

# The Wisdom Box

The Official Newsletter of the Satir Institute of the Pacific

## Board of Directors

**President:**

Kathlyne Maki-Banmen

**Secretary:**

Michael Callaghan

**Treasurer:**

Bruce Cullen

**Director of Training:**

John Banmen

**Director of  
Membership Services:**

Anne Morrison

**Directors:**

Katherine Carol

Todd Clark

Tim Head

Mindy Kollman

Colleen Murphy

## Message from the President

What a marvelous three months we have had since the last newsletter!!

We had a very successful Annual General Meeting on May 9<sup>th</sup>, 2002. I would like to appreciate the members of the Board of Directors whose 3-year terms came to an end: Alan Baiss and Anne Morrison. Alan chose to contribute to the Institute in ways other than on the Board. He has served on the Board in the capacity of Treasurer and has contributed in numerous ways to making the early days of the Satir Institute successful ones. Anne remains on the Board in an appointed capacity as Director of Membership Services, a position she fills with grace, wisdom, enthusiasm and vision. I would also like to appreciate Martin Bartel for his many contributions to the Board of Directors. Although his term has one more year, Martin decided to resign from the Board in order to devote his time to other endeavors. Thank you to all three of you!

We welcome new Board members Todd Clark and Colleen Murphy for 3-year terms, and Katharine Carol to complete the one year left in Martin Bartel's term. I was also re-elected for another 3-year term. I am also proud and pleased to have been elected by the membership for another year as your president. The other executive Board members are Michael Cal-

laghan, Secretary, and Bruce Cullen, Treasurer. The Board of Directors is hoping to meet for a visioning retreat in the fall to chart the future of our organization. We will keep you posted about our new ideas.

We also have a very successful start to therapy training in the Interior of the province. The new Satir's Systemic Brief Therapy Level I program in Kamloops began with 22 very open and enthusiastic participants. There is such excitement and energy for learning that another Level I program is planned for the fall and a Level II program is in the works for the spring of 2003.

Our most exciting endeavour, however, is the day we spent with Dr. Ken Cox from NASA, Johnson Space Center, in Houston, Texas. After years as a scientist and engineer with many space projects, beginning with the Apollo moon missions, Ken has evolved into a futurist with stimulating and moving ideas. We were challenged to become stewards for our planet and our universe, to be open to diversity and change, and to integrate past, present and future, inside and outside. The wonderful thing about spending the day with this warm and down-to-earth man was the realization

that the more we explore our relationship to outer space, inner space and under space, the more depth we come to internally. The day was more about the spiritual aspects of human experience and transformational change than it was about astronauts and space missions. It is an experience I shall treasure. Thank you to Bruce Cullen and Todd Clark and their volunteers for putting in the long hours and hard work to make this day a success.

Many of you are now planning your summer holidays. Some of you are including residential training programs in Canada or abroad as part of your break this summer. I hope that you will all practice good self-care and plan time to revitalize and rejuvenate. As I look ahead to the fall and winter, it seems that there will be many more exciting opportunities. I hope you will consider the possibility of joining us, not just as a participant or as an observer, but as an organizer, volunteer or innovator. There is room for all of our stars to shine in the vast universe.

Kathlyne Maki-Banmen  
*President*

### Inside this issue:

|   |   |
|---|---|
| News Around the Institute & new members                 | 2 |
| SIP Community Party                                     | 2 |
| Invitation to assist/escort foreign visitors            | 2 |
| Understanding the Survivor of Suicide                   | 3 |
| SIP Membership Team Meeting                             | 3 |
| Training Programs                                       | 4 |
| Advertising and Classified Ads in <i>The Wisdom Box</i> | 4 |

## News Around the Institute

Congratulations to Wendy Lum and Sandy Ang for being granted bursaries by the Satir Institute of the Pacific Board of Directors to attend the Advanced Intensive residential training program in Singapore in July. Wendy will join the faculty team as an intern. Sandy will join the participants to experience the meeting of East and West.

Speaking of Wendy Lum, it is so good to have her home in BC! Reno's loss, our gain. Wel-

come back!!

David Kennedy has turned his retirement into a new career opportunity by becoming involved in Vernon's civic initiatives to provide trails and paths for recreation in the city. Linda is trying to wind down some of her practice so that they can enjoy some more quality time together.

Michael Callaghan is back from his trip to Italy and beyond. Hope you and Renada had a wonderful time.

Captain Bruce Cullen has moved aboard his new boat. He is now a one-man, two-boat operation—one for living on and one for sailing. I hear he is growing barnacles between his toes.

Jim Smith is recovering from a mysterious ear infection which landed him in the hospital for a few frightening days. He is recovering nicely at home, much to his family's relief. Get well soon, Jim.

*"Linking one human being with another was an integral part of Virginia's goal of education."*

- B. J. Brothers, 2000

## Satir Community Party – by Pauline Mullaney

On Saturday, May 11th, Satir folks gathered together for a party at my house. Nobody knows that Todd Clark toiled for hours getting that vegetable plate the absolutely most aesthetically pleasing that it could possibly be. A ham plate has never looked so tasteful as in the hands of a food artist such as he. Jung Hwa Suh arrived and set to work cutting and arranging cheese, and I realized that the party had begun.

There were about 30 people, (I didn't count), but it was fun to see members and their partners in a social setting. But where were John and Kathlyne? They arrived thank goodness, what would a Satir party be without them? As all superstars they value their privacy, and snuggled on the sofa in the living room. Not for long before the party came to them. Guests gravitated to the sofa, while Mozart played in the back-

ground. My daughter Rowan, age 16, also met a few guests. As she nibbled on a salmon bagel, I overheard her saying that her mother had tried to get rid of her and her brother by sending them out for sushi. So much for trying to second guess what a teen wants, especially your own! So many people with such diverse interests yet a common passion. It was fun, and I met a few people that I had heard of, but didn't yet

know. I realized that we're a community and it was good to get to know people better.



## New Members

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

Affiliate:

Shelly Chvala  
Barbara Faris

Professional:

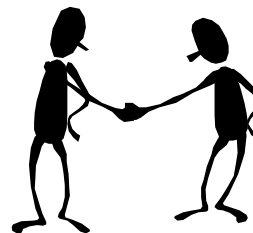
Jacqueline Armstrong

Clinical:

Mary Leslie

*Reminder to Professional and Clinical members:*

You are required to show evidence of at least 60 hours of relevant continuing education over each three year period of membership. Reminders will be sent out shortly to applicable members.



For information and membership applications contact:

Tim Head  
Co-ordinator of  
Membership Services  
604.535.6168

## Invitation to Assist Foreign Visitors

The Satir Institute of the Pacific has volunteered to greet foreign visitors who are coming to attend the AVANTA Satir's Systemic (brief) Therapy week-long residential training program and escort them from the airport, train station or bus station to Rosemary Heights Retreat Centre in South Surrey. It can be a scary thing to arrive in a strange country where you don't know the language well and have to find your way to a place you've never heard of before. The program starts on July 23<sup>rd</sup>, so people will probably be arriving on the 22<sup>nd</sup> or the morning of the 23<sup>rd</sup>. If you would like to volunteer to meet and escort one of our Satir friends, please contact Todd Clark at 604-828-3949.

## SIP Membership Team Meeting – by Anne Morrison & Mary-Ann Reid

On April 20th, the Membership Team gathered at Anne Morrison's home to meet for the first time. In attendance were Anne, Todd Clark, Judy Ferris, and Mary-Ann Reid, with regrets from Kathlyne Maki-Banmen, Pauline Mullaney, and Tim Head. The purpose of the meeting was to remind ourselves of the overall vision for the Institute; to establish and confirm the vision for our Membership

Team; to understand the scope and reach of the Membership Team areas of focus; to establish the strategic directions for each area; and to conclude with an action plan to guide us over the next year.

The meeting began with a recognition that this was our first meeting; that at this stage we were a group of individuals committed to the Satir Institute com-

munity; that we all have various individual tasks; but that we were not yet a "team." By the end of the meeting, our group of individuals all felt connected as a team, committed as a team, and renewed through the sharing, creative thinking, and support that each person brought to our circle. Indeed, our Membership Team was royally launched! We clarified roles, responsibilities, and challenges, and devel-

oped our vision, mission, and action plan.

We welcome everyone's ideas, comments, and questions. Please feel free to contact us:

Anne Morrison: 604-856-8317 or [annekm@telus.net](mailto:annekm@telus.net)

Mary-Ann Reid: 250-549-2664 or [www.satirpacific.org](http://www.satirpacific.org)  
> contact > editor

## Understanding the Survivors of Suicide

– by Jim Smith

The loss of a loved one, close friend or fellow student to suicide has tremendous impact on the emotions of survivors. Each suicide has severe and prolonged effects on those left behind. Those left behind experience complicated bereavement. This is due to the combination of the sudden shock, the unanswered question of "why", and possibly the trauma of discovery or witnessing the suicide.

Survivor of suicide may blame them selves for the pain they are experiencing in an effort to make meaning of the death: if only they had done more, if only they had been there, they should have, why didn't I, I was supposed to, they counted on me, I let them down and so on. Often, on the surface, these survivors may appear depressed, distraught and guilty. On the inside they may feel worthless and slip into state of pervasive sadness and depression coupled with feelings of helplessness and perhaps, suicidal ideation. These individuals may be the most vulnerable to what is referred to as the contagion effect of suicide. In the experience of performing behavioural investigations survivors who have developed self-blame have a tendency to stay in the grieving process for a long time, perhaps, even years.

Some survivor may blame the deceased for the pain they are experiencing in an effort to make meaning of the death. How could they do this to me, they could have asked for help, what could be that bad, they were always a bit different, they were probably crazy, I did everything I could for them, this is an act of inconsideration. On the surface these survivors may appear to be reactive and insensitive and voice unfair expectations of the deceased. Often, on the surface, they seem angry or demanding, but inside they may feel lonely and misunderstood. In the experience of performing behavioural investigations survivors who tend to project their anger can be most difficult and emotionally draining to deal with. These people can be highly critical of the coroner's efforts, the world and its systems such as schools, teachers, therapist and medical practitioners. Their continued attachment to blame pushes away the vary systems that are trying to help. These survivors may threaten to go the highest level of government or law for satisfaction.

Others might cope with the loss of a loved one to suicide by trying to keep things on a rational level, ignoring or discounting their own feelings. On the surface, these survivors may seem insensitive and detached, but inside they often

are easily flooded by emotion and may feel afraid and insecure. While focusing on the details of the suicide and subsequent arrangements, these survivors may feel very fragile, and have a deep sense of isolation from others and within themselves.

These survivors may create distance from others by isolating themselves with books, TV, games, and computers. Their behaviors may manifest outwardly through perfectionistic, obsessive, and/or compulsive behaviors. These survivors may expect others to behave in rational ways and may expect themselves and others to "get over it," and move on with their life without understanding the natural process of grief. While they feel they are capable of resolving their grief, they often need external sources to assist them with their guilt before active grieving can proceed.

And still other survivors of suicide may withdraw from the overwhelming internal pain and fear, and from external connections with others. On the surface these survivors may seem unable to focus, and may act inappropriate, disruptive and chaotic gestures and comments. From this place of emotional chaos, these survivors cannot offer themselves or others emotional support. They are

often dependant on external sources for their emotional survival.

The complexity of individual grieving processes invites support and compassion even from the most jaded of caregivers. Knowing how to be supportive and compassionate and useful to survivors of suicide is part of the art of being a coroner. Knowing how to perform the coroner's art while maintaining emotional health is the responsibility of each individual coroner and the system they exist in.

Perhaps the best teachers in the art of emotional survival are the survivors of suicide themselves. While this article talks about some of the complexity associated with grieving processes people do survive tragedy for the most part and remind us that the will to live is enormous and is on the side of the living. Having faith most will survive death and loss can help to take the burden from the shoulders of the coroner.

*"Given the proper conditions, every form of life is oriented towards growth."*

- Satir and Baldwin, 1983

## Training Programs

### Satir's Systemic Brief Therapy Program – Level I Lower Mainland

Dr. John Banmen & Kathlyne Maki-Banmen  
Assisted by Anne Morrison

September 21 & 22; October 26 & 27; November 23 & 24, 2002;  
January 18 & 19; February 15 & 16, 2003

To register, contact Todd Clark: (604) 828-3949

### Satir's Systemic Brief Therapy Program – Level I Kamloops, BC

Kathlyne Maki-Banmen

October 4, 5, & 6; November 1, 2, & 3; December 6, 7, & 8, 2002.  
Plus, one video day (TBA).

To register, phone Kathy Wyse: (250) 374-8542

### Satir's Systemic Brief Therapy Program – Level II Lower Mainland

Dr. John Banmen & Kathlyne Maki-Banmen  
September 14 & 15; October 19 & 20; November 16 & 17, 2002;  
January 11 & 12; February 8 & 9, 2003.

To register, contact Kathlyne Maki-Banmen: (604) 591-9269

### Satir's Systemic Brief Therapy Program – Level II Kamloops, BC

Kathlyne Maki-Banmen

March 22, 23, & 24; April 25, 26, & 27; May 23, 24, & 25; 2003.  
Plus one video day (TBA).

To register, contact Kathy Wyse: (250) 374-8542



## Other Endorsed Training Programs

### Family Reconstruction Using the Satir Model

Kathlyne Maki-Banmen

July 13, 2002 – 9am to 5pm

Best Western Abercorn Inn, Richmond, BC

For information and registration, contact  
Kathlyne Maki-Banmen: (604) 591-9269

### Satir Systemic (brief) Therapy Advanced Residential Training Program

Dr. John Banmen & Kathlyne Maki-Banmen

July 23–29, 2002

Rosemary Heights Retreat Centre, Surrey, BC

(see invitation to assist/escort foreign visitors on page 2)

To register, contact AVANTA: The Virginia Satir Network:  
[office@avanta.net](mailto:office@avanta.net)

### Satir Advanced Intensive Practicum Training Residential Workshop in Singapore

Dr. John Banmen & Kathlyne Maki-Banmen

July 1–July 7, 2002

**VISIT OUR WEBSITE:**  
[www.satirpacific.org](http://www.satirpacific.org)

## Advertising and Classified Ads in *The Wisdom Box*

The Wisdom Box is now accepting classified ads and regular advertising. Here is our policy:

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

### 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. The next deadline for submission is September 31st, 2002.

Please submit any articles, ideas, gossip, poems or anything else to the Editor:



Making contact.

Mary-Ann Reid  
7816 Okanagan Landing Rd.  
Vernon, BC, V1H 1H2  
Fax: 250-260-4186  
Or, via the website:  
> [www.satirpacific.org](http://www.satirpacific.org)  
>contact  
>editor