



The Wisdom Box

Summer Issue

The Official Newsletter of the Satir Institute of the Pacific

July 2005

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Warren Tan – Unsung Hero for 2005



Warren Tan is the recipient of the 2005 Todd Clark Unsung Hero Award. Kathlyne Maki-Banmen made the presentation to Warren on a recent trip to Singapore. [See profile of Warren on p. 2]

Message from the President

Among those who made the effort to be at the AGM on June 11th were Don Potkins visiting from the Cayman Islands and Kathlyne Maki-Banmen who flew in that morning from Singapore. While there on behalf of the Board she presented the Todd Clark Unsung Hero Award to one of our members, Warren Tan, for his commitment and energy in teaching the Satir Model in Singapore, Malaysia and Indonesia. Congratulations Warren.

We heard two exciting presentations about our partnerships. The first from Michael Wilson, Executive Director of Phoenix Drug and Alcohol Recovery and Education Society in Surrey, the second from Colleen Murphy about the development of the Advanced Diploma in Family Therapy using the Satir Model as its clinical base. These are two exciting opportunities for the Institute to expand our work and influence bringing the Satir Model into the community. The reports presented at the AGM held on June 11th,

which outline some of the successes, challenges and opportunities the Institute has been involved with in the last year and those that are coming

in the current year, have been distributed to members. Please feel free to contact the authors for more information or become involved by volunteering your help and expertise. We have two new Board members: Jennifer Nagel, who has become Secretary and Kate Parkinson, who has taken over as Treasurer. Jennifer Barrett has taken over as Director of Membership Services. So there is a new look to the Board in some key positions. They take up their roles at an exciting time for the Institute as we continue to develop and grow. I look forward to working with them and the rest of the Board on behalf of the membership in the coming year.

Michael T. Callaghan



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Warren Tan Selected Todd Clark Unsung Hero for 2005

The Todd Clark Unsung Hero 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 Criteria state:

- 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.

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This year's recipient, Warren Tan, most certainly exemplifies these criteria in his work in developing the Satir Model in Asia. The following remarks are from Dr. John Banmen's recommendation letter for Warren for this year's award :

Warren Tan from Singapore was recommended for the Todd Clark Unsung Hero Award of the Satir Institute of the Pacific for 2005.

Warren spent numerous years flying to Hong Kong to learn the Satir Model using his own financial resources to cover the costs.

Warren introduced the Satir Model to Care Corner Social Services in Singapore and had the staff attend extensive training with him volunteering his time.

Warren arranged extensive training programs, at his own expense, in Singapore and Malaysia for other to offer (John Banmen, Kathlyne Maki-Banmen, Grace Yung).

Warren has provided countless supervision hours to several dozen counsellors using the Satir Model, most of the time free of charge.

Warren has encouraged other organizations in Singapore, Malaysia and Indonesia to offer Satir Model training by others at considerable cost to him (training he could have done with pay).

Warren is providing free training in Malaysia and Indonesia and, hopefully, will do some in the Philippines.

Warren has come to North America to attend the Summer Intensive training program at his own expense to deepen his knowledge and skills of the Satir Model. He has also taken the S.I.P. Training for Trainers course and has been a member of S.I.P. for over five years.

Warren has given freely, often, without any pay, to the development of the Satir Model in Asia.

Warren is a strong supporter of the Satir Model and has introduced the Model, with the help of others, to hundreds of individuals.

Warren is the anchor of the Satir Model in Singapore and an example to others in Asia.

Warren has been an intern, without pay, for numerous training programs of Kathlyne Maki-Banmen and John Banmen.

Warren has single-handedly done more for the Satir Model in Singapore, Malaysia and Indonesia than any other person, dead or alive.



Eve Wong, SIP member, and husband Alan were married in Hong Kong in January

## Fireside Chats

*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.

The Fireside groups are open to any interested Satir community persons. Hosting the chats is a wonderful way to connect with members and build rewarding relationships with one another. If you would like to help out in your area, please let Jennifer Barrett, Membership Director, know at [jefilleul@yahoo.com](mailto:jefilleul@yahoo.com)

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For further information about upcoming *Chats* in your region, contact one of the following Hosts:

Kelowna:
Donna Huggins
dhugs5@shaw.ca

Vernon:
Mary-Ann Reid
maryannr@shawbiz.ca

Merritt:
Audrey Ward
audward@ocis.net

Fraser Valley:
Anne Morrison
annekm@telus.net

Kamloops:
Jennifer Barrett
jefilleul@yahoo.com

Guests and new members to the *Chat* groups are always welcome!



Member Self - Introduction

— Carolyn Nesbitt

[A new feature of the Wisdom Box, which we hope to continue, will be self-introductions by means of which SIP members can tell others of their involvement with the Satir Model and something of their lives. Ed.]

I am excited to be joining the Satir Institute after many years of using Satir's methods and models in my practice. As do most of the members whom I have had the pleasure of meeting, I wear a number of hats. I am a registered psychologist in private practice in Richmond

where I see a variety of clients. I also work at BC Children's Hospital with adolescents who struggle with eating disorders. I chair the education committee at Choice School for the Gifted. And I have a good time playing with my kids, husband and puppy. In my spare time, I breathe. Glad to be on board!

Carolyn Nesbitt

[see p.5 for another Self-Introduction by Moira Haagen]

New Members

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

Clinical:

Susan Wiggin

Professional:

Kathleen Lainsbury



For information and membership applications contact:

Jennifer Barrett

Director of Membership Services
jefilleul@yahoo.com

Satir Institute of the Pacific Board of Directors for 2005 - 2006



L to R : Katharine Carroll, Pauline Chan, Pindy Baydal (standing in for Jennifer Nagel who had to leave early!), Karen Keyes, Michael Callaghan, Kate Parkinson, Kathyline Maki-Banmen, Jennifer Barrett, Dr. John Banmen.
Absent: Pauline Mullaney.

AGM Guest Speakers

- Pindy Baydal & Jennifer Nagel

Mike Wilson

Phoenix Alcohol & Drug Recovery & Education Society



Our first guest speaker, Mike Wilson, spoke to us about the Phoenix Alcohol & Drug Recovery & Education Society project currently under construction in Surrey. The Satir Institute of the Pacific is a community partner with Phoenix. Mike shared his vision about how SIP and Phoenix might work together in the coming years in areas of therapy, training, education, and research. This is a tremendously exciting project that will provide a community space and place for those who will participate in recovery from addictions. Completion of construction and opening is planned for mid 2006.

Colleen Murphy

SIP member & Instructor, Douglas College

Our second speaker was Colleen Murphy who spoke about another exciting project in which SIP has affiliated with Douglas College on a proposal for an Advanced Diploma in Family Therapy. This project is currently in the feasibility study phase and development of the program continues. Curriculum is being developed by the training committee and it will be presented to the governance of the College. While there are challenges to be faced with such a project, there are also many reasons to be optimistic as the committee continues this work with dedication and creativity. Mounting of this project is currently planned for September, 2006.



News Around the Institute

New SIP Board Members:

Big news is that we have some new members on the Board after the AGM in June. Congratulations comes for the re election of Kathlyne Maki-Banmen and the election of Jennifer Nagel and Kathleen (Kate) Parkinson. Jennifer Nagel will be our new secretary, and Kate Parkinson will be our new treasurer. Jennifer Barrett was appointed the director of Membership services.

Thanks to SIP Board Retirees:

A very big thanks needs to go to our past treasurer Karen Keyes, who has unfortunately had to step down due to an accident. Karen struggled to keep going and I am glad that she is

now on the mend, and is hopefully able to relax a little more. We wish her a speedy recovery. She will still continue as a member of the Board. A massive thanks goes to Colleen Murphy who has been a stellar secretary and so many other things besides. Also to Al Weibe for taking on the membership position and keeping us abreast of changes. Linda Prochaska has been the voice of registration for courses for so long, and is now leaving that position. These are going to be very hard shoes to fill. Anne Morrison has also sadly resigned as Membership Director after 5 years on the Board. I know that it was a privilege to work with her, and

our membership services, with such things as fireside chats, has enhanced us all. Thank you to all those people who have offered so much.

Congratulations Pauline:

Congratulations to Pauline Mullaney upon receiving an educational award from Children's Hospital, for her work with parents of children with a diagnosis of ADHD. Well done Pauline.

Eve Wong Married in Hong Kong:

Congratulations to our beautiful friend and SIP member from Hong Kong, Eve Wong, who married Alan in January. Our very fond good wishes to you. [photos p. 2]

Member Self - Introduction

— Moira Haagen

When asked to write a paragraph or so to introduce myself to Satir members, I thought about the invitation and what I might say about Me. For a moment, it raised the notion of “defining one’s self”. To begin, my orientation to Satir really started in 1996 via an eight-month supervision clinic with Dr. John Banmen, as part of my Master’s degree. My connection has continued through the Levels training, work with John, group supervision, and affiliation with other Satir members. I hold a Master’s degree in Counselling Psyc. from UBC. I am an RCC with the BCACC. I have recently started a small private practice in Coquitlam. In addition, I work in the field of assessment with individuals making application to become caregivers for youth with high-risk behaviours (e.g. drug misuse, justice involved). I am a Mum to a four-year old daughter and a seven-year old son, and I love my children. I am a wife of 15 years to one man—a good man. I am a daughter, a sister, a trusted friend. Recently, my husband and I with our children performed in a theatre production of “The Best Christmas Pageant Ever”. I love to laugh. I love Jazz and blues music. I’ve been told and believe that I “have a warm heart”. There is much to who I am.

In writing this introduction to Me, I’m reminded of the many roles (e.g. Mom, counsellor etc.) that I experience in my life. In one of the training sessions with Kathlyne and John, I recall this salient moment when I learned that roles do not define our identity. This learning has been extremely useful in my process of becoming, and I am so much better equipped to answer the often-asked, “So, What is it you do?” (often with emphasis on “do”). On occasion, the implication in this question is that there is nothing more important to our existence and identity than

“what we do”. And, on occasion, I might reply with something like, “Well, I love to play”, or “I love to walk on the beach at Lighthouse Park in Pt. Roberts!” I might even ask for clarification with, “Do you mean inside the home or outside the home?” On occasion, the questioner is left somewhat befuddled and uncertain, but relentlessly adamant to find out what it is that “Moira does”. And yes, without too much delay, I acknowledge the questioner’s expectation and provide the requested information. My hope is to maybe enlighten—show that there is so much more to who we are than “what we do”. One of the wonderful experiences with meeting Satir-oriented individuals is that the initial, primary focus isn’t on “So what is it you do?”

In this regard, I appreciate very much something that Virginia wrote: “We must articulate the distinctions among role, gender, and value. As it stands, roles have a value in society. We must dissociate role from the notion of value and associate it with the notion of function. You do not get your value as a person from your role, and you do not get it from your gender. You obtain self-esteem from your own congruence. Gender is simply a given. Role is a function at a particular moment in time and not a description of a person. Value is related to a particular person and is a different thing entirely.” At this moment and in this stage of my process of becoming, congruence is an experience I’m learning about and aiming for, through awareness, taking risks and making changes that fit with who I am. Meeting, connecting with and getting to know others affiliated/connected with Satir continues to be honouring and so very, very real. My hope is to continue to connect, take risks, and learn. Thanks for the opportunity.
Moira.

Expressive Arts Workshops—April 9, 2005

Katharine Carol and her team put on a very exciting program for us in April with the Special Event, **'Celebration of Self Through the Expressive Arts: Creative Models for Therapeutic Settings'** Photos and some comments from a few of the conference participants follow:



Katharine Carol & workshop organizing committee

Discovering the Self in the Family Dance

Tannis Hugill introduced the utilization of our bodies to influence our relationships with ourselves and others. Her calm direction helped the participants explore our inner emotions through motion. Sensing freedom to get in touch with our inner self through the expression of dance, we discovered new awareness as to how certain life experiences have impressed us both positively and negatively. In conclusion, we joined together in dance to express appreciation for us all- it was exhilarating and recharging- thank you Tannis. I loved the openness we could share in the experience.

Thank you, (*Kate Parkinson*)

Anne Morrison and Janet Given collaborated on the workshop **Letting our Life Energy Flow**. They began by explaining some of the principles behind their work together, before demonstrating with a volunteer how to help her to realise her inner processes.



Their work demonstrated how the Satir model can meld so beautifully with body energy work, each to enhance the other. Both workshop leaders were masterful in their approach, and worked really well together. (*Pauline Mullaney*)

The workshop **Playing at the Edge** by Trish Grainge was a wonderful experience. One would need to be there because trying to describe it just doesn't do it justice. We drew pictures of both our stuck places and how we would like our lives to be along with the positive and negative aspects of each. So many times we forget to care for ourselves and this was a way of coming to the realization of where pain rests within the body and how we can change. We then chose symbols that expressed a quality we wanted to explore and this brought out many thoughts and feelings.

I like the idea of having clients stand in the middle of a circle holding their symbol representing safety and security with the trauma enclosed in another circle. Different parts of the trauma can be accessed as the client is willing and



able to address the pain. It is a good way to separate oneself from the trauma and to look at it from a safe place.

The importance of play and remembering to breathe was stressed. Some of the words used to describe what happened in this workshop were: "very honouring, connected, hopeful, re-remembering, peace, gratitude, more open, energized, and touched".

Thanks Trish. (*Linda Prochaska*)



Some of the workshop presenters

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Expressive Arts Workshops cont'd

As a therapist in the process of becoming, I have always leaned towards experiential modes of therapy rather than 'traditional talk therapy' that keeps one in their head. With my Satir orientation, I was especially excited to participate in Nitza Broide Miller's workshop, "**The Self and the System: An Evolution of Interaction Through Movement**" at the Expressive Arts Conference. The workshop was thoroughly engaging and interactive, and not one of observation alone or note-taking. In dyads, Nitza asked us to engage in three different dances—each time choosing a partner non-verbally with eyes closed. As I connected through the joining of hands with a different partner in each dance, it brought up such experiences as leading/following, respect, coping stances and taking risks ("I wonder how my dance partner will respond if I try this...?") This experience was meaningful in reflecting on how I generally relate to others (especially those I don't know), and it also made me recognize and appreciate how much I rely on my vision (a gift) when I connect with others. Nitza also invited us to experience dances (with eyes open) in groupings of three and four—an experience that evoked familial patterns of communicating and relating...perhaps bringing the unconscious to the conscious. Overall, I found Nitza's workshop to be a very unique and welcoming experience, and one that left me very inspired to explore and learn more about dance therapy. One of my appreciations of Nitza's workshop is that I can see the value of facilitating change through movement—an experience that can be so meaningful and cathartic. I would very much welcome an opportunity to attend future workshops and trainings with Nitza. Thank you Nitza for sharing your beautiful gifts through this workshop.

Post-script: The jazz trio over the lunch hour was excellent!!! Thanks to the person(s) for arranging the music!

(Maira Haagen, M.Ed., RCC)



Lunch hour jazz trio

The **Relationship Between Art and Spirituality** with Laurie Ducharme was a real treat to attend. Laurie had a very relaxed and welcoming air about her, and as she brought out more and more art supplies she quickly encouraged us to find our most inner self through the medium of art. Soon the room was a flurry of creativity. The time flew by, and we all looked around in wonder at what we had created. I can readily recommend this art therapist who helped me to see how I feel inside, and perhaps how I may want to change some things.

(Pauline Mullaney)



Kathlyne Maki-Banmen demonstrated the **Internal Parts Party**. Wow...what a party it was!!



I had no idea that my perspectives on reality were so disparate. To identify parts alone was fascinating then to delve into them and have the truth of their existence come out was thrilling. Kathlyne was so smooth... leading the way down

that crazy garden path that is mine as if she knew where I was going...I think she kinda did! A most interesting point was how the 'audience' disappeared when I was actively dealing with the parts. It wasn't until after it was over that I realized how completely that had happened. Since that mini therapy session, I have noticed more congruence in my life in many ways...and I don't think it's a coincidence. I would love to do it again!

(Josephine Watson)

Satir Around the World

Avanta : The Virginia Satir Network Announces New Online **Satir Practitioner Registry**

Avanta has initiated an online Satir Practitioner Registry open to Avanta members and members of Affiliates, Institutes, Sister Organizations, and Satir groups.

The purpose is to produce a worldwide listing of professionals who identify themselves as using the Satir Growth Model and Process in their profession. The registrants

can be people from a wide range of professions including mental health practitioners, educators, trainers, counselors, consultants and others. Avanta does not verify the information submitted for inclusion in the registry but the individual signs an acknowledgement that they meet the criteria. There is a one time set up fee of \$25 US and a monthly fee for Avanta member of \$10 US and for non-members of \$15 US. There is an introductory discount of 20% available until June 30, 2006. For further details visit www.avanta.net



Organizational Vitality a la Satir in Singapore

Anne Morrison has been busy in Singapore working with the Tsao Foundation utilizing and developing a new approach for enhancing organizational effectiveness or vitality that incorporates many principles of the Satir Model. All members of the Foundation, from drivers to doctors, were involved and are shown here demonstrating their typical coping stance.



Expressive Arts Workshops, cont'd

Wendy Lum Presents the Self Mandala

As part of the Special Event, Wendy Lum, from Victoria led a large group through the Self Mandala. Wendy's enthusiasm was contagious as she shared her recent work with a five year old boy. One of the group members volunteered to do her own Mandala, which was sculpted by other members of the group. I have participated in sculpting a Self Mandala before, but find that each time new insights are gained. Many of us in the circle "piggy backed" on the star's

experience. Some of us madly scribbled down Wendy's questions, so that we would be able to use them in our own practice. It was a great experience! Thanks, Wendy.

(Jennifer Barrett)



Membership Survey Results

- Jennifer Barrett

[Many of you will remember that you were contacted, either by phone or by e-mail by members of the Board to try to get a reading of what our members interests, gifts, and hopes are, as well as to connect more with members. Thank you Jennifer for all of your hard work in putting this together for us. Here are the results.]

Coordinating the membership survey has been an incredible learning experience for me. Aside from the computer crashes, time crunches, and technological glitches, it has been an incredible opportunity to learn more about the many talented members of SIP. The membership team were terrific. I would like to thank Anne Morrison, Wendy Lum, Pauline Chan, Al Wiebe and Pauline Mullaney for their dedication in contacting so many of our members, completing the surveys and sending them off to me. Almost half the membership responded to the survey. On behalf of the Board, I would like to thank each of you for providing the board with such helpful feedback. Your suggestions will guide the work of SIP in the coming years, in fact, some have been implemented already. Here is a summary of the results.

1. What led you to join the SIP? (52 responses)

Interest in the Satir Model	4
An interest in receiving information about training	4
The positive influence/modeling by trainers and/or colleagues	11
To pursue professional development	11
To stay connected with and/or to be part of a community of like minded therapists	15

2. What were your hopes and wishes? (47 responses)

To belong to, or to be affiliated with, a professional organization and/or obtain referrals	2
To know about future events or to stay current	8
To have training in the use of the Satir Model in specific topic areas through training, courses, classes, and/or presentations	10
To have connection and/or belonging/to be part of the SIP community	23
To enhance their skills in the Satir Model and/or to incorporate Satir with other models or therapeutic interventions	26

3. How long have you been a member of SIP?

Length of Membership in Years	Number of Respondents
Less than one year	19
One year	15
Two years	5
Three years	3
Four years	4
Five years	1
Six or more years	7

4. Has membership in SIP met your expectations? If not, why not? (28 responses)

- Nineteen members indicated that membership in SIP has met or exceeded their expectations or that they did not have set expectations.
- Several responses from rural members and members that have either moved away from the lower mainland, or live in other areas, that feel "out of the loop".
- Several members noted that they would like more notice of upcoming events/training.

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- Several members would like more focus on staying connected and/or enhancing the skills of current members.
- Several members have the impression that participating on the Board, assisting with training, etc. is discouraged for those who do not have a Masters Degree.
- Several members had hoped that SIP would be further along in its evolution.
- A timely response to communications with Board members would be appreciated

5. How are you using the Satir Model in your work? (50 responses)

- It would probably be easier to list how members are **NOT** using Satir in their work. This category includes members who have retired, are on medical or parental leave, care giving family members or working in a different field.
- Many members described the Satir Model as the foundation of their practice, a way of thinking and a life model. It is noted by many that the Satir Model influences every thing they do professionally, affects interpersonal connectedness at all levels, and directs their focus to process and impacts. In addition, this model helps members to conceptualize more clearly, bring about change, and has amazing results. Several members note that they use Satir to make therapy experiential and they use it regularly to teach clients how to use the tools themselves.
- Members are using the Satir Model in private practice, EAP Programs, schools and agencies when working with individuals, couples, families, foster parents, young children, adolescents, students and immigrant populations. Satir is also being used to counsel those with addictions, end-of life issues, life transitions, loss, high risk life styles, crisis intervention, chronic pain, adult survivors of childhood sexual abuse and with those who experience mental health issues (anxiety, depression, eating disorders, self-harm, ADHD, bi-polar and thought disorder were mentioned).
- Members are teaching Satir through SIP training and college/university courses. They are using Satir in pastoral care, community development, consulting, connecting with staff and clinical supervision.
- Members note incorporating/integrating Satir with other models, therapies or interventions such as teaching, assessment, crisis intervention, energy work, Cognitive Behavioural Therapy, art therapy, play therapy, drama therapy, and therapeutic dialogue.
- The Iceberg, Family Map, Exploring Expectations, Stances, Sculpting, The Mandala and Parts Parties are specifically mentioned as being used on a regular basis.

6. How are you using the Satir Model in your personal life? (43 responses)

All members indicated that the Satir Model is at work in various aspects of their lives. Several members mentioned that the use of Satir in their personal lives is challenging, but that it is a very worthwhile and ever evolving process. Also, many members noted becoming more authentic or congruent, returning to congruence through monitoring internal processes and being in charge of feelings. In addition, members reported an increased understanding and forgiveness of self and others, transformations of old patterns into productive patterns, a clearing of unfinished business, working through conflicts and painful experiences. Many reported improved relationships with spouses, children, extended family, friends and colleagues. Satir has strongly influenced communication styles, an awareness of potential in self and others, and an improved credibility at work. Personally, members note encouraging friends and family members to make changes, appreciating others, living in the moment, improved connectedness with others and improved awareness.

7. What can we do to help you feel more connected with the Institute?

Suggestions	Respondents
Circulate monthly inspirational messages from Satir by e-mail	23
Match you with a “buddy” or mentor	11
Institute ongoing Wisdom Box articles/testimonials, which share personal stories of members' experiences with the Satir Model, etc.	30
Provide e-mail notice of upcoming training schedules	35
Have clinical supervision available in the interior (i.e. Kelowna, Kamloops)	Other
Ensure that the promises made during training are accessible, possible and realistic to prevent disappointments.	Other

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8. What opportunities would you like to experience through your Satir membership?

Participate in research	12
Assist with the library	2
Become involved with training	18
Participate in/help with Fireside Chats	18
Help with the Wisdom Box	2
Run for the board	3

Other suggestions:

Help with registration for events, training, etc.	2
Willing to help with computers	2
Requests that new members/all members be supplied with membership list, possibly mentioning work focus, etc. to assist members to connect with others in their field and to further skills.	4
Requests for Level 3 Training	3
Requests for an e-mail connection/chat room/list serve for members to stay connected and have discussions	3
Requests for more informal gatherings to share	3
Numerous requests for more training opportunities - i.e. weekend sessions to practice or enhance skills, day workshops, evening workshops, workshops about different client groups or problems and how to incorporate the Satir Model.	Many
Suggestion of having "Buddy Groups" rather than a mentor, similar to the triads in Level 1 and Level 2	3
Suggestion that SIP may need to centralize as membership grows	1
Suggestion that SIP NOT centralize, but continue to provide contact and notice of training for all members as members may have an interest in going to training in a different area or have colleagues in another area.	1
Have a clear way for members to update their e-mail addresses	1
Post Board member e-mail addresses/contact phone numbers in the Wisdom Box so Board members can be contacted easily	1
Already involved in ways that they are finding fulfilling.	Many

9. What are your individual interests? (i.e. expertise, work experience, volunteer experience, hobbies and passions)

This was a question that needed to be more specific as the information gathered was not easy to quantify. It appears that most of our members are leading balanced lifestyles (the Mandala lives). The following categories are not exclusive or exhaustive, most were mentioned 2-6 times throughout the surveys.

- Sports: triathlons, down hill and Nordic skiing, snow boarding, running walking, swimming, long distance running, speed walking, exercise, aerobics, yoga, snorkeling, weight lifting, dancing, hiking, kayaking, rock climbing, and mountain biking.
- Recreation: reading, gardening, being in the outdoors, nature walks, going to the beach, sunbathing, traveling, social gatherings, sign language, cooking, decorating, watching movies, prospecting playing bridge and playing in general.
- The Arts: singing, dancing, theatre, acting, performing and/or playing music, Jazz, the Blues, weaving, spinning, water colour painting, poetry, quilting, knitting, painting and photography.
- Passions: family, complimentary healing, developing friendships, playing with grandchildren, pastoral care, training, consulting, community development, writing, teaching, and research.

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- Spirituality: at least six members specifically mentioned an interest in incorporating spirituality into professional practice. Others mentioned commitment to church work, pastoral care, spiritual reflection, Buddhist teachings, eastern beliefs, energy psychology, chaplain work, energy work, holistic health and complimentary care.
- Expertise: play and expressive therapy, supervision, teaching, working with teens, adventure based therapy, writing, creative therapies, focus groups, nursing, chaplain, mental health, family, couples, individual counselling, working with children and youth, organizational development, leadership training, community development, consulting, oncology, psychiatric concerns, groups, program development, facilitating groups, pastoral care, life-limiting illness and death, addictions, crisis line, pastoral counselling, victim services, adventure based learning, corporate groups, at-risk youth, women's groups, energy work, holistic health, complimentary approaches.

10. Do you have any questions about the Institute?

- What are the future plans for SIP? (several members asked this question)
- How much is being done in Canada?
- Are there any guest speakers coming in the future?
- Is the only purpose of the institute to provide Level 1 and level 2 training?
- How many members and what is the disbursement?
- When will the next Level 2 be in Kelowna?
- Will there ever be a Level 1 in Cranbrook again?

11. Any final recommendations for the SIP Board?

- Ask every member to contribute an article, a piece of music or art or an opinion about something - at least once a year or once every two years;
- initiate a membership volunteer facilitator/coordinator position;
- provide workshops of how about Satir and restorative justice, conflict resolution model, dealing with divorce, youth violence, child abuse, etc.;
- more publicity; more speakers at universities;
- this survey is a good start to maintaining involvement of alumni; personal contact is better;
- provide more regular gatherings/meetings;
- provide new members with newsletters, and membership lists, contacts, as well as information of upcoming events;
- put dates of Board meetings in the Wisdom Box;
- outline roles of Board members so that there is education about what duties entail, especially for members that are considering running for the board; this would also provide consistent information for new board members;
- encourage new members to contribute mini-write ups to Wisdom Box;
- sometimes people like to be invited, so if someone has expertise, they might get motivated with a suggestion to put together how they have used the Satir model in their area;
- list members and their areas of expertise or interest so members can connect;
- provide ways that members can advertise their city, or area of expertise or link to Satir web site;
- any funds for mini research grants?;
- get list of library materials out to members via e-mail;
- encourage members to help sell SIP videos to their agencies;
- continue with yearly conference!!!!;
- what are the expectations of the Board of the members?;
- I like the idea of staying more connected with each other through a kind of "chat room";
- get a physical space for the Institute.

Keep up the great work, it is still a young organization that has lots of room for growth
(1 of 10 comments expressing thanks to the Board).



**Douglas College
& the
Satir Institute of the Pacific**



Are pleased to give Early Notice for

An Advanced Diploma in Family Therapy

- ◆ Proposed start date is September, 2006
- ◆ Satir Transformational Systemic Therapy is the clinical model
- ◆ Educational Outcome: The program will graduate competent, culturally sensitive and ethical Family Practitioners able to facilitate growth and change within individuals, families and the community.
- ◆ Practitioners can continue to work in their chosen fields and complete this Advanced Diploma program within two calendar years.
- ◆ Courses are designed to sequence progressively, both theoretically & clinically.
- ◆ Students engaged in other areas of study within the human services field will be able to register in courses of interest within this program.
- ◆ Portions of the program will also be accessible on line to allow for distance learning.

Proposed Courses

- ★ Introduction to Current Models of Family Therapy
- ★ Understanding and Working with Families Across the Lifespan
- ★ Introduction to Satir Transformational Family Therapy (STST)
- ★ Ethical Practice
- ★ Therapeutic Issues with Children & Adolescents
- ★ Psychosocial Health, Mental Illness & Interpersonal Relations within the Family
- ★ Working with Couples & Families
- ★ The Sociocultural Context of Clinical Practice
- ★ Application of Research Findings
- ★ Special Issues in Parenting
- ★ Working with Addictions
- ★ Practicum x2

For more information: watch the Satir Institute of the Pacific Website: 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. 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 & Fall events and programs, the next **deadline** for submission is

September 7, 2005

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

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.

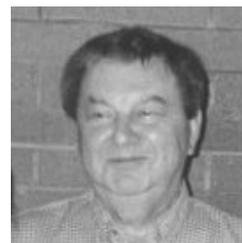
If you are interested, please contact John at:

E-mail: jbanmen@dccnet.com or

Phone: 604.591-9269

Fax: 604.591-9260

Cost \$50 / evening for 6 evenings.



New Practice Opening in Downtown Ladner

Tim Head, Ph.D., R.C.C.

I would like to let everybody know that I have opened a private practice in downtown Ladner. I am available to see families, couples, and individuals, and I also have a separate play therapy room for children and youth. I will be sure to let you know if I begin working with a client whom you refer.

Tel: 604-728-5207

Fax: 604-536-6109

Email: timhead@shaw.ca

Full-time Satir Therapist Needed for "Take-A-Hike" Program

A full-time Satir Therapist is needed to work in a school-based alternative program for at-risk youth (grade 10 level). This program is called the "Take-A-Hike" program specializing in adventure-based learning and adventure based therapy activities along with conventional style individual and family therapy. Candidate should be comfortable in outdoor settings and able to go on multi-day trips into the wilderness with staff and students; should possess a good sense of humour, good level of fitness, and be ready for an intensive but rewarding experience.

Please contact Klaus Klein at 604-267-1108 or John Oliver Secondary School 604-713-8938, Ext. 7602 and leave message. Apply or enquire ASAP.

Satir Training Programs

Satir Transformational Systemic Therapy - Level I

Richmond, B.C.

Dr. John Banmen, R. Psych & Kathlyne Maki-Banmen, MA
September 17 & 18, 2005
October 15 & 16, 2005
November 19 & 20, 2005
January 14 & 15, 2006
February 11 & 12, 2006

Now Registering



Satir Transformational Systemic Therapy - Level II

Richmond, B.C.

Dr. John Banmen, R. Psych & Kathlyne Maki-Banmen, MA
September 24 & 25, 2005
October 22 & 23, 2005
November 26 & 27, 2005
January 21 & 22, 2006
February 18 & 19, 2006

Now Registering



Satir Transformational Systemic Therapy - Level I

Abbotsford, B.C.

Anne Morrison, MSW, RSW, RMFT
October 15 & 16, 2005
November 19 & 20, 2005
December 10 & 11, 2005
January 14 & 15, 2006
February 11 & 12, 2006

Now Registering



Satir Transformational Systemic Therapy - Level I

Kelowna, B.C.

Anne Morrison, MSW, RSW, RMFT
January 27, 28, 29, 2006
February 24, 25, 26, 2006
March 24, 25, 26, 2006
April 8, 2006

Now Registering

Kelowna Registrar: Donna Huggins
250-317-7490 or dhugs5@shaw.ca

PLEASE NOTE:

Registration has increased to \$600; deposit of \$275 required.

For program and registration information contact:

Linda Prochaska
Registrar of Programs

604.879.6654 or
lprochaska@shaw.ca

Register EARLY
to avoid disappointment

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

Help Wanted

The Wisdom Box needs you. We are a committee of 3 so far, including me Pauline Mullaney, editor, Hugh Morrison co-opted husband of Anne Morrison who does the desktop publishing, and Kathryn Patterson. We need some help with interviewing the odd person, and offering creative ideas. If you have some ideas or a little time please contact me at p.mullaney@shaw.ca