

The Wisdom Box

The Official Newsletter of the Satir Institute of the Pacific

Board of Directors 2003–2004

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Satir Institute of the Pacific

2004 Annual General Meeting

May 1, 2004 2 pm – 6 pm

The Abercorn Inn, Richmond, BC

Speaker : Martin Bartel (2:00 – 3:30)
Topic : Satir and Spirituality

Connections & Refreshments (3:30 – 4:00)
The AGM (4:00 – 6:00)

Annual Reports

Elections to the Board

Awarding of the Unsung Hero Award

Followed by a no-host Informal Dinner Out

Please participate with your fellow Members in this annual SIP event.

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Message from the President

A President's Message often reflects what has been going on at the Board level of an organization. This is important because the Board is the vehicle for setting the goals, managing and reviewing the activities of the Institute. The Board is holding its annual evaluation of its own performance in carrying out these tasks in early March and will be setting directions and goals for the next year. It will also celebrate the Institute's achievements in the last year.

However, what is of greater importance is how each member of the organization is using the Satir Model in their own personal and professional life and communicating the wisdom of the Satir Model to others. Hopefully, membership in the Institute is a supportive ex-

perience in these endeavors.

At the Annual General Meeting on May 1st, we will be recognizing one of our members as the Unsung Hero. This will be someone not on the Board who has been making a significant contribution and impact in the wider community through their use of the Satir Model. Please join us at the AGM in celebrating their achievement as they receive their award. Also join us for a presentation on Satir and her Spirituality by Martin Bartel, one of the founding members of our Institute. Martin gave a similar presentation at the Institute of Family Therapy Association meeting in Akron, Ohio.

The Wisdom Box is beginning a new series of articles highlighting the work that is

being done around the world by participants of the two Training for Trainers Programs the Institute has run in the last few years. The impact of this training and the work that is being done is truly amazing. Sometimes the work is on behalf of our Institute but a great deal of it is simply members and participants taking what they have learnt and teaching and sharing it with others. Our first article comes from Don Potkins who is doing more than just enjoying the sunny climes of the Caribbean in the Cayman Islands.

Please mark May 1st in your diaries and come to the Institute's sixth Annual General Meeting. I look forward to seeing you.

Michael T. Callaghan
President, March 2004

Unsung Heroes Award

By – Anne Morrison

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 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

Dellrae Butler,
Award Coordinator,
104-8500 General Currie
Road, Richmond, B.C.
V6Y 3V4

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

Deadline for nomination submissions:

March 15, 2004

Selection process:

The Award Coordinator, the Director of Membership, and the Board of Directors' Past President, will review all nominees and make recommendations for Award winners to the Board at its April, 2004 Board meeting. Up to 3 Unsung Heroes awards will be presented at the Board's Annual General Meeting in May, 2004. Special plaques will be created for those being honoured.

Profiles of each year's Unsung Heroes will be included in *The Wisdom Box*.



Clinical Education Evening on Suicide with Jim Smith

By – Klaus Klein

The best way to describe this evening with Jim Smith is what I walked away with for my own use.

Suicide doesn't just happen. There has been an internal process that finally led up to suicidal behavior. The internal process can be hidden from others until the actual external behavior brings attention from others.

So when I was working with a student who was very angry to a point where he got up and punched a hole in

the wall, I used what Jim had spoken of and I questioned and explored both the iceberg and any stressful external or traumatic events in this particular student's life. The picture of past hurt and major loss came forward very clearly. Anger was a way of coping with these feelings that he had kept hidden for many years.

Taking what we heard from Jim, that suicide doesn't just happen, I also looked at the student's behavior as something that just didn't hap-

pen. Whether suicide or punching a hole, taking the time to explore and question the internal process that lead up to the external behavior helped me working with this intense situation.

The other piece I took away was the question "What's it like being you?" I used this question at the end of a session with a client that had made an internal change. The question worked to help in the anchoring process. It just naturally kept the client connected with their own inter-

nal process by telling me what it was like being them from their new internal perspective.



Fireside Chats Gather Steam This Spring !

Fireside Chats provide home settings for current and potential Satir Institute of the Pacific members to come together and share their personal and professional experiences with the Satir Model. This Spring, the *Chat* groups continue to grow and are flourishing through a variety of settings within different areas of our province.

The Kelowna group has taken off with lots of excitement that was generated through their Level I Satir training last Fall. We are delighted to announce that we have 4 brand new Hosts from the Kelowna area! Welcome aboard to Hosts Cori Devlin, Virginia Holingui, and Jeanni Jones and thank you to Donna Huggins who has volunteered to help coordinate all of the Kelowna *Chats*.

This Spring the Vancouver *Fireside Chat* group also welcomed Mary Leslie, who

will co-host the gatherings with Linda Prochaska. Members reported a lively evening of sharing in February; their next gathering takes place June 8, at the home of Linda Prochaska, and they plan to watch a Satir video together, as well as catch up on their news.

Other Fireside news comes from Kathy Whyse, who reports that the Kamloops *Fireside Chat* group now meets monthly at 5PM on the third Wednesday. Members Deborah Saari Fischer and Jennifer Barrett host the meetings at their workplace, the Kamloops MCFD office. "The atmosphere is informal and we share facilitation and decision making about the content of our next meeting. Focus has been on getting to know one another, mutual support, and skill building, using the Satir Model."

Fraser Valley host Anne Morrison reports that their

group also continues to grow and enjoyed a wonderful evening of sharing in January. Their next meeting, at Anne's home, is scheduled for March 30, where they will enjoy a meditation and healing touch demonstration by Janet Given, a recent Level I graduate, who is also a capable energy therapist.

Word has it that we may have our first male *Fireside Host* to launch *Fireside Chats* for the Burnaby area! Enrique Monje-Alvarez has expressed an interest in taking this on and we will keep you all updated on where and when his *Chats* will begin.

If hosting a *Fireside Chat* for your area appeals to you, please let Anne Morrison, Membership Director, know at annekm@telus.net. For further information about the next *Fireside Chat* meeting in your area, please contact:

Mary-Ann Reid
Okanagan Area Host
maryannr@shawbiz.com

Linda Prochaska
Vancouver Area Host
lprochaska@shaw.ca and

Mary Leslie
Vancouver Area Host
meleslie@interchange.ubc.ca

Elizabeth Newman
Victoria Area Host
sage@horizon.bc.ca

Kathy Whyse
Kamloops Host
DKM_Whyse@telus.net

Donna Huggins
Kelowna Host Coordinator
dhugs5@shaw.ca

Anne Morrison
Fraser Valley Host
annekm@telus.net

Enrique Monje-Alvarez
Burnaby Area Host



News Around the Institute

So ... guess who's retiring ?

Bruce Cullen, that's who. Hopefully you will drag yourself away from sailing to continue to work hard as ever as the treasurer on the Board of the Satir Institute of the Pacific. Have a wonderful retirement, we all wish you the best.



It's a girl !

Congratulations to Klaus Klein and his wife on a new addition to their family:

A baby girl born December 21st.



What are Our Training for Trainers Graduates Doing Now?

Don Potkins

Cayman Islands

Ed: The following is a letter from Don Potkins who graduated from the Training for Trainers Program in 2000. Here is his quote in the Wisdom Box of August 2000.

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

Ed: And now ... here's Don.

Dear SIP Members:

Just a note to inform you of what is happening with the Satir Model and also with me, in the Caribbean. I moved to Grand Cayman, Cayman Islands in September of 2003. In negotiation with the Director of the Department of Substance Abuse Services and the management team I have been granted the opportunity to teach all of the department clinical staff the Satir Model. The clinical staff consists of 11 residen-

tial workers, 4 outpatient counsellors, one family therapist, 2 youth workers, the outpatient clinical supervisor, the department head and 3 support staff.

I obtained permission from John and Kathlyne as well as Stephen Smith, Anne Morrison and Judy Ferris to utilize their work in training Level One. The training began February 2nd and runs until the end of June. I have been presented with some interesting obstacles. Scheduling this group has been a challenge but with some imagination and the support of the head of department, challenges have been overcome.

I have taken the level one training manual and submitted it to the Canadian Addiction Counsellors Certification Board, who have granted 60 core education hours. (This means that it can be used as education hours to get certification and hours for re-certification.) This is also under consideration by the Florida state certification

board and I expect to hear from them in the near future.

I have been asked by the department of Substance Abuse Services to submit a proposal to present at the Caribbean multi-disciplinary conference of the Caribbean in May of this year, regarding the Satir Model. I have also submitted a proposal to present at the Canadian Addiction Certification Board Conference in Toronto in September of this year, supported by the Department of Substance Abuse Services.



It appears that one of my dreams, also shared by Stephen Smith, to develop a Satir Residential Treatment Program for addiction is nearing fulfilment. Steve, John and I attempted to get Maple Ridge Treatment Centre to move in this direction

as early as 1994. Finally, ten years later it looks as though it will become a reality.

I would like to take this opportunity to thank all of those people who have been a support to me and helped me in the development of the Satir Model in the Caribbean; firstly to my family for allowing me the time and giving me the support to keep going. To John and Kathlyne, without whose support, friendship, direction and leadership this could never have happened. To Stephen Smith without whose friendship, support and assistance I would never have left working for others. To Anne Morrison for all of her encouragement and faith in my ability to pull this off. To Michael Callaghan for all of his assistance and support as well as providing opportunities and information. I would like to thank all of those others who I do not have the space to thank - Sean, Wendy, Bruce, Beth, John, Mary - and everyone else who has offered help to me along the way.

New Members

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

Affiliate:

Moira Hagen
Jennifer Nagel
Lori Megley-Best

Professional:

Bonnie Chatwin
Kuo-Jiu (Gloria) Pan
Karen Keys

Clinical:

June Wasnick
Dellrae Butler (upgrade)



For information and membership applications contact:

**Tim Head
Coordinator of
Membership Services
604.535.6168**

Cranbrook and Kelowna Level One Training

This past fall of 2003, the Satir Institute of the Pacific brought Satir's Systemic Brief Training Program (Level One) to Cranbrook and Kelowna. Anne Morrison was our competent trainer, and I was the assistant trainer. Donna Huggins was our much appreciated intern in Kelowna.

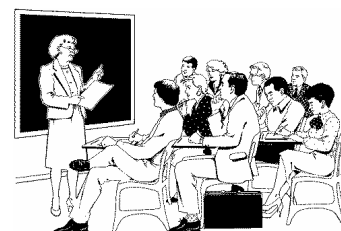
During the Kelowna program, Anne, Donna and I experienced strong team cohesion as our connections were warm, fun, respectful

and supportive. We were very privileged to train such enthusiastic therapists, counsellors, and helping professionals in the wonderful Satir Model! How exciting to watch the participants' growth as both programs progressed. We witnessed new awarenesses, struggles, puzzles, excitement, gratitude, 'ahah' moments, and transformations. I also appreciated the genuine support and dialogue that I experienced with Anne as my awesome partner!

Kelowna participants seemed to be experiencing a new sense of community in their connections with each other.

In Cranbrook we were hosted by Summit Community Services (of which sixteen employees attended!) and were appreciative of the lovely muffins, bagels, fruits over coffee that were provided for the group each day. Both groups were fortunate to meet with Dr. John Banmen for a video and connection day.

The Satir training continues to create such powerful moments of healing past or present impacts. How satisfying to realize that the hope of the Satir Board to bring the Satir training outside of the lower mainland into other parts of B.C. was actu-



Satir Around the World

Virginia Satir Institute Czech Republic

The roots of Satir work in the Czech Republic began in 1979 "during a time of hopelessness and decline" when Peter Bos, the founder of Czech family, met Virginia and invited her to come to work with 40 people in two weeks. She did so without permission from authorities. Virginia had one big courage stick!

Olga Holubova founded the institute with the support of Peter Bos in 1987. Through Olga's efforts, Satir trainers were brought in over the years and area professionals were thoroughly trained in the model, ultimately resulting in the creation of the Satir institute there. "Olga was an Avanta member, she studied Satir's Growth Model in the USA and worked selflessly (and often in very original ways) on spreading the Model in the Czech lands and Slovakia," writes Milada. Olga died July 2002 and is a great loss to all of us.

The work of the institute continues on through the work being done conducting growth activities and training and educating professionals. Our Czech friends have even gone as far as achieve government licensure of their four year professional psychotherapy training called MOVISA (Model Virginia Satir). This license from the Health Ministry allows a graduate of this program to be paid by insurance. According to Malida, this will enable Virginia's ideas and resources to reach a great number of people.

Leaders from the Czech institute are also busy presenting at conferences and international congresses. They are also writing articles in journals.



Satir Centre of Singapore

Since John Banmen first introduced the Satir Growth Model to Singapore, four post-graduate training courses have been completed and numerous two-day workshops have been conducted, writes Anna Low. Two other trainers, Maria Gomori and Kathlyne Maki-Banmen have also conducted trainings there and Marie Lam has been doing Satir training in Mandarin, making the Satir model accessible to even more people. Anna estimates that up to 300 people have attended some kind of training so far. The institute currently has a web site and has plans some time later this year or early next year to discuss setting up the Satir Centre of Singapore. Let's send loving support to this centre in the midst of gestation. Keep your eyes open. The Centre is already blossoming.

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

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

June 6, 2004

Group Supervision with Dr. John Banmen

The supervision group will consist of a maximum of six people to be held monthly on Monday, Tuesday, or Wednesday, from 6 - 9 p.m. starting in September.

If you are interested, please contact John at:
 E-mail: jbanmen@dccnet.com or
 Phone: 604.591.9260



Resource Corner

By — Mary-Ann Reid

Schwab, J., Baldwin, M., Gerber, J., Gomori, M., & Satir, V. (1989). The Satir approach to communication: A workshop manual. Palo Alto, CA: Science and Behavior Books.

This is an excellent, practical workbook that brings together Satir's theory and practice regarding human communication. It is a hands-on guide for facilitators who are already familiar with and use Satir's concepts and methods.

Schwab et al. provide complete descriptions of exercises, followed by processes for reflection, in a clear and direct style. They include administrative details, an overview of the workshop process, and details such as the materials and length of time needed for each exercise. The concepts and ideas in this manual are suitable for workshops of any size, as well as individual and family learning experiences. The experiential exercises include the application of intellec-

tual, visual, auditory, kinesthetic, and relational modalities. The authors also present principles for the role of the facilitator, with an emphasis on the use of Self as a powerful tool for teaching others. Schwab et al. offer a clear and simple guide to using Satir's dense and complex techniques for facilitating experiential learning. Satir's recommendation to facilitators: "Have an enlightening, fun time learning" (p. xii).

The Satir Approach to Communication
 A WORKSHOP MANUAL



Ongoing & Upcoming Programs

Satir's Systemic Brief Therapy – Level I in Richmond, BC
Dr. John Banmen, R.Psych. & Kathlyne Maki-Banmen, MA
January 31 & February 1, 2004 April 17 & 18, 2004
February 22 & 23, 2004 May 15 & 16, 2004
March 13 & 14, 2004

Ongoing

For program and registration information contact:

Linda Prochaska
Registrar of Programs
604.879.6654 or
Registrar@satirpacific.org

Satir's Systemic Brief Therapy – Level I in Kelowna, BC
Anne Morrison
April 23, 24 & 25, 2004
May 28, 29 & 30, 2004
June 18, 19 & 20, 2004
June 26, 2004 video day with Dr. J. Banmen
Registration information, call Donna Huggins 250.769.7943

Now Registering

Satir's Systemic Brief Therapy - Level I in Richmond, BC
Kathlyne Maki-Banmen, MA with Dr. John Banmen, R. Psych
September 18 & 19, 2004
October 16 & 17, 2004
November 20 & 21, 2004
January 8 & 9, 2005
February 5 & 6, 2005

Now Registering

For information, contact Linda Prochaska at 603-879-6654 or email lprochaska@shaw.ca

Satir's Systemic Brief Therapy - Level II in Richmond, BC
Dr. John Banmen, R. Psych & Kathlyne Maki-Banmen, MA
September 25 & 26, 2004
October 23 & 24, 2004
November 27 & 28, 2004
January 15 & 16, 2005
February 12 & 13, 2005

Now Registering

For information, contact Linda Prochaska at 603-879-6654 or email lprochaska@shaw.ca

Satir's Systemic Brief Therapy - Level II in Kelowna, BC
Kathlyne Maki-Banmen, MA
October 1, 2 & 3, 2004
November 5, 6 & 7, 2004
December 3, 4 & 5, 2004
January 29, 2005

Now Registering

For information contact Donna Huggins at 250-769-7943

Don't forget to visit our website!!!
www.satirpacific.org
Submit ideas and content to
Kathlyne Maki-Banmen
Tel: 604.591.9269 or
E-mail: kmb@satirpacific.org