

The Wisdom Box

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Upcoming Special Event— Saturday, November 18, 2000 *Peace Within, Peace Between, Peace Among*

Virginia Satir dedicated her life to helping individuals, families and communities to experience inner and outer peace in order to become more fully human. Before her death in 1988, she worked towards promoting world peace.

This year the United Nations has dedicated 2000 as the International Year for the Culture of Peace.

The *Satir Institute of the Pacific's 3rd Annual Special Training Event* has been named *Peace Within, Peace Between, Peace Among*.

This will be a great opportunity to hear from our peers. Members of the *Satir Institute of the Pacific* will be conducting Satir

focused workshops for personal and professional growth.

Personal workshops may focus on areas such as:

- ❖ Parenting children and adolescents
- ❖ Couples and relationships
- ❖ Self esteem— wellness

Professional workshops may focus on specific applications of the Satir Model such as:

- ❖ Addictions
- ❖ Grief and loss
- ❖ Art Therapy

The afternoon session will be conducted by Dr. John Banmen.

This will be a one day workshop on Saturday, November 18/00 9:00 a.m.— 5:00 p.m. at the UBC Law Building. *Encourage*

your colleagues and clients to attend this event.

Early Registration—by Sept. 15 \$60—SIP/Student; \$70 non-SIP
Registration after Sept 15 \$65—SIP/Student; \$75 non-SIP
Lunch is included!

For registration please call:
Wendy Lum— *Registrar of Programs*— 604.540.4415

“Human beings must evolve a new consciousness that places a high value on being human, that leads toward cooperation, that enables positive conflict resolution and that recognizes our spiritual foundations.”

— Virginia Satir

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Message from the President

Paradoxically, in the warmest part of our summer, I am thinking about the Iceberg, a winter metaphor. An Iceberg changes as it melts in the heat. The long summer days often provide some kind of change. Our experience of the physical world, the longer summer days, the brightness and warmth of the sun, the flowers and fruits of the earth is different.

For many of us, our regular lives slow down and change to accommodate new places, experiences and activities, visits with friends and family members. All

this gives us a rich opportunity to reflect on our experience of our own internal world during these times.

What is happening with our feelings, our perceptions, our expectations, our yearnings and our sense of Self? Are we looking forward to the fall and returning to our previous status quo or has our experience over the summer brought about some permanent changes for us?

The AGM in May brought some changes and I would like to

thank those who ran for the Board of Directors. Martin Bartel, Pauline Mullaney, and myself were elected to fill the three vacant positions. A big welcome to Pauline. She has taken on the job of Secretary from Kathlyne, who has done a **great** job in that position and as a member of the Executive Triad.

Anne Morrison has taken on the job of Director of Membership Services with a wider role and set of expectations. Sue

(Continued on page 3)

XII World Family Therapy Conference—Oslo, Norway

What do you get when 1500 people from 64 countries descend on the city of Oslo, Norway, for five days in June to learn about family therapy together? Stimulation, growth, excitement and fun!

This year the *International Family Therapy Association* held their annual conference in Oslo, and it seemed to be a great success. For five days we heard from researchers and therapists from around the world.

Highlights for me included: David Epston from New Zealand who demonstrated a creative and effective therapy ses-

sion with a 10 year old boy; Jaakku Seikkula, a psychiatrist from Finland who spoke about his work with psychotic patients in terms of helping them process (in a very Satir-like way) the terror which cannot be spoken (he has reduced hospitalization so dramatically that he is in danger of having mental health services funding cut); E. Vrono from Russia who presented research on the factors of mothers of suicidal children; and Scott Miller from the U.S. who wowed John with his analysis of 40 years of outcome research to find what works in therapy.

Satir was represented by Martin

Bartel who did a session on "Satir & Spirituality" and my workshop on **Working with Children and Families using the Satir Model**.

We each had an audience of about 200 people in the second largest meeting room at the conference and had very good feedback.

There was also a triad from the Czech group John and I have been working with for the past three years, *Olga Holobova, Milada Radosova* and *Larka* (a grad student) on their use of Satir's family reconstruction process to heal the wounds of

their cultural history. John attended their workshop and was very impressed with their presentations.

Once again, we were very aware that many of the people we have in our Satir Institute would have presented workshops at a much higher level than many of the presenters we saw. I would strongly urge any of you to submit a proposal to present a Satir workshop at the next IFTA conference, scheduled to take place in November 2001 in Brazil. We plan to and we hope you will join us there.

The Evolution of Psychotherapy Conference: Who's Who Anyway?

When nine members of the Satir Institute of the Pacific leave the country to attend the same event, something important must be happening.

Every five years since 1985, the Milton Erickson Foundation has sponsored the Evolution of Psychotherapy Conference. It brings together the founders and leaders of psychotherapy and family therapy to share with 5,000-7,000 professionals from around the world the old and the new in therapeutic evolution.

At the conference, we met and heard people like Alexander Lowen, founder of bioenergetics, Salvador Minuchin, founder of Strategic Family Therapy, as well as: Aaron Beck, Cognitive Therapy; Albert Ellis, Rational Emotive Therapy; Eugene Gendlin, Focusing; William Glasser, Reality Therapy; Mary Goulding, Transactional Analysis;

Jay Haley, Strategic Family Therapy; Thomas Szasz, Myth of Mental Illness; E & M Polster, Gestalt Therapy; Zerkka Moreno, Psychodrama; Irvin Yalom, Existential Therapy; James Bugantal, Humanistic Therapy.



Add to this the familiar list the likes of:

John Gottman, Research on couples and families; Claudia Black, Addictions Treatment; Francine Shapiro, EMDR; Bert Hellinger, Family Constellation; Herbert Benson, Relaxation Response; Jeff Zeig, Ericksonian Therapy

and many, many more. It made the choices of who to see and hear more than a dilemma.

It was great to meet, once again, so many founding leaders, even though some of them like Carl Rogers, R.D. Laing, Virginia Satir, Carl Whitaker, Lewis Wolberg, Murray Bowen and Joseph Wolpe have passed beyond and were missing from this 2000 conference.

In addition to the historical value, many presenters added to my therapeutic understanding. I found Francine Shapiro, Jeff Zeig, Bert Hellinger and Eugene Gendlin the most valuable to my therapeutic learning. James Hillman, author of *The Soul's Code*, shared with us some provocative, challenging, illuminating thoughts about the external and internal worlds in which we live and practice therapy.

Researcher John Gottman, author of *Why Marriages Succeed and Fail* and numerous other

By— John Banmen

books, provided us elegantly with many research findings that have had great impacts on our couples and family therapy practice.

And, like in politics, some big names are only big names, offering very little. To check with them about their experiences and learnings, call on Alan Baiss, Beth Lisson, John Riopka, Don Potkins, Wendy Lum, Anne Morrison, Deborah Fish, and/or Kathlyne Maki-Banmen.



News Around the Institute

Deborah Fish has submitted her Master's thesis to her thesis committee at Manchester University. It is on "Health Care Practitioner burnout and the psycho-spiritual Satir Model: A phenomenological study of managing personal energy."

Jim Smith, Judy Ferris and Wendy Lum will be presenting a

workshop at the Canadian Association for Suicide Prevention (CASP) 11th Conference. Their workshop is titled "What Kids Are Teaching Us."

Jim has worked as a behavioral investigator for the BC Coroner's Services and together with Judy and Wendy, they will share how the Satir

Model can be adapted to early intervention for youth and suicide. They are also involved in the Satir Task Force on Suicide.

Anne Morrison will be hosting an one day workshop led by Sass Anderson on August 26th, 10:30—4:30 p.m. For more information and registration please contact Sass at

250.389.1776.

The Board appreciates all the efforts of Brian Taylor (Sue's son) for setting up our website. Thank you Brian! Don't forget to visit... www.satirpacific.org

New Members

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

Upgraded to Clinical—
Tim Head



For information and membership applications contact:

Sue Taylor
Coordinator of
Membership Applications
604.988.5353

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

www.satirpacific.org

Submit ideas and content to Sue Taylor

Impressions of the Family Reconstruction Workshop

The family reconstruction workshop was another full day of learning about the impact of the family.

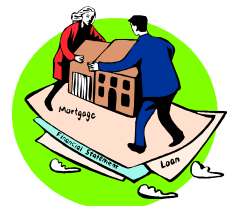
We were privileged to watch the Star work through both her parents' family of origin with her grandparents, her own family of

origin with her parents, as well as her present day family with her children.

It was filled with significant moments of learning and healing for both the Star, family stand-in participants and workshop observers.

I heard positive feedback from various attendees of how powerful the reconstruction was, and the acknowledgement of Kathlyne's expertise and sensitivity both in leading the reconstruction and processing the impact of participants.

By— Wendy Lum



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Message from the President continued

(Continued from page 1)

Taylor will continue to support her in processing applications, a job she has been doing since the beginning of the Institute. Thank you Sue for your hard work. Faye Ann Karasick decided not to run for the Board for a second term. She also

deserves thanks for being our first Treasurer and a member of the Executive Triad.

The summer has provided an opportunity for twelve members of the Institute to participate in the *Training for Trainers Program* with John and Kathlyne. I

am sure all of them have changed in some way as a result. It is my hope that it has also enriched and brought about change for our Institute. The Institute now has more members who have increased skills and the ability to become leaders in teaching and spread-

ing the Satir Model and increasing the visibility of the Institute. I look forward to seeing and hearing some of them at our Special Event on November 18th at the UBC Law Building.

Michael T. Callaghan
President

Evolution of Psychotherapy Conference

I was thrilled to attend the Evolution of Psychotherapy Conference in Anaheim. It was wonderful to listen to so many of the pioneers in the therapy field. I was especially surprised when I realized that sixteen people that I had referenced in my master's thesis were also presenting at the conference.

Another highlight was the companionship of my Satir col-

leagues: sharing a room and going to Disneyland with Anne Morrison; having breakfasts with Beth Lisson, John Riopka, Don Potkins and Alan Baiss; sharing lots of laughs with Deborah Fish; connecting with John and Kathlyne.

One thing that I was struck by was the absence of the Satir teachings at the conference, and the power and impact of

By- Wendy Lum

the Satir Model. In fact, although I like Eugene Gendlin's focusing, Francine Shapiro's EMDR, Salvador Minuchin's family work... I was left with a profound sense that Satir's systemic brief therapy training with John and Kathlyne is an incredibly important therapy that must be shared within the therapy profession.

I also realized that John's ability

to demonstrate therapy sessions and be able to discuss exactly why he chose certain choice points in a positive directional and intentional manner is truly the gift of a master. I realized how fortunate we are to have John and Kathlyne here in Vancouver, because their level of intentionality and awareness seemed to surpass what I observed and heard during the live demonstrations in Anaheim.

Comments from Participants of the *Training For Trainers Program*

"The Training for Trainers Program was a wonderful opportunity to connect with our Satir community and some of those who wish to truly contribute to a Satir future vision. I became aware of the importance to work on my own internal world with areas of discomfort.

I realized that the challenge of becoming a congruent leader takes determination and honesty. I loved being embraced and included among such loving friends. I also look forward to the future endeavours of our first training group!"

— Wendy Lum

"I feel ready and empowered to take Satir to the world."

— Carl Sayles

"Wow! What a deal. I got a week of personal therapy and some more skills for my workplace. Some things in life ARE as good as they sound."

— Billy Weselowski

"A spirit of life, curiosity, involvement, risking, exuberance and a sense of achievement pervaded the 'Training For Trainers' week. It was generated by the generosity, encouragement, support and spirit of appreciation of the leaders and became the catalyst for har-

mony and congruency within our 'community' of learners/trainers."

— Marga Hanna

"An excellent experience. I came away with more than I hoped, personally and professionally. The Institute is to be applauded."

— Don Potkins

"It was a very rich and challenging learning environment. I am very impressed by the quality of the participants. I have great hopes for the future."

— Steve Smith

"I laughed, I cried, I made small talk... I experienced this training as a deep, meaningful time of building a base— a base of knowledge, support, and energy for springing forward into the 21st century, spreading the gift, which is the Satir Model."

— Sandy Ang

"This was a memorable week in which I experienced community and love with talented, creative folks— exhilarating to connect around our passion to take Satir to the world and become more expert translators of this approach.

I thank John and Kathlyne for their grace and selfless love to

design this week and lovingly nudge us into new experiences and growth—not only as trainers, but as people.

Each person touched me deeply and their gifts will stay with me always—in my training ability—but also throughout my life."

— Anne Morrison

"This Training for Trainers Program has given me the necessary skills to design, plan and lead workshops successfully. Also, the confidence to do so and the support to engage my courage to take the steps needed towards achieving my goals to be a Satir trainer.

My many thanks and deep appreciation to John, Kathlyne and the Board. Thank you."

— Mindy Kollman

"The whole week was a great learning experience, both professionally and personally. I was encouraged and supported and built up wonderfully.

I would like to thank John and Kathlyne for their generosity and the many gifts they gave to the group."

— Karin Tschanz

"Tapping, externalizing and valuing my knowledge, skills

and self has stimulated meaningful personal and professional learning, inspiration and hope."

— Beth Lisson

"I experienced a revitalization of passion, energy and love for Satir work and the people involved. Thank you / appreciations to all the beautiful souls I shared time with in the training. Look out world!"

— John Riopka

"Great, numerous and very useful learnings and reminders to take back with me. Wonderful nurturing experience with colleagues. Thank you."

— Gilles Beaudry, Invited guest from Winnipeg

"Being the only Asian in the group, I really appreciate the acceptance from the group and am enriched by the collective wisdom from them."

— Warren Tan, Invited guest from Singapore



Euro 2000

"Off to Slovakia" was truly a highlight of my Europe itinerary. Having accompanied John and Kathlyne to the Czech Republic in 1998 introduced me to a wonderful group of Satir therapists working with exceptional commitment in developing their own personal and professional skills throughout these two countries. It was with the fond memories of acquired friendships and my own personal development as a Satir therapist that I was filled with excitement and enthusiasm in accompanying John & Kathlyne once again.

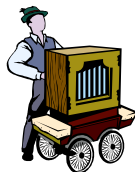
Vienna, Austria was the destination where I met John and Kathlyne several hours later to be taken by car to the small community of Stupave, just outside of Bratislava, Slovakia. Reuniting with old acquaintances and meeting new faces was truly a highlight that first day. The torrential downpour on the drive was also quite the experience.

The following days were filled with participation in both the contributing to, and receiving of, learning's. Having worked

with this group of psychologists, counsellors, teachers and psychiatrists for the past two years, John quickly launed into reviewing the model at a deeper level in order to once again emphasize the foundational components and build a supervision component into Czech/Slovak Satir Community.

My participation during the following days was filled with both the contribution of learning for others, and expanding my learning in training and supervision. Included in this process was participating in a triad learning group, debriefing with individuals and small groups, and providing supervision and feedback to triad members.

Socially we were treated to an evening of opera and a tour of Bratislava. A fabulous time was had by all on both the evening and day trip of the city. Of all that was experienced including: food, sites, culture and entertainment; it was the essence of the people that filled



By— Martin Bartel

by heart with gratitude.

The week went by quickly and soon it was time to move on to the second part of Euro 2000.



Oslo, Norway was my next destination. It was the XII World Congress of IFTA— International Family Therapy Association. The theme for this years congress was *Reconciliation: New Voices for a New Era*, and my contribution this year was presenting a workshop on **Satir's spirituality: The reconciliation of self.**

My workshop was on the second day of the congress, which definitely affected my concentration level those first two days. It was reassuring to meet with other presenters and hear of similar experiences. Of the estimated 1,600 participants, there were about two hundred in attendance for my workshop.

After the introduction, we participated with a meditation focusing on connecting with the energies of groundedness, the energies of inspiration, imagina-

tion, sensing, and creating the third energy of connectedness. This opened up an opportunity of interactive teaching of the Satir Model regarding the reconciliation of self and reflections for those who participated. Time went by quickly which resulted in continued dialogue with many participants throughout the conference.

It was also a time to meet familiar faces from the previous years in Dusseldorf, Germany and in Akron, Ohio. Some cultural experiences added to the memories such as being downtown the night that Norway beat Spain in the Euro 2000 soccer championships, attending an evening of organ music in the famous Oslo Cathedral, and an evening boat cruise in the harbour.

Fourteen days of immeasurable growth had gone by and my heart was calling me home. Thank you to all those both near and far who were part of this valuable experience.

The Evolution of Psychotherapy Conference

The Fourth Evolution of Psychotherapy Conference's theme was Interaction/Inner Action: The Psychotherapeutic Bridge. The conference was dedicated to previous presenters who were recognized as always being present in spirit. The foundation saw their wisdom and knowledge as an addition to the well being of humankind.

Recognition was given to the following: Virginia Satir, Bruno Bettelheim, Murray Bowen, Robert Goulding, Helen Singer

Kaplan, R.D. Laing, Carl Rogers, Carl Wittaker, Lewis Wolberg, and Joseph Wolpe.

It was wonderful to see so many of our colleagues attending the conference from the Satir Institute of the Pacific. Beth and Alan from Victoria, and from the mainland, Don P., John and Kathlyne, Wendy, Anne, and Deborah. Also present from the Manitoba Satir Institute was Maria Gomori and Gilles Beaudry, and from the Satir Institute of the Northwest,

By— John Riopka

Wendy Huntington.

The conference faculty consisted of well knows such as: James Bugental; Albert Ellis; Eugene Gendlin; John Gotman; Harriet Lerner; Peggy Papp; Cloe Madanes; and Miriam Polster to name a few. It was like being a kid in a candy store in this workshop heaven. My favourites consisted of Yalom, Szasz and Hillman, Minuchin, Gendlin, Bugental and Zeig.

It is my wish for the upcoming Fifth Evolution of Psychotherapy

Conference that Virginia Satir's work will not only be there in spirit, but will be presented by our own in-house master, John Banmen.

From what I saw at the conference the world of therapy is missing out on an amazing approach which could be assisting therapists and counsellors in making transformational changes with their client groups. So let's gear up for 2005 and show the world what we've got!

Training For Trainers Program

Over a year ago the Satir Institute Board approved a training for trainers program to develop a cadre of people willing and able to offer Satir Model training programs in B.C. and around the world.

The program was held during the week of July 9th-16th, 2000 in Victoria, B.C. Initially it was planned for 12 participant, but it ended up with 14, two of whom were guests invited from outside the Institute, one from Winnipeg and one from Singapore.

The main focus of the program was to build a community of leaders who would feel confi-

dent and competent and willing to provide a multitude of different Satir Model programs for professionals and the public.

There was an opportunity to work in dyads to develop a program curriculum, develop a proposal for a possible program, work on a marketing brochure for the program and actually deliver a short portion of the program to the other participants.

To make the leadership more collegial, most of the feedback and evaluation of the presentations was done by the other participants. Each dyad also produced a copy of their

By- John Banmen

planned program for the rest of the participants.

Some energy was also directed towards what each participant will be doing during the next year and beyond. You will see and hear some of the people present at the Satir November conference, *Peace Within, Peace Between, Peace Among.*

I appreciated the focus, productivity, commitment and energy of the group members. I am also looking forward to the initiative each member will take in developing, offering and leading various training programs.

I would say that the program was a huge success!



The main focus of the program was to build a community of leaders who would feel confident and competent & willing to provide a multitude of different Satir Model programs for professionals and the public.

Ongoing & Upcoming Programs

Satir's Systemic Brief Therapy Training Program—Phase I
John Banmen & Kathlyne Maki-Banmen
Ten Day Program—Starting September 2000

Full

Satir's Systemic Brief Therapy Training Program—Phase II
John Banmen & Kathlyne Maki-Banmen
Ten Day Program—Starting December 2000

16 Registered

Satir's Systemic Brief Therapy Training Program—Phase I
John Banmen & Kathlyne Maki-Banmen
Ten Day Program—Starting January 2001

Now Registering

For program and registration information contact:

Wendy Lum
Registrar of Programs
604.540.4415

Other Programs Endorsed by the Board of Directors

Family Reconstruction Workshop
Karin Tschanz & Gloria Taylor
Two Day Workshop—November 3 & 4, 2000

For information and registration contact—
Karin Tschanz at 987-8282

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

Dara Rosenzveig
604.279.5599 Ext. #119
Next Deadline: Oct. 9th