

# The Wisdom Box

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

## Board of Directors 2002–2003

*President:*  
Kathlyne Maki-Banmen

*Secretary:*  
Colleen Murphy

*Treasurer:*  
Michael Callaghan

*Director of Training:*  
John Banmen

*Director of  
Membership Services:*  
Anne Morrison

*Directors:*  
Katharine Carol  
Todd Clark  
Mindy Collman  
Bruce Cullen  
Tim Head  
Pauline Mullaney

## Announcements

The *Annual General Meeting* of the **Satir Institute of the Pacific** will be on:  
**May 31st, 2003**  
Location: TBA



Meetings of the Board of Directors of the *Satir Institute of the Pacific* are open to members only.

The next Board meeting is planned for February 6<sup>th</sup>, 2003 from 6:30 – 9:30pm at the Banmen household, 11213 Canyon Crescent, Delta.

The following Board meeting is planned for April 3<sup>rd</sup>, 2003 at 6:30 – 9:30pm at the Banmen household, 11213 Canyon Crescent, Delta.

## Message from the President

Happy New Year! This seems to not only be a time of new beginnings, but also a time for reflection. Where we have been, to a large degree influences where we am going, depending on our level of awareness, our willingness to change, and the choices we make.

The past year has been a productive year for the Institute. We have been going through both growing pains and celebrations. As we have had the opportunity as an organization to look at possibilities, we have often been in chaos. Should we have our own facility? Do we need an administrator? Is it time to expand on the number and types of programs we present? What are the costs in time and energy to move forward and in what directions? What kinds of services do we need to provide for our growing membership?

It is time to remember that chaos is a positive energy. It means that the old status quo no longer fits and change is taking place. It also means that we have not, as a system, envisioned our new future and are in the midst of the confusion associated with that. There are so many choices and opportunities. It is extremely exciting to both watch and participate in this process.



The Board of Directors has planned a retreat this spring to help to facilitate this process. Wendy Lum will lead us in a process of visioning, clearing, goal setting and planning. The date has not been set, but there is a tremendous commitment by the members of the Board to this end. I know that the

outcome will be very positive and very exciting for the organization, for the individual members of the organization, for the Satir community we are developing in BC and for the Satir community we have been developing in the world..

I sometimes wonder if we really understand the power of the paradigm that Virginia Satir left us. Most of us realize that it is not only a therapy model but also a wonderful opportunity to live a congruent, joyful, loving life. We spend a lot of time working on our own congruence and practicing our process skills for therapy. But do we look at the larger picture and our responsibilities to the world?

What other choices do we have for what we learn? How can we take our congruence and our knowledge beyond ourselves, our own

*(Continued on page 6)*

## Inside this issue:

Unsung Heroes Award & Connections in the Spirit of Satir	2
Fireside Chats	3
The Satir Model in Addictions Treatment Reflection on Evening w/ Stephen	4
New Members & At the Movies	5
News Around the Institute Advertising and Classified Ads in The Wisdom Box	6
Resource Corner Nominations for the Board of Directors	7
Ongoing & Upcoming Programs Creative Therapy Conference – November 2003	8

## Unsung Heroes Award

Do you know a member of the *Satir Institute of the Pacific* who works for the benefit of all of us, selflessly and often quietly in the background, not seeking recognition for themselves, but exemplifying Virginia Satir's work of "peace within, peace between, peace among"?

The **Unsung Heroes Award** has been designed to recognize and honour individuals who have provided exemplary service or made significant contributions to the *Satir Institute of the Pacific*. The Award is intended for members within a variety of capacities, and from diverse settings, in order to locate deserving members whose service might otherwise be missed.

### Award Criteria:

- ◆ Recipients of the award will be members of the *Satir Institute of the Pacific* who are not Directors of the Board.
- ◆ They will have demonstrated selfless giving of themselves, their energy, their time, and their creativity.
- ◆ They will have offered their help of their own volition without looking for reward or recognition.
- ◆ They will be people who enrich the lives of those with whom they come in contact.

### Nomination process:

Please forward the names of nominees to:

**Judy Ferris**  
Award Coordinator

E-mail: jaferris@shaw.ca or  
Mail: #120-8737 212<sup>th</sup> St.,  
Langley, BC, V1M 2C8.

Please give your reasons for nominating the person(s) and give examples or anecdotes.

Deadline for nomination submissions:

**March 15, 2003**

### Selection process:

The Award Coordinator, the Director of Membership, and the Board of Directors' President, will review all nominees and make recommendations for Award winners to the Board at its April 3, 2003 meeting. Up to 3 Unsung Heroes awards will be presented at the Board's Annual General Meeting May 31<sup>st</sup>. Special plaques will be created for those being honoured.



## Connection in the Spirit of Satir

On Saturday, November 23, 2002, a group of Satir enthusiasts gathered to hold their first *Fireside Chat* in Vernon. It was indeed a lively afternoon filled with connections, contact, tears, laughter and delights.

Among the inaugural group was Mary-Ann Reid, a local family therapist, the visionary of both the inception of the group, as well as all things wise and mystical—we pleasantly discovered—was a gracious and generous host to the first *Fireside Chat*. Mary-Ann's office space is filled with lovely healing energy and it was such a privilege to meet within her working space.

The other participants included Linda Kennedy, a much lauded and recently retired therapist in the area, whose stellar reputation extends as vastly as the famous Okanagan landscape; she is ever eloquent and thoroughly grounded in the Satir modality.

Wendy Lum, a private practice therapist, consultant, as well as a Satir Intern and trainer from Kelowna brought such a gentle energy to the group, with her sweet insight into the mechanisms of healing, based upon her reverence for all people on their journey.



## By— Joan Mortenson

Kathy Wyse—name befitting such a sage, is a counselor and Satir Intern from Kamloops who brought a sense of whimsy and lightness to the group with her charming sense of humour, as well as her deep regard for the profundity of the impact this model of practice bestows in all of our lives, including the lives she touches.

Shelly Chavala, a wondrous wood nymph, is also a child and family counselor in the area connected to North Okanagan Youth and Family Services Society. She brought a quiet yet powerful wisdom to the group, based from a sense of hon-

our and commitment to a life lived with authenticity, vision, and spirituality, inviting each of us to trust in our own internal processes.

I am the neophyte of the group, new to yet enticed by the Satir model of practice. I work with children and families through a child welfare agency with a local First Nations community. I could not be more pleased or more blessed, to be welcomed by such a wonderful group of people as these, committed to the exploration and development of the work of Virginia Satir. Her divine presence was palpable.

We opened the group by

*(Continued on page 5)*

## Join Us At One of Our Fireside Chats!

Anne Morrison, Director of Membership Services, is happy to announce that the Institute's "Fireside Chats" – informal gatherings held within different members' homes for members to meet one another and share their personal and professional experiences with the Satir model – are now in full swing.

In the Fall, they were held in the Fraser Valley area and the Okanagan area and plans are now underway for the next *Fireside Chats* to be held in Vancouver, Vernon, Fraser Valley, and Victoria.

We welcome anyone who would like to host one of these events in their homes. Just contact Anne and let her know if you would like to be a host or hostess.

In the Spring, we also have plans to launch *Chats* in Coquitlam and we would welcome more in any of our different regions.

The format for our *Chats* is very informal and includes a

welcoming, sharing time, and reflections together over tea/coffee and refreshments, within members' homes and living rooms.

We selected the name of *Fireside Chats* to evoke an image of warmth, good cheer, support, and nourishment – which we know always occurs through our gatherings together, whether or not members actually have a fireplace!

To sign up, simply give the Member Host/ess a call or email. Each Host or Hostess will decide how many members they can accommodate, so registration is first come, first served.

Treat yourself to some fellowship and renewal to start off your New Year; sign up now!

And remember, if you would also like to host a *Fireside Chat*, please contact Anne Morrison 604.856.8317 so we can include you on our list.



### Okanagan Area Fireside Chat:

Hostesses: Mary-Ann Reid and Wendy Lum  
Saturday, January 11, 2003 – 2 noon – 3:00 PM  
#115-3105 - 31st St, Vernon, B.C.

**Mary-Ann:** 250.549.2664 or Email: maryannr@junction.net

**Wendy:** 250.491.3319 or Email: welum@attglobal.net



### Vancouver Fireside Chat:

Hostess: Linda Prochaska  
Wed. February 12, 2003 – 7-9 PM  
#20 – 721 Millyard Road, Vancouver, B.C.

**Linda:** 604.879.6654 or Email: lprochaska@hotmail.com



### Fraser Valley Fireside Chat:

Hostess: Anne Morrison  
Tuesday, February 25, 2003 – 7-9PM  
24502 – 52 Avenue, Langley, B.C.

**Anne:** 604.856.8317 or Email: annek@telus.net



### Victoria Area Fireside Chat

Hostess: Elizabeth Newman  
Saturday, March 1, 2003 – 7-9 PM  
1323 Reginald Place, Victoria, BC

**Elizabeth:** 250 478 4683 or Email: sage@horizon.bc.ca



## Fireside Chat

November 19 was a foggy, damp night as we gathered at Anne Morrison's for our first Satir Fireside Chat.

We were all very tired from the demands of the day, but were looking forward to meeting and discussing our experiences using the Iceberg Model in our work and in our personal lives.

The setting was wonderfully nurturing with the glow of candles and the warmth of the fire, hot tea and plates of food.

The conversation flowed effortlessly, our weariness vanished as we talked about our work using the Model and connected on a deep spiritual level.



This was a time set apart for us to truly share what gives meaning to our work and to our lives. It was good to be able to pause and reflect on our work as Satir therapists.

We left truly refreshed, committed to meeting again soon for another Fireside Chat. Indeed, more

than a chat: connecting with each other and respecting each other at a soul level.

Virginia Satir would have been pleased to be among us - and maybe she was!

## By— Judy Ferris

## Reflections On An Evening with Stephen

Having worked in Addictions for the past seven years, it was great to once again sit at the feet of someone as expert as Stephen, and to hear his thoughts regarding the use of the Satir Model.

Participating with Steve in the "Satir Task Force on Addiction" we have debated

extensively the depth of significance the Satir Model brings to the field of Addictions, and yet this evening was truly affirming. Not only to myself, but to those having heard him for the first time.

The Banmen home provided the perfect ambiance of

## By- Martin Bartel

peace as we filled the room with not only friendship, but also of insightful learning.

The success of transformational change brought about in the lives of people addicted is tremendous when one looks at the relationship between the user and the drug. Seeing this relation-

ship as a love story left all of us with much to think about.

With well over a dozen people there sharing both new and old memories, new insight gained we left feeling truly enriched and encouraged to continue our journey of bring healing to the world around us.

## The Satir Model in Addictions Treatment

### Key Concepts

#### View of Addiction

Systemic, looks at the *relationship* between the user and the drug.

Satir says behaviour is purposive and the purpose is to attain wholeness. For users, drugs either give a feeling of being whole or mask lack of feeling whole. Attachment to the drug occurs. Any story of addiction is, in fact, a love story where the addict falls in love with the drug because using it has the seeming ability to meet this drive for wholeness.

#### Outcome of Using

Using begins to dominate the user's life. Other relationships are abandoned to maintain the relationship with the drug. This external disintegration mirrors an internal disintegration where the using part dominates the other parts.

This again creates a greater lack of wholeness, so more using is necessary. More using leads to more disintegration, and so on.

As the system disintegrates,

it becomes more and more closed. In a closed system the model for change is "judge and compel." That is, parts are judged as bad, stupid, or weak and punished in an attempt to bring them into line. Self esteem plummets. System resources are lost so change becomes less and less available.

#### Common Issues of Recovery

- 1) Self esteem
- 2) Grief and loss
- 3) Guilt, self punishment, deservedness
- 4) Trauma – childhood and adult
- 5) Violence, as victim, perpetrator, or both
- 6) Hopelessness
- 7) Suicidal thinking or attempts
- 8) Co-occurring disorders (thought, mood, etc.)
- 9) Trust

#### Treatment and Recovery

Recovery is a process not an event. What we do as a therapist supports changes in using behaviour.

If using is disintegrative, then recovery must be inte-

## By- Stephen Smith, msw

grative. Integration opens the system to increase availability of resources and promotes a growth model of change.

#### Integration process:

To surface and accept unacceptable parts that carry unacceptable thoughts, feelings, longings, etc.

#### Example:

The using part is likely to be unacceptable because of thoughts of using, feelings of guilt, shame, or anger, behaviour while using, or a myriad of other reasons. Many people in recovery believe they have to disown or destroy that part. In our Model, that is not possible – but transformation is.

Transform by taking that part through the iceberg.

Case example: Monty visualized his using part standing on a street corner on in Whalley waiting for his dealer to come by. He was able to see how lonely and isolated that part of him felt except when he was using. He decided to talk to that part and offer it compassion. He ended by deciding he

needed to take that part to a twelve step meeting (AA or NA)

This outcome, then, is integration as he is able to make contact with that part and use the wisdom he has about recovery to bring about change. A connection is made between the resource and the part that needs it.

Monty now monitors his recovery health by talking regularly to that part of him, to see how it is doing.

As we took the part through the iceberg, we discovered that the yearning was for connection. This was the hole that Monty tried to fill by using. He was also able to recognize how connected he was to the drug and to the action of using.

#### Role of the Therapist

- 1) Bring **hope**.
- 2) Bring confidence
- 3) Bring competence
- 4) Stay grounded – sometime people have been through some awful experiences. The therapist's system must remain open to avoid the judge and compel

## Connection in the Spirit of Satir continued

(Continued from page 2)  
introducing ourselves through a multi-ethnic talking circle. Mary-Ann had laid out several items for us to choose from to hold while we spoke, including crystals, tiny books, singing bowls, cultural items and other treasures such as those precious dolls that open up to birth yet another doll tucked inside.

We checked in through the iceberg. This was a powerful process, as it always is, lending a useful framework for us each to examine where we were at that particular day in our internal worlds, as

well as with our new association with each other. This process yielded a rewarding and lengthy discussion that flowed naturally into a communion with food, a reflection of the abundance we were each feeling in our lives.

As we lingered over our potluck bounty that nourished our bodies, we were excited to break into natural groups that nourished our minds and spirits. The energy in the room was electric and ecstatic, and it filled us with a sense of excitement about our future as a group. We discussed how we wanted

the group to look and decided on allowing the group to unfold naturally, wanting to be open to new people interested in joining and how that would contribute to the evolution of this *Fireside Chat*. The only requirement for membership is an interest in the expansion and progression of the work of Virginia Satir and a commitment to the group.

Finally we ended our *Fireside Chat* with Shelly leading us through a guided meditation. This brought both private and shared insight through a collective experience that touched each of

us on a spiritual level as we examined ourselves as vulnerable and powerful, as teacher and as student. It brought quiet to our bodies and minds as our hearts turned inward to reflect and excavate internal yearnings and dreams. We came into contact with our wise selves and were gifted with this experience to take forward into our busy lives.

The *Fireside Chat* group will meet again on Jan. 11, 2003. For further information please contact Mary-Ann or Wendy.

## New Members

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

**Affiliate—**  
Kathryne Patterson

**Professional—**  
Dellrae Butler  
Linda Reid

**Clinical—**  
Colleen Murphy



**For information and membership applications contact:**

**Tim Head  
Coordinator of  
Membership Services  
604.535.6168**

## At the Movies

**My Life** – starring Michael Keaton and Nicole Kidman

I have watched this movie twice now, the first time about five years ago when I first started with the Satir training and the second this week to refresh my memory so I could do this little review.

Both times it has struck a chord quite deep in me. I know part of it is because of my own history and relationship to my father, the other

part of it is how much it illustrates to me the ideas and principals of the Satir Model.

The movie chronicles Micheal Keaton's character's last few months of his life, he is dying of cancer. He is filming a documentary of his life as a legacy for his as yet unborn child.

We get to see how he took childhood incidences and his unmet expectations, family rules/values interpreted this to mean some-

## By— Todd Clark

thing and how this is controlling his life today.

In his journey he meets a wise and spiritual doctor well versed in the art of healings, who tells him he must look inside to find his love and forgiveness.

He has several instances where he gets to see and hear what other peoples' perceptions of him are (quite different than his own).

All through the film is an

underlying theme of unmet yearnings, which of course get met in the end. Is it possible someone on the production crew was well versed with the Satir Model and used it to framework the script? I doubt it, merely my experiences of life and how I've learned to see and hear things a little differently, through the Iceberg.

Anyway, I think it's a pretty good movie, it made me cry both times I watched it.

## 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. 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 Fall events and programs, the next deadline for submission is

**April 8, 2003.**

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

Editor:

**Pauline Mullaney**

8438 Wiltshire St., Vancouver, B.C., V6P 5H7

Tel: 604.875.2653

Fax: 604.875.2099

E-mail:

newsletter@satirpacific.org

## News Around the Institute

Congratulations are in order to **Gloria Pan** who is getting married in June. We all wish her much happiness!

**Todd Clark** continues to reinvent himself this time as a student. He is very excited about the sociology, English and philosophy that he's studying. Kudos, this is your year Todd!

**Dara Rosenzweig** continues to be involved in the Institute

by desk topping the newsletter. She's working part-time as well as thoroughly enjoying the progress of her 17 month old daughter Zoe who continues to work on new words.

Sadly **Karin Tschantz** is planning to move back to Switzerland this Spring. Karin has been very involved in the Institute, and will have given her talk on

the 23<sup>rd</sup> of January comparing Satir's Family Reconstruction and Bert Hellinger's Family Constellation. You will be missed by many members here Karin.

Another loss to us is that of **Tim Head** who is moving back to Ireland with his wife Mary. Tim has been instrumental in helping bring the process of finding a home for the Institute closer to

reality. He has also been a board member for the Institute, and has also taken on membership, and other jobs too numerous to mention. He is planning to move nearer to the Summer.



## Message from the President continued

*(Continued from page 1)*

families, our clients to help change the way our organizations, our communities and the world-at-large operates and experiences themselves?

Remember, in her last years, Satir was very involved with world peace. It wasn't just that she had a personal belief in peace; it was much deeper than that. She had tapped into the positive uni-

versal Life energy in such a way that she KNEW in the very depth of her being that peace - within, between and among - was our reason for being on this earth, for growing, for evolving spiritually. That is it our Divine legacy. And that it is our responsibility.

As an Institute, we have the opportunity to continue the work she began in her time on this earth. Our responsi-

bility is to help others - as many people as we can - experience and recognize that the possibility of peace, of love, of joy is theirs, and to help them create that in their own lives and the lives of those around them.

If it is a universal Life energy, then our thoughts, emotions, actions systematically influence all of the other people who share that life energy, no matter where

they live on this planet and no matter what our conscious connection with them is. My challenge to you, to myself, to all of us, is to create peace, joy and love in the universe. How powerful!

Kathlyne Maki-Banmen  
President

## Nominations for the Board of Directors 2003

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

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—

**Bruce Cullen,**

1015 Ironworks Passage, Vancouver, B.C., V6H 3R4  
Tel: 604.313.4292, Fax: 604.437.5175

**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, 2003.*

## Resource Corner

Loeschen, S. (1998). **Systemic training in the skills of Virginia Satir.** Pacific Grove, CA: Brooks/Cole.

Loeschen offers a clear and simple description of Satir's concepts, language, and skills. She begins with an introduction to Satir's life, work, and influence. She then offers a conceptual framework for Satir's work and describes 30 specific skills that Satir used.

Loeschen provides examples and practice exercises to facilitate greater understanding of how to apply this model. A transcript of one of Satir's therapeutic sessions is presented in full

## By—Mary-Ann Reid

for readers to study. Loeschen also includes descriptions and results of three research projects focused on the efficacy of the Satir Model. In keeping with Satir's style, Loeschen recommends that the student of this model "think of the training process as similar to that for a jazz musician where one begins by learning classical principles and scales and then improvises to create one's own style" (p. xv). This is a user-friendly text that I recommend to anyone wanting to learn more about the way Virginia Satir worked with people.



## Creative Therapy Conference – November 2003

We are planning a *Creative Therapies Conference* for November of 2003 and are looking for energetic people to create a team of folks for

the planning committee. If you are up for some organizational fun contact Katharine Carol at [kcarol@uniserve.com](mailto:kcarol@uniserve.com)



## Ongoing & Upcoming Programs

### Satir's Systemic Brief Therapy – Level I in Richmond, BC

Dr. John Banmen & Kathyline Maki-Banmen  
 Ten Day Program—Jan 25/26, Feb. 22/23, March 15/16, April 5/6, May 4/5, 2003  
 \$525 Members \$575 for Non-Members  
 To Register, contact Linda Prochaska: 604.879.6654

Full

**For program and registration information contact:**

**Linda Prochaska**  
**Registrar of Programs**  
**604.879.6654 or**  
**[Registrar@satirpacific.org](mailto:Registrar@satirpacific.org)**

### Satir's Systemic Brief Therapy – Level II in Richmond, BC

Dr. John Banmen & Kathyline Maki-Banmen  
 Ten Day Program— Oct. 4/5, Nov. 1/2, Dec. 6/7, 2003, Jan. 24/25, Feb. 21/22, 2004 Time: 9am - 5pm  
 \$525.00 for Members \$575.00 for Non-Members  
 To Register, contact Linda Prochaska: 604-879-6654

Now Registering

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

Kathyline Maki-Banmen  
 March 22/23/24, April 25/26/27; May 23/24/25, 2003 plus one video day (TBA) Time 9am - 5pm  
 \$525.00 for members \$575.00 for non-members  
 To register, contact Kathy Wyse: 250-374-8542

Now Registering

### Training for Trainers – Phase II

Dr. John Banmen & Kathyline Maki-Banmen  
 August 20 - 24, 2003  
 Site: TBA  
 For participants from the T4T 2002 program.  
 For information, contact John or Kathyline 604-591-9269

Now Registering

### Family Reconstruction Using the Satir Model

Kathyline Maki-Banmen  
 Best Western Abercorn Inn, Richmond, BC  
 February 1, 2003 Time: 9am - 5 pm  
 \$40.00  
 To register, contact Linda Prochaska: 604-879-6654

Full

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

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

**Submit ideas and content to**  
**Kathyline Maki-Banmen**  
**Tel: 604.591.9269 or**  
**E-mail: [kmb@satirpacific.org](mailto:kmb@satirpacific.org)**