and to reconnect with fellow members and friends.

Further details will be revealed in the next few newsletters...

We look forward to seeing you then!



Message from the President continued

(Continued from page 1)
your personal commitment to the Institute, what are you prepared to do and give?

Most of us began our involvement with the Satir Model because we were hungry to learn more about it and how we could

incorporate it into our life and work. If we have passed through that period, like the dormant winter when we reflect and absorb nutrients, then now is the time to examine our own specific contribution to the Institute's *Spring*.

That contribution as a member may take many forms. Among them, serving on a committee, being a Board member, training to be a trainer, contributing to the newsletter, or the many seemingly mundane, but vital, tasks which help to keep the Institute running.

I look forward to seeing you at the AGM, connecting and sharing some of the vision and planning work the Board has been doing.

Michael T. Callaghan
President

Training For Trainers Program

The Satir Institute of the Pacific has launched a new training program to develop a cadre of people willing and able to offer Satir Model based training programs in B.C. and around the world.

The program starts with a seven day residential training time this July and ends next year with a three day follow-up. In between these scheduled times, participants will be required to develop and present programs.

With more applications than placements available, the selection committee had a very diffi-

cult job. Nevertheless, we now have a group of twelve Satir Institute members selected. We have also invited two outside guests to participate in the program. Both are offering Satir Model programs in their geographical areas.

Some of the participants have years of experience. Others have adopted the Satir Model more recently.

The group will stay in a nunnery in Victoria for the first part of the program.

Here is the list of the first twelve

By- John Banmen

people invited to attend the first *Training For Trainers Program* of the Satir Institute of the Pacific:

- | | |
|----------------------|-------------------------|
| <i>Sandy Ang</i> | <i>Marga Hanna</i> |
| <i>Tim Head</i> | <i>Mindy Kollman</i> |
| <i>Beth Lisson</i> | <i>Wendy Lum</i> |
| <i>Anne Morrison</i> | <i>Don Potkins</i> |
| <i>John Riopka</i> | <i>Carl Sayles</i> |
| <i>Steve Smith</i> | <i>Billy Weselowski</i> |

Kathlyne and I are looking forward to the program and the day when the Satir Model is taught and used throughout the world.

- John Banmen, *Director of Training*



We now have a group of twelve Satir Institute members selected [for the Training For Trainers Program.]



Ongoing & Upcoming Programs

Training For Trainers Program

John Banmen & Kathlyne Maki-Banmen
Seven Day Residential Program—July 9-16, 2000
Queenswood, Victoria, B.C.

Full

Summer AVANTA Residential Program

John Banmen & Kathlyne Maki-Banmen
Seven Day Residential Program—August 8-14, 2000
University of Victoria, B.C.

8 Person Waitlist

Satir's Systemic Brief Therapy Training Program—Level I

John Banmen & Kathlyne Maki-Banmen
Ten Day Program—Starting September 2000

Now Registering

Satir's Systemic Brief Therapy Training Program—Level II

John Banmen & Kathlyne Maki-Banmen
Ten Day Program—Starting December 2000

Now Registering

To submit articles, ideas, gossip or anything else to *The Wisdom Box* contact:

Dara Rosenzweig
604.279.5599 Ext. #119
Next Deadline: July 26th

For program and registration information contact:

Wendy Lum
Registrar of Programs
604.540.4415