

# The Wisdom Box

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

Board of Directors  
2000–2001

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## Upcoming Special Event— Saturday, February 24, 2001 *Virginia Satir & Milton Erickson on the subject of Trauma*

This special event is a first in a series of workshops sponsored by the *Satir Institute of the Pacific* which will compare the Satir Method with another therapeutic approach focusing on a specific issue.

This particular workshop will focus on trauma through comparing the Satir Model with an Ericksonian approach.

Through a combination of lectures, demonstrations, structured exercises and group discussions the participants will gain a sense of some of the similarities and differences between the Satir and the Ericksonian approaches in dealing with trauma.

Participants will be introduced to some practical tools for working with clients and patients who have experienced trauma. Exploring these two approaches will help professionals to deepen their understanding and to augment their skills in dealing with trauma.

The workshop is open to professionals and graduate students in the mental health fields. Some of those invited to attend would include: counsellors, physicians, clergy, social workers, marriage and family therapists and nurses.

Dr. Brian Pound who is a physician and hypnotherapist with 40 years experience will explore the issue of trauma through the

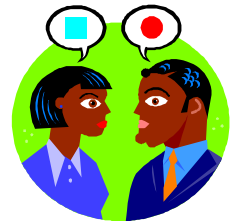
Ericksonian methodology.

Stephen Smith who is a family therapist and addictions counselor will present this issue through the Satir Model.

Registration:

\$65—SIP Member/Student;  
\$75 non-SIP Member

For registration please call:  
Wendy Lum — 604.540.4415



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## Message from the President

I am filled with appreciation for all those who made our conference at UBC in November such a successful event which had a total of 115 attendees. Although the space was challenging for the presenters, the feedback on their sessions reaffirmed the decisions of the Board to invest in the Training for Trainers course last summer.

The volunteer team, led by Anne Morrison, working for many months behind the scenes, is to

be congratulated for their major contribution, overall plan and attention to detail, that exceeded my expectations in producing a high quality, well attended event. They have established a new level of expectations for the Institute's public events.

We look forward to a smaller and more specialized event on February 24th with Dr. Brian Pound and Stephen Smith talking about Milton Erickson's and Virginia Satir's approaches to

trauma.

Plans are also well in hand for the day of our AGM, May 19th. It will begin with a two hour presentation (detail to be finalized), then our AGM and elections for the Board and President will be held, before adjourning for some socializing over dinner.

Michael T. Callaghan  
*President*

## An Interview with Dr. John Banmen

DR—What has the new year in store for you John?

JB—Well, a good question. I hope the year has a lot of happiness for me and Kathlyne and hopefully more time for us to spend together.

DR—What are your plans for this year?

JB—I will do a lot of travelling this year. Starting with a trip to Ottawa in January to complete a nine day, three weekend advanced training program, followed by a two day workshop in Mission for the local mental health professional. I then will go to Edmonton in early March for a two day workshop with their school counsellors.

At the same time, Kathlyne and I are starting a new Phase I in January, and continue with the Phase II on weekends.

DR—What do you hope to achieve with all these workshops?

JB—My main interest is to improve the competency of counsellors and therapists of all types and backgrounds. In fact, one might say that I consider that as my professional priority.

DR—What are you offering participants who join your training?

JB—We are training professionals to do transformational change therapy using the Satir Model as it has grown during

the last decade. Change therapy focuses on helping people change from within, more of a change of being than just doing or feeling.

DR—How successful are your programs?

JB—That is difficult to say. We have always filled our classes with participants, sometimes we have long waiting lists. Our graduates seem to get jobs and are promoted more easily. Clients or potential clients call us for names of therapists using the Satir Model. Feedback from participants is usually excellent. We try to improve our workshops on an ongoing basis.

DR—Are you satisfied with the programs?

JB—The five weekends, ten day program does not seem to be long enough, effective enough for participants to shift their practice into transformation change therapy. I am finding it takes much longer to become a successful effective, competent change therapist than I had expected. Therefore, we want to make Level I and Level II of our training programs into one program with two phases. Yet, many people have made major improvements in their effectiveness, in their depth of changes and they are reducing the time

## By— Dara Rosenzveig

it takes for therapeutic success.

DR—What about your international programs?

JB—Every spring I fly to Asia to train therapists in Hong Kong, Taiwan and Singapore. I will do so again this year. I run two year, 16-20 day programs in each of these places. Local people are helping me with the supervision of participants in between my training sessions. These programs have been very enjoyable and have given me

much opportunity to apply the Satir Model in different cultures.

Last November the University of Hong Kong appointed me Associate Professor for a three year period to offer a therapy and supervision

program for faculty and field supervisors in the Department of Social Work. The program started last December. It is going very well. I will be back at the University in late May.

From there I fly to South Korea to start a new training program in Seoul and in Pusan. Korea is planning to establish a Satir Institute in Seoul sometime during the year.

Maybe that is enough about my international travels for now.

DR—I know you have some

other travel plans for June and July. What else are you working on that falls under the Satir Model umbrella?

JB—The most exciting project is to produce a whole issue of the Journal of Contemporary Family Therapy focusing on the Satir Model. Twenty people are working on possible articles for the special issue of the journal. I am in the role of guest editor helping everybody with their writing, editing, and at times with their confidence.

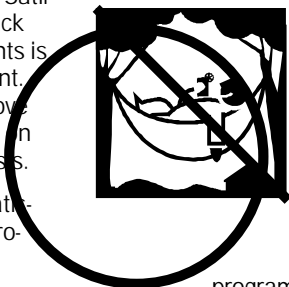
The second project is to produce three to six video tapes of me doing a therapy session which are professionally videotaped and edited. The first session with discussions by therapists is now commercially available from the producer. We have taped two additional sessions, as well with discussions, but they have not been edited at this time.

DR—You seem very busy.

JB—When I retired from the Ministry of Health and became very active with travelling, supervision, and private practice, Kathlyne wrote an article saying that I had **failed** retirement. Now I believe her.

DR—Thank you for sharing some of your activities with me. Hopefully we'll hear about the rest of the year at a later time.

JB—Thank you.



## News Around the Institute

One of our founding members, who was previously involved with NSI, Art Chapple, has recently fallen ill. The Board has sent him flowers and we wish for him a speedy recovery. He would welcome and appreciate all of our prayers.

Michael Callaghan, our faithful

and founding president for the past three years is retiring. It just so happens that he is also retiring from his job, in fact we need to congratulate him immediately, as he has officially retired in mid January. As one of his last projects, Michael completed a comprehensive training manual dealing with men

and addictions for the Ministry.

We also need to congratulate Wendy Lum on her recent engagement to Bernie Neufeld. This is a little bitter-sweet, though, as Wendy will be moving to Kelowna after her wedding on June 16th. Many happy returns!

Pauline Mullaney, and Anne Morrison have each received bursaries for the 1st International Intensive being held in Hong Kong—July 20–26, 2001.

Peace Within, Peace Between, Peace Among was a wonderful success and we look forward to hearing more about it soon...

## Burnout and Satir

As some of you are aware, I have recently completed my master's thesis entitled "Health Care Practitioner Burnout and The Psycho-Spiritual Satir Model: A Phenomenological Study of Managing Personal Energy." I was delighted and relieved to learn that it has been approved so I now have my M.Sc.

Current burnout prevention typically focuses upon the mind-body relationship. The purpose of my phenomenological study, conducted from the perspective of the Satir approach was to explore health care professionals' burnout. It was my intention to better understand how to prevent becoming energetically depleted when working in a heart-centered manner.

I explored the lived experiences of managing and protecting personal energy during short-term therapeutic interactions and over the long term. A focus group and in-depth individual interviews were conducted with

ten health care participants in total, who worked psycho-spiritually.

On average the participants had about 20 years experience working as a health care professionals. Participants were not selected based on their coping stance, but rather according to whether or not they had: a) never experienced chronic stress or burnout; b) experienced chronic stress; and c) experienced chronic stress and burnout.

Whilst generalizing would be inappropriate given the small sample size, some interesting patterns emerged. I'll briefly share some of the findings regarding the Satir coping stances. It was most notable how vulnerable placaters are to burnout.



## By—Deborah Fish

All the participants who were either still struggling with cycles of chronic stress or who were at different stages in overcoming chronic stress or burnout correlated with a tendency to focus excessively on meeting their deeper needs through external sources and limited self-dealing with some interpersonal sources of conflict. Stress management efforts addressed the behavioural level of the iceberg to the detriment of their emotional and physical health.

By contrast, those who were the most resilient to burnout throughout their careers were the super-reasonable participants. I described them as "compassionate super-reasonables" as they had taken steps to enhance their congruence and deepen their connection with themselves and others. They all displayed a genu-

ine caring for the well-being of others yet recognized a tendency towards what we would describe as super-reasonable coping.

This group stood out as having become particularly curious about themselves early in their health care academic pursuits. At that time it precipitated an enthusiastic quest of self-discovery shared with others who were like-minded.

As a result of acquiring a deeper level of self-knowledge they intentionally assumed greater responsibility for meeting their own needs. They made more effective workplace choices and committed to managing their self-care on an ongoing basis from early in their careers as health care professionals.

If you have any questions on my research findings, you are welcome to call me at 604.737.7563 or e-mail me at debfish@sprint.ca

## Announcements



The Annual General Meeting of the Satir Institute of the Pacific will be held on:

May 19th, 2001— 1– 5 pm

Location to be announced in the next *Wisdom Box*

### Satir Model Leadership

An evening to take responsibility or lend support for a particular topic.

February 15th, 2001, 7–9:30 pm  
Canadian Memorial Centre for Peace  
1825 W. 16th Ave., Vancouver (at corner of Burrard)  
Second floor: Library & Rm. 201—Free parking behind

Don't forget to visit our website!!!

[www.satirpacific.org](http://www.satirpacific.org)

Submit ideas and content to  
Sue Taylor, Tel: 604.988.5353 or  
E-mail: [susantaylor@canada.com](mailto:susantaylor@canada.com)

## NEW—Advertising and Classified Ads in the *Wisdom Box*

As of our most recent Board meeting in January, The Wisdom Box is now accepting classified ads and regular advertising. Here is our new policy.

Advertising is welcome. The *Satir Institute of the Pacific* reserves the right to reject advertisements which do not meet the general purpose of the organization. Send all copies, payments and inquiries to the Editor. A cheque payable to the *Satir Institute of the Pacific* must accompany your copy.

Display advertising rates:

- ♦ Full page— \$50
- ♦ Half page— \$25
- ♦ Quarter page— \$12

Classified advertising:

The cost for professional related items such as office rentals, items for sale, equipment needs, supervision etc. for up to 3 lines are free for members and \$1 per line for others.

If possible, please forward articles and advertisements via e-mail attachment (in Word for

Windows format) and/or computer disc, camera ready, for the Editor at the address listed below.

Attention Advertisers:

The Wisdom Box is published four times per year. Summer, Fall, Winter and Spring. For those interested in advertising Summer events and programs, the next deadline for submission is April 16th, 2001.

Please submit any articles, ideas, gossip, poems or any-

thing else to the Editor.

Editor:

Dara Rosenzweig  
2510 Eton Street, Vancouver,  
B.C., V5K 1J7  
Tel: 604.251.7491  
Fax: 604.251.7400  
E-mail: skicochen@hotmail.com

Please identify the e-mail for The Wisdom Box in the "Subject" portion before sending the e-mail, thanks.

## Classified Advertising

- ♦ Anyone aware of 800 ft<sup>2</sup> space for lease, appropriate as a possible workshop space with kitchen facilities in the lower Mainland—please contact Pauline Mullaney at Tel: 604.875.2653 or E-mail at: Pollmull@aol.com



### SYSTEMIC FAMILY CONSTELLATION WORKSHOP ACCORDING TO BERT HELLINGER'S APPROACH

This is an opportunity to experience the extraordinary systemic family constellation work of German psychotherapist Bert Hellinger as facilitated by Garielle Borkan. Hellinger's work has been hailed as one of the "most original in contemporary psychotherapy."

THIS WORKSHOP IS DESIGNED FOR INDIVIDUALS AND COUPLES WHO ARE SEEKING WAYS OF WORKING WITH THE DIFFICULTIES IN THEIR LIVES WHETHER MANIFEST IN PHYSICAL ILLNESS OR IN DISRUPTIVE LIFE PATTERNS, AS WELL AS THERAPISTS AND HEALTH PRACTITIONERS WHO ARE LOOKING TO EXPAND THE WAY THEY WORK WITH THEIR CLIENTS IN NEW, EXCITING AND POWERFUL WAYS. ANYONE CAN BENEFIT.

#### Workshop Facilitator: Gabrielle A. Borkan, M.S.W.

Gabrielle Borkan obtained her psychotherapy license in Germany and has been closely working with Bert Hellinger for six years.

When: June 22–24, 2001. Friday: 6–9:30 pm, Sat and Sun 9 am–6 pm.

Where: Vancouver, B.C.— (Location to be announced).

Tuition: \$280 (There is a student rate available). Deposit \$100.

Refunds are available until 10 days prior to the workshop, minus \$30 processing fee.

For more information and to register please contact:

Karin L. Tschanz, M.Th., 3166 St. Georges Avenue, North Vancouver, B.C., V7N 1V2

Tel: (604) 987-8282, Fax: (604) 985-7667, E-mail: [ktschanz@primus.ca](mailto:ktschanz@primus.ca)

## Nominations for the Board of Directors 2001

Three Board positions are becoming available this year. Membership to the Board of Directors is a three year commitment.

*This year we need to elect a new President because, according to our constitution, we cannot re-elect Michael (he has presided for three consecutive years). Please think about possible candidates and be sure to nominate them!*

To become nominated or to nominate someone you think would benefit the Board, follow the steps outlined below.

### Step 1:

Decide who you would like to nominate. Remember, you can nominate for all positions, and as many people as you would like. You can nominate a person for more than one position. You may also nominate yourself. Feel free to copy this form as many times as necessary, if you are nominating more than one person.

### Step 2:

Call your nominee(s) to make sure they are willing to run.

### Step 3:

Fill out the form below and mail or fax it to SIP care of—  
Martin Bartel, 5937 Cutler Rd., Agassiz, B.C., V0M 1A2  
Tel: 604.796.0152, Fax: 604.796.2517.  
*Faxes are encouraged!*

### Nomination Form for the Board of Directors

Your Name (please print) \_\_\_\_\_

Are you a Clinical Member?  Yes  No

Are you a Professional Member?  Yes  No

Are you a Student/Affiliate Member?  Yes  No

Name of Nominee: \_\_\_\_\_

Address of Nominee: \_\_\_\_\_

Nominee's Phone Number: \_\_\_\_\_  Home,  Work

Are you nominating for a specific position?  Yes  No

If yes, for which position(s)? \_\_\_\_\_

Have you verified this person's willingness to be nominated?

Yes

If not, please do so *prior* to submitting this form.

*Please submit all nominations before May 1st, 2001.*

## A Poem about My Satir Triad

We came together,  
Met as three souls,  
Searching ourselves,  
Searching each other.  
Humility, openness,  
Honesty, wholeness,  
Essence, desires, truth,  
We shared all these.

We came together,  
With our expectations  
Of ourselves, from others,  
Our beliefs, values, assumptions.  
We explored our feelings,  
And judgments about feelings.  
We offered trust, and trusted,  
We walked on sacred ground.

## By—Mary—Ann Reid

I am bigger now,  
More whole, integrated,  
More intimate with my self.  
Fewer pieces are hidden.  
I saw my self in these others,  
Through these others.  
I am more able to differentiate  
Between you and me.

We now shine brighter,  
Move as brighter stars.  
We are more tuned,  
And more able to tune in.  
We are freer to share  
Our gifts with the world.  
By the flow of giving and receiving,  
We have been blessed.  
— April 2000—

## New Members

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

Upgraded to Clinical—  
Jung Wa Sue  
Karin Tschanz

Professional—  
Sherry Baker  
Mary-Ann Reid



For information and membership applications contact:

Sue Taylor  
Coordinator of  
Membership Applications  
604.988.5353

## Training For Trainers Program

The Board of Directors has approved a second Training For Trainers program to be held August 18–23, 2001 at the University of Victoria.

Details have recently been mailed to our members.

Participants in the last year's program will be al-

By—John Banmen

lowed to re-apply. We will accept twelve participants for the training program. Phase II completion will be a prerequisite.



## Ongoing & Upcoming Programs

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

23 Registered

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

24 Registered

*Therapeutic Explorations Workshop on Trauma*  
Stephen Smith and Dr. Brian Pound  
One Day Workshop for Professional Development  
February 24, 2001

31 Registered

*Training For Trainers*  
John Banmen & Kathlyne Maki-Banmen  
Seven Day Program—August 18–23, 2001  
Held at the University of Victoria

Now Registering

*Satir's Systemic Brief Therapy Training Program—Phase I  
In Victoria*  
Beth Lisson & John Riopka  
Ten Day Program—Oct. 13/14, 2001, Nov. 10/11, Dec. 8/9,  
Jan. 11/12, 2002, Feb. 8/9

Now Registering

For program and  
registration information  
contact:

Wendy Lum  
Registrar of Programs  
604.540.4415

## Other Programs Endorsed by the Board of Directors

*AVANTA Advanced Intensive Residential Training Program*  
John Banmen & Kathlyne Maki-Banmen  
Dumas Bay Center, Washington, U.S.A.  
August 7–13, 2001

*Hong Kong Satir Institute & AVANTA  
Advanced Intensive Residential Training Program*  
John Banmen & Kathlyne Maki-Banmen  
Hong Kong Institute of Education, Hong Kong, CHINA  
July 20–26, 2001