



The Wisdom Box

Spring Issue

The Official Newsletter of the Satir Institute of the Pacific

March 2007

Board of Directors 2006–2007

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Michael Callaghan

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Dr. John Banmen

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Jennifer Barrett

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Lucy Garrick

Karen Keyes

Linda Lucas

Kathlyne Maki-Banmen

Kate Parkinson

Open House & Annual General Meeting

June 16, 2007

All members and friends are invited to come & celebrate the many accomplishments of the Satir Institute of the Pacific in its new location at the Phoenix Centre, 13686–94A Avenue, Surrey, BC V3V 1N1

Message from the President

The Satir Institute of the Pacific has been implementing some major changes to significantly improve its ability to contribute to the teaching and sharing of the Satir Model in British Columbia and worldwide.

The Institute now has two offices as part of its partnership with the Phoenix Centre in Surrey. The offices are located in the Phoenix Society's new building 13686 – 94A Avenue, Surrey BC V3V 1N1. Most programs in the Lower Mainland will be located in this building. The new Level 1 course started there on February 3rd. The Changing from the Inside Out Program will begin there on March 1st. New programs are being designed and will be offered for both professionals and the wider community

I would like to welcome Cindi Mueller, who has been working as our new part time Administrative Assistant since the beginning of December 2006. By the end of February she will be available at the office two mornings and one afternoon a week to deal with course registrations, resource sales, maintaining our database, etc.

The Satir Institute of the Pacific website has been redesigned and is being kept up to date by our new web technician, Graeme Sheeley. Please visit the site at www.satirpacific.org for details of upcoming courses, videos/DVDs for sale, copies of our Newsletter, The Wisdom Box, and other current information.

The first issue of the Satir Journal of Satir

Transformational Systemic Therapy was published by the Institute in August 2006 and the second issue will be available online by the end of February. This international publication is a new and exciting addition to academic discourse and showcases applications of the Satir Model by practitioners in different cultural contexts. Information about this online journal can be accessed directly by going to the Journal website www.satirjournal.com or through the Institute website. Our hardworking Editor, Dr. Steve Bentheim, is supported by Graeme Sheeley in managing the Journal website.



This is an exciting time in the evolution of the Satir Institute of the Pacific. If you have not already done so, I invite you to renew your membership or become a member of the Satir Institute, participate in our training courses particularly the new Level 3, take out a subscription to the Satir Journal and become involved. We are also looking for members to serve on the Board or help with committee work.

Come and celebrate these achievements with us at the Institute's Annual General Meeting which will be held on **Saturday, June 16, 2007** at the Phoenix Centre. Please mark your diaries. I look forward to seeing you there.

Michael Callaghan, President
February 2007

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Director of Membership Services

– Jennifer Barrett

On February 24th, the Board of Directors approved seven new members to The Satir Institute of the Pacific. Please welcome Im Ran Hwang, and Sandra Sherwood as Clinical Members; Steven Bentheim, Sukirno Tarjadi, and Susan Hunter as Professional Members; and Kelly Price and Teresa McClellan as Affiliate Members.

The mini-survey attached to the Membership Renewal forms are being collated by the membership committee. The results will be reported in the next Wisdom Box after all the renewals have been received. There appears to be renewed interest in the Fireside Chats and the buddy/mentor idea. I will be contacting those who have expressed an interest.

Reminder notices will be e-mailed regarding renewal of membership. If you did not receive this notice, please

contact me at 250-372-3564 or jefilleul@yahoo.com. The renewal form is also available on the Satir Website in a fill in form that can be saved and e-mailed, or printed and mailed with the fees.



Please mark your calendar for June 16th, when the Annual General Meeting will be held at the Phoenix Centre, where the office of SIP is now located. We are really excited to have a permanent space for SIP. There will be an open house and celebration prior to the AGM that day and we hope that you will come and join the party. All members who have paid their 2007 fees and all new members who joined this year are eligible to vote at the AGM.

SIP membership dues for 2007 – renew ASAP
Renewal form available at SIP website:

http://www.satirpacific.org/membership/documents/Membership_Renewal_Oct2%2006.doc

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 com-

munity 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, or be involved, in your area, please let Jennifer Barrett, Membership Director, know at jefilleul@yahoo.com

New Members

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

Clinical:

Im Ran Hwang
Sandra Sherwood

Affiliate:

Kelly Price
Teresa McClellan

Professional:

Steven Bentheim
Sukirno Tarjadi
Susan Hunter



For information and membership applications contact:

Jennifer Barrett

Membership Coordinator
jefilleul@yahoo.com

Board Member Introduction



I am honoured and thrilled to be part of the Satir community and have had many wonderful opportunities to grow both personally and professionally with the organization. In fact, my current position as a Youth and Family Therapist at Langley Youth and Family Services came about as a direct result of

attending one of the Clinical Evenings and meeting the presenter who would turn out to hire me shortly thereafter! I also have a private practice in Langley and enjoy working with a diversity of clients. Adventure Therapy and Organizational Development are two other areas that I am involved in and have found the Satir Model to be very effective in working with a diversity of groups such as school programs, non-profit organizations, corporate groups, rehabilitation and therapeutic programs. I

– Jennifer Nagel

have interned in several Level I courses and co-facilitate the Changing From the Inside Out Personal Growth program with Pindy Badyal. Also, I am currently serving my second year on the Board as Secretary.

My hobbies and interests include world traveling (highlights include a recent trip to Malaysia with John Banmen for a Satir training program, trekking in Peru with my husband, volunteering at an orphanage in Lebanon, and spending a year working and traveling in Australia), hiking, skiing (down-hill and cross country), and music. I am currently singing in the Good Noise Vancouver Gospel Choir as well as a 6-voice a capella jazz group called Verve Collective.

I look forward to continuing my involvement with the SIP community and getting to know both new and long-time members alike!

Jennifer Nagel, MA, RCC

Board Member Introduction

Hello my name is Pindy Badyal. I am looking forward to serving on the board of SIP in the role of a treasurer.



During my first year at UBC, I was certain that I would someday pursue a career as a computer-programmer. In my second year, I considered earning a degree in commerce and working as an accountant. Thank God, I came to my senses and switched into psychology in my third year and decided to become a psychologist. In my personal life, I am blessed with loving parents, whose love and support seems to know no bounds. I have four terrific brothers and three truly thoughtful sisters-in-law and an awesome sister. I absolutely adore my four fabulous nephews and three amazing nieces. My boyfriend is incredibly kind and insight-

ful. My leisure activities consist of swimming, reading and teaching yoga. Three people who have been most influential in shaping my thinking include my paternal grandfather, Mahatma Gandhi, and Mother Teresa. Each of these individuals has taught me the value of humility. Following in their footsteps, I strive for humility and simplicity in my life. In closing I would like to say in the words of Albert Einstein “minds are like parachutes, they work best when they are open.” Hence, when I meet people, I greet them not only with an open mind but also with an open heart and open arms. My hope is that all of us in the Satir community will come together and venture into new, exciting and growth-promoting endeavors so that we can work collaboratively and globally towards fulfilling Virginia Satir’s vision of creating “peace within, peace between and peace among.”

– Dr. Pindy Badyal

Pindy Badyal, Ph.D.

New Member Introduction



Madeleine De Little is delighted to become a part of the Satir family. Madeleine not only brings her skills of working with children but also her sense of humour. She brings tears to people’s eyes through laughter not sadness.

– Madeleine DeLittle

Madeleine has an on-going commitment to using the sand-tray through the eyes of Virginia Satir. She will be presenting this model at the B.C. school counsellors conference in October. Madeleine is a counsellor in an Arts school, in private practice, and she is a mother of three teenage girls.

Suicide Prevention and Treatment Workshop, Jan. 27-28, 2007

On the Suicide Prevention Workshop

I was aware, as I groped my way to Delta through thick fog, that the fog was an apt metaphor for my relationship to this topic. I recalled some of the more potent of the suicide attempts and 'successes' that had touched my life or those close to me, and the profound pain accompanying them, and sensed this would be an 'impactful' weekend.

Right from the "get-go" John had us working with a "simple" questionnaire, to bring our beliefs and values about life, and the taking of it, into clearer focus. 20 words or phrases connected with perceptions of suicide required a choice of 'agree', 'disagree', or 'unsure'. It had a simple appearance, but for many of us, two or three proved quite challenging to answer. This tool effectively merged the professional and personal aspects of this topic for me, and highlighted some incongruent bits needing more attention.

John used a music metaphor, noting that each of us vibrates at a certain note or tone, which, if not 'met' with others, can result in feeling out of tune, or harmony with those around. He encouraged use of the iceberg to find the 'out of tune' parts and check the severity of the 'disharmony'. This metaphor has such positively directional possibilities as a lens for myself and for potential

clients, whether suicidal or not. The workshop brought 'home' the importance of quickly and carefully engaging with our clients and of the therapist's 'presence' in bringing about transformation, which John aims to have in no more than 6 sessions. John's challenge completed the metaphor: "There are only three ways to get to Carnegie Hall, practice, practice, practice."

The fog had lifted considerably by the end of the weekend, both internally and externally, and in its place was a deeper appreciation of the depth of this work, the congruence as well as deep presence needed ... no small challenge, but one I carried away gratefully.

Mary Leslie, MSW



Dr. John Banmen and Suicide Workshop facilitators Jennifer Nagel, Anne Morrison, Dr. Pindy Badyal, Jim Smith and Angie Dairou

Workshop on Suicide Prevention and Treatment

*We mess up our life mostly because of our heart
This center [chakra] controls passion
Anytime passion is not controlled by human intuition
It will lead to destruction.
Yogi Bhajan*

The World Health Organization (WHO) claims that an individual commits suicide every 40 seconds somewhere around the globe. Close to 815,000 people lost their lives to suicide in the year 2000. For people between the ages of 15-44, suicide is the fourth leading cause of death and the sixth leading cause of disability and infirmity worldwide.

The need for intervention for suicide in the therapeutic community is certainly immense. To provide therapists with the much needed knowledge and skills to inter-

vene effectively with clients who are contemplating suicide, Dr. John Banmen, director of training of the Satir Institute of the Pacific, offered a two day workshop on this topic in January 27-28, 2007. Close to 36 participants from the Satir community attended the workshop. During the workshop we learned that most suicides are not spontaneous. Rather, people commit suicide because of excessive pain and despair. The aim of intervention is not simply to help individuals to not commit suicide but also to help them to choose life which is full of richness, depth, purpose and meaning. John said that to focus solely on suicide prevention is like putting dough in the oven and forgetting to turn the oven on. He emphasized that goal of therapy is to help clients to choose life (e.g., to help them to transform their orientation to "I want to live" vs. "I want to kill myself").

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Suicide Prevention and Treatment Workshop, Jan. 27-28, 2007

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John also touched upon the impact of suicide upon the survivors (e.g. the experience of family members and friends who have lost someone to suicide). This component of the workshop made me realize that my previous training had not prepared me adequately to address this aspect of suicide. The two days were truly an amazing occasion to deepen my learning about an important topic as well as an opportunity to connect with other members of the Satir community in the Lower Mainland and the neighbouring cities (Victoria, Kamloops, and the Sunshine Coast) and the states (e.g. Washington).

The workshop was the first of the series of 8 workshops on different topics that will be offered over the next two years by SIP. I strongly urge each of you to attend as many of these workshops as you possibly can. It really is a wonderful way to learn and connect with each other as well as to deepen one's appreciation for the strength of the Satir Transformational Systemic Therapy Model. Hopefully, I will see some of you at one of the next workshops in this series.



Dr. Pindy Badyal

If Depression is the Solution, What are the Problems? — Dr. John Banmen



Depression is experienced worldwide. Depression is on the increase. Much has been written about it, many solutions have been suggested and actively advocated. Let's take another look at it from the Satir Model perspective.

My high school teacher would stress the importance of defining one's terms. Depression has many different definitions. The definition I will use for this article is:

The buildup of suppressed feelings results in the chronic depressed and manic-depressed condition. Depression is not a disease of illness that we catch. It is not genetically acquired even though some persons are more susceptible to it. Depression is the result of mismanagement of experiences, a pattern of suppressing feelings, a depletion of energy. (John Ruskan, 2000)

What if we went even further and said that depression is a dysfunctional solution to numerous internal struggles even if the struggles are often triggered from the outside such as context or unhappy relationships? That way we would need to go inside the depressed individual and help the client deal with whatever is not functioning well.

Psychiatrists and psychologists diagnose people as being depressed if the individual indicates having five or more of the following:

1. Usual mood is dominated by dejection, gloominess, cheerlessness, joylessness, unhappiness.

2. Self-concept centers around beliefs of inadequacy, worthlessness, hopelessness, and low self-esteem.
3. Is critical, blaming, and derogatory towards self.
4. Is brooding and given to worry.
5. Is negativistic, critical and judgmental towards others.
6. Is pessimistic.
7. Is prone to feeling guilty or remorseful.
8. Has poor appetite or is overeating.
9. Has insomnia or hyper-somnia.
10. Has low energy, is fatigued.
11. Has poor concentration or difficulty making decisions.

When looking at these clinical indicators of depression, you might notice that most of them include feelings and perceptions. One might even say that eating and sleeping not enough or too much of either also is driven by feelings and perceptions.

So, are there therapeutic ways of dealing with people's feelings such as guilt, gloominess, hopelessness, moodiness, and perceptions of pessimism, critical judgmental, and negativity?

The Satir Model, a family therapy school that works interactively and intrapsychically with clients, suggests

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If Depression is the Solution, What are the Problems? — Dr. John Banmen

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that therapists can work very successfully with people diagnosed as being depressed. How? Let us first look quickly at what the Satir Model is.

The founder of the Satir Model is Virginia Satir (1916 – 1988), an American social worker first trained in psychoanalysis at the University of Chicago. She found that psychoanalysis did not really work for her while dealing with seriously mentally ill patients. Nor did working with individuals outside their context (the family) work well either. She, therefore, developed her own system which is presently clinically called the Satir Transformational Systemic Therapy Model, or the Satir Model for short. STST, as abbreviated in English, has a sense of the person in the form of a metaphor, called the Iceberg.

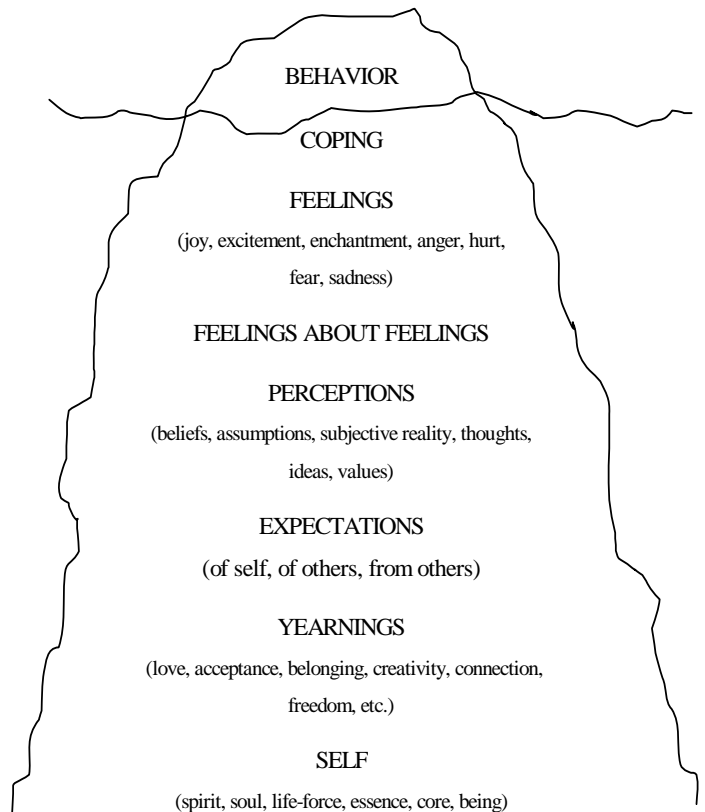
As you will notice, the bottom of the Iceberg has a layer called the Self, the core, the essence, the life-force. With the sense or belief that the life force has an internal drive to survive and growth, the Satir Model sees human beings to strive to become more fully developed, more congruent, whole, and self-actualized. When negative experiences interrupt such developments, one's expectation, perceptions and feelings get triggered negatively. One dysfunctional way to deal with such negative experiences is to suppress one's feelings and perceives oneself as hopeless and helpless. As one depresses one's feelings, one also depresses the life-energy, the life-force that helps us meet our universal yearnings of loving and being loved, of belonging, of having a personal meaning of life. Depression, therefore, becomes a form of avoidance of dealing with one's negative feelings, of one's negative perceptions, of one's unmet expectations, or more basically avoiding the pain of not getting one's yearnings met.

Therefore, working with people diagnosed as being depressed, one can easily see how depression serves as a natural dysfunctional solution to not having one's yearning met. So, how do we work with the depressed person instead of the symptom?

Within this concept and approach, the first step is to learn the Satir Model. This can easily be done by registering for and taking a ten day program over a five month period from the Satir Institute of the Pacific. During the course, the therapist will learn some important concepts as well as learn the skills to bring about therapeutic transformations. Concepts such as:

1. Human beings are all unique manifestations of the same universal life-force.
2. Human processes are universal and therefore can be

Figure 1 : The Personal Iceberg Metaphor



accessed and changed regardless of different environments, cultures and circumstances.

3. At the core, at the essential level of the life-energy, people are naturally positive and basically good.
4. The problem, the symptom, is not the problem. Coping or not coping is the problem. The symptom is the subconscious solution to the problem.
5. Change is always possible. Therefore a more positive solution instead of depression is possible.
6. One can learn to change the negative impacts of the past and let go of hurt, anger, disappointments and negative perceptions and projections.
7. Feelings belong to us and therefore can be changed.

With these beliefs, orientations and concepts internalized, the therapist is well along the road to learn the skills to deal with people diagnosed as depressed.

The five essential elements of transformational change of the Satir Model are:

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If Depression is the Solution, What are the Problems? — Dr. John Banmen

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1. *Experiential.* The therapy must be experiential, which means that the client is experiencing the impact of a past event in the present. As well, and at the same time, the client is experiencing his/her own positive Life Energy in the present. Often, body memory is accessed as one of the ways to help clients experience their impacts. It is only when clients are experiencing both the negative energy of the impact and the positive energy of their Life Force in the now that an energetic shift can take place.
2. *Systemic.* Therapy must work within the intrapsychic and interactive systems in which the client experiences his/her perceptions, expectations, yearnings and spiritual energy of the individual, all of which interact with each other in a systemic manner. The interactive systems include the relationships, both past and present, that the person has experienced in his/her life. The two systems interact with each other. A change in one impacts the other. However, transformational change is an energetic shift in the intrapsychic system which then changes the interactive systems. For the intrapsychic aspects, the Model used the metaphor of an iceberg.
3. *Positively directional.* In the Satir Model, the therapist actively engages with the client to help reframe perceptions, generate possibilities, hear the positive message of universal yearnings, and connect the client to his/her positive Life Energy. The focus is on health and possibilities, appreciating resources and anticipating growth rather than on pathologizing or problem solving.
4. *Change focused.* As the focus of Satir therapy is on transformational change, the process questions asked throughout the entire therapy session are change related. Questions such as "What would have to change for you to forgive yourself?" give the client an opportunity to explore uncharted water inside of their own intrapsychic system.
5. *Self of the therapist.* The congruence of the therapist is essential for the client to access their own spiritual Life Energy. When therapists are congruent, clients experience them as caring, accepting, hopeful, interested, genuine, authentic and actively engaged. Therapists' use of their own creative Life Energy in the form of metaphor, humor, self-disclosure, sculpting, and many other

creative interventions also comes from the connection that therapists have to their own spiritual Self when in a congruent state.

Just one comment about prescription drugs. Sometimes they are necessary. Bruce Lipton, author of *The Biology of Belief* (2004) says: "Using prescription drugs to silence a body's symptom (like depression) enables us to ignore personal involvement we may have with those symptoms. The overuse of prescription drugs provides a vacation from personal responsibility.... Pharmaceutical drugs suppress the body's symptoms but never address the cause of the problem."

The Satir Model does address the cause of the problem that produces depression.

Here are some of the steps to take dealing with people who are diagnosed as depressed.

1. Prepare yourself for each session by centering yourself so that you can be fully present for the client. Basically get into a congruent state, experiencing your own positive life-energy.
2. Start with making contact with the client, show interest, be accepting, make it safe and secure for the client. Make contact with the person not just with the client's experience of depression. This is a person-to-person relationship, where the relationship is very important throughout the therapeutic process not just in the introduction phase. Know your client, not just know everything about him.
3. Hear the conscious problem and experiences of the client. Hear the problem in terms of unfulfilled yearnings.
4. Explore the iceberg in terms of life experiences. How does the client experience himself at all levels of the iceberg? Be curious and accepting.
5. Experientially (the here and now experience) explore the conscious and subconscious feelings of the client. Have them become aware of their feelings, experientially, have them accept and risk sharing their feelings and their reactions to their feelings.
 - a. if the clients are not aware of their specific feelings, you might need to work bringing those hidden, suppressed feelings into awareness, ownership, acceptance.

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If Depression is the Solution, What are the Problems? — Dr. John Banmen

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- b. there will be feelings at the subconscious level that will need to be brought into awareness and acceptance. This can be done by focusing on unmet expectations and perceptions, especially judgments and criticisms. What feelings underlay the unmet expectations and perceptions?
 - c. feelings need to be given a voice, acknowledged, often expressed, even at the physical level.
 - d. explore the messages of the feelings. Usually this is where the yearnings come to the surface.
6. Now work on bringing about changes. This could include letting go through reframing, forgiving, appreciating, and connecting with one's life

force. It might also include empowering the client to take charge and become internally responsible.

7. Bring the person into a state of living in peace with the past, appreciating the present and meeting one's yearnings.
8. Some people will be able to connect with their universal, spiritual energy at this time. The Satir Model sees this as important but many people do not seem to be ready for this phase.

As the therapist taps into his/her own energy field, he/she brings hope, patience, and possibly love. In summary, the Satir Model, used this way, has helped many people who were using depression as a dysfunctional solution to their internal negative experiences.

Lines to Live by

Poem for the Living

*When I am dead,
Cry for me a little.
Think of me sometimes,
But not too much.
It is not good for you
Or your wife or your husband
Or your children
To allow your thoughts to dwell
Too long on the dead.
Think of me now and again
As I was in life
At some moment which it is pleasant to recall.
But not for long.
Leave me in peace
As I shall leave you, too, in peace.
While you live,
Let your thoughts be with the living.*

Theodora Kroeber

*Fear not that thy life shall come to an end, but
rather fear that it shall never have a beginning.*

Cardinal Newman

— Selected by Senna Ip

The Hills of Rest

*Beyond the last horizon's rim,
Beyond adventure's farthest quest,
Somewhere they rise, serene and dim,
The happy, happy Hills of Rest.*

*Upon their sunlit slopes uplift
The castles we have built in Spain—
While fair amid the summer drift
Our faded gardens flower again.*

*Sweet hours we did not live go by
To soothing note, on scented wing;
In golden-lettered volumes lie
The songs we tried in vain to sing.*

*They all are there: the days of dream
That build the inner lives of men;
The silent, sacred years we deem
The might be, and the might have been.*

*Some evening when the sky is gold
I'll follow day into the west;
Nor pause, nor heed, till I behold
The happy, happy Hills of Rest.*

Albert Bigelow Paine

SIP Board Planning Retreat

— Lucy Garrick

Each year the Satir Institute's volunteer board of directors comes together for an annual retreat in order to strengthen our team connection, review our past year's progress and set the course for the upcoming year. This year's retreat was held February 23rd - 25th at Camp Lutherwood, near Bellingham, Washington. Presiding over the retreat was our board president, Michael Callahan. In attendance were all board members: Dr. Pindy Badyal, Kathlyne Maki-Banmen, Dr. John Banmen, Pauline Chan, Jennifer Barrett, Lucy Garrick, Karen Keyes, Linda Lucas, Jennifer Nagel, and Kate Parkinson.

The annual get-together began on Friday night with time to check into our camp cabins and enjoy social time, reconnecting with old friends and welcoming new board members. Saturday and Sunday were very full days of earnest work. The Saturday morning session was led by SIP member and volunteer facilitator, Angie Dairou. Angie facilitated the group in exercises to reconnect with our individual and group purpose and explore our group iceberg.

After lunch on Saturday, new board member, Lucy Gar-

rick, led the board retreat into the evening by facilitating processes to explore our organizational iceberg, progress on the SIP 3-year plan and reaffirm the Satir Institute's vision and mission. Through the day the board celebrated its' common ground and amazed itself at the breadth of our accomplishments throughout the past year. The SIP board voiced its desire to celebrate both our new home at the Phoenix Center and the organization's many accomplishments by inviting our membership at an Open House and Annual General Meeting, scheduled for June. We hope that many SIP members can join us this year in Vancouver, BC for our Annual General Meeting and Celebration in mid-June. In addition to many accomplishments, SIP growth is challenging the board to enhance our operations, products and services to members as well as our operation and infrastructure.

Michael Callahan led board discussions on Sunday to make many decisions about the work priorities for the board and it's committees in the coming months and board treasurer Dr. Pindy Badyal presented the annual budget. The board will convene again for its regularly-scheduled board meeting on March 10, 2007.



Some members of the current SIP Board enjoying a dinner break. From l. to r. Jennifer Nagel, Pauline Chan, Linda Lucas, Jennifer Barrett, Karen Keyes, Pindy Badyal.



Satir Institute Of The Pacific

Satir Transformational Systemic Therapy

Level III Training Program

As announced in a recent *Wisdom Box* edition, the Satir Institute of the Pacific has begun a STST Level III training program for professionals.

Program Description:

Over the next 2 years (2007/2008), SIP will offer 8 two-day weekend workshops on a variety of therapeutic topics using the Satir Model. The first weekend, *Suicide Prevention and Treatment* with Dr. John Banmen, took place the weekend of January 28 & 29, 2007. The next weekend, June 9 & 10, 2007, will be *Healing from Trauma* with Kathlyne Maki-Banmen. Tentative subsequent topics include Working with Personality Disorders, Recovering from Loss and Grief, Overcoming Addictions, Working with Eating Disorders and similar DSM IV-R symptoms. As the weekends are confirmed, they will be announced in the *Wisdom Box* and on the SIP website at www.satirpacific.org.

Program Pre-requisites:

Although graduates of STST Level I training programs are invited to attend the workshops, in order to receive a STST Level III completion certificate participants must:

1. Have successfully completed a STST Level II training program or equivalent (at the discretion of Dr. John Banmen, Director of Training).
2. Have a Master's degree or equivalent (or special permission from Dr. John Banmen, Director of Training)
3. Complete a **minimum of 5** of the 8 two-day weekend workshops.
4. Complete a written case study of one of their client cases dealing with one of the topics from one of the attended workshops.

Program Registration:

To register for the STST Level III weekends:

1. complete the registration form for each weekend and submit the registration fee with your form.
2. the cost of each weekend will be \$150 for SIP members and \$165 for non-members in *Canadian funds*.
3. please ensure that you have checked "Yes" to apply the workshop towards your completion of the STST Level III requirements.
4. upon completion of five weekend workshops, submit your case study to Dr. John Banmen, Director of Training, Satir Institute of the Pacific, 13686 - 94A Avenue, Surrey, BC, V3S 7Z1.

For further program information, email
Dr. John Banmen, Director of Training, at jbanmen@dccnet.com

For registration information, email
Cindi Mueller, Administrative Assistant, at admin@satirpacific.org
or go to www.satirpacific.org



Healing From Trauma Using The Satir Model

June 9 & 10, 2007

Registration Form

Name: _____

Address: _____

City

Province/State

Postal/Zip Code

Phone:

Home _____ Work _____

Email: _____

Employer _____ Position _____

This registration is to be applied to STST Level III **Yes** **No**

Master's Degree _____

Other _____

Previous Satir training:

STST Level I: _____

Dates

City

Trainer

STST Level II: _____

Date

City

Trainer

SIP members: \$150.00 Cdn.

Non-members: \$165.00 Cdn.

Please make cheques or money orders, in Canadian funds, payable to *Satir Institute of the Pacific*.
(refunds, minus \$20 administration fee, before May 25, 2007)

To register, complete the above form and mail with your registration fee to:

Cindi Mueller, Administrative Assistant

Satir Institute of the Pacific

13686 – 94A Avenue

Surrey, BC, V3S 7Z1

Email: admin@satirpacific.org

www.satirpacific.org

Looking for Specialists

— Dr. John Banmen

We all seem to have special interests in our professional life. We have many counselors and therapists in our midst who have a special skill working with people who have a particular symptom or problem.

I am inviting individuals who are or would like to develop the Satir Model's application to a specific symptom or problem through case studies, specific techniques and procedures, and some training material. This could also lead to some professional writings, research and training opportunities locally and abroad.

What I visualize is a large cadre of excellent therapists who would also be a specialist in some area of therapeutic process.

Some of the more obvious areas include:

- Grief and loss
- Depression
- Suicide
- Acting out teenagers

- Post traumatic stress
- Obsessive-compulsive disorder
- Parenting
- Couples workshops
- ADHD

We have a few task forces and a few individuals working on special topics. We now want to expand this by individuals taking the lead and me supporting them instead of the reverse and expanding the application of the Satir Model to many areas of growth and therapy.

If you have an interest to focus on some special application of the Satir Model (and the possibilities seem endless), please give me a call via email (jbanmen@dccnet.com) and I will plan for us to meet to discuss the possibilities and initiate some plans.

Each project will have free access to the Satir material I have available to assist you in the developmental work.

Todd Clark Unsung Hero Award — Call for Nominations

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: **May 15th, 2007**

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. Up to 3 Unsung Heroes awards will be presented at the Board's Annual General Meeting June 16, 2007. Special plaques will be created for those being honoured.

Profiles of each year's Unsung Heroes will be included in [The Wisdom Box](#) Newsletter.

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 events and programs, the next **deadline** for submission is

May 31, 2007

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

Counselling Space for Rent

The Satir Institute of the Pacific has two counselling offices for rent. Location - the new Phoenix Centre, 13686 -94A Avenue, Surrey BC.

Cost : \$15 per hour
\$50 per half day (4 hours)
\$85 per full day (8 hours)
\$125 per full day (12 hours)
\$75 per full day (8 hours), if booked for four days per month

The offices will be available from 9:00 am to 9:00 pm seven days a week

Contact : Michael Callaghan at michaeltc@shaw.ca or phone 250-388-0447

Supervision Opportunity

Bianca Rucker, PhD.

Offering Supervision: AAMFT supervisor-in-training; using Satir Model for supervision; 20 years experience as a marriage and family therapist. Fee for individual supervision is \$75 per hour (\$65 per hour when contracting for at least nine months of supervision); supervision is being supervised by Dr. John Banmen. For more details, contact **Dr. Bianca Rucker** at **604-731-4466** (office located at Broadway & Cambie in Vancouver) or via website at **www.biancarucker.com**

Volunteer needed

If you want to help out and get involved in the Institute and don't know quite how, you may be interested in helping with the production of the Satir Institute of the Pacific **videotapes**. Or you may be interested in the marketing of the tapes.

If you are interested in either of these two volunteer opportunities, then please contact John Banmen at jbanmen@dccnet.com or phone him at (604) 591-9269.

Alternatively you can talk to anyone on the Board informally about your interest

Satir Training Programs

Satir Transformational Systemic Therapy - Level I

Phoenix Centre, 13686 -94A Avenue, Surrey BC.
Kathlyne Maki-Banmen, M.A. & Dr. John Banmen, R. Psych.,
assisted by Sandy Novak

Ongoing

For program and registration information

contact the **Registrar** for each program.

Register **EARLY** to avoid disappointment

Satir Transformational Systemic Therapy - Level I

Nicola Valley Institute of Technology, Merritt, BC

Anne Morrison, MSW, RMFT

May 10, 11, 31

June 1, 7, 8, 13, 14, 15

Contact Anne Morrison for further info:

annekm@telus.net or 604.557-9007

Now
Registering

Satir Transformational Systemic Therapy - Level II

Phoenix Centre, 13686 -94A Avenue, Surrey BC.

Kathlyne Maki-Banmen, M.A. & Dr. John Banmen, R. Psych.,

September 22 & 23, 2007

October 27 & 28, 2007

November 24 & 25, 2007

January 10 & 20, 2008

February 16 & 17, 2008

9:00 am - 5:00 pm

Now
Registering

**Don't forget to visit our newly
re-designed website!!!**

www.satirpacific.org

Submit ideas and content to
Kathlyne Maki-Banmen

Tel: 604.591.9269 or
E-mail: kmb@satirpacific.org

Changing From The Inside Out : Personal Growth Through The Satir Model

The Phoenix Centre, 13686 -94A Avenue, Surrey, B.C.

Dr. Pindy Badyal and Jennifer Nagel

March 2, 9, 16, 23, 30, 2007

April 6, 13, 20, 2007

6:30 - 9:30 pm

Now
Registering

Send completed registration form plus the registration
fee of \$350.00 (Cdn. Funds) by cheque or money order
to: Satir Institute of the Pacific , c/o Ruth Anderson,
11213 Canyon Crescent , Telephone: 604-591-9269

Address Change ??

If you have changed or are about to
change your address or e-mail address,
please e-mail **Jennifer Barrett**
with changes at

jefilleul@yahoo.com

Family Reconstruction using The Satir Model

Delta River Inn

6005 Highway 17th, Delta, BC, Canada

For directions: www.deltainn.com/location/htm

Kathlyne Maki-Banmen, MA, RCC

March 17, 2007

9 am - 5 pm

Send registration form and fee to:

Satir Institute of the Pacific

18319 - 54th Avenue Surrey, BC V3S 7Z1

Email: admin@satirpacific.org

Telephone: 604-591-9269

www.satirpacific.org

Now
Registering

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Senna Ip

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