



SATIR INSTITUTE OF THE PACIFIC

The Wisdom Box

Summer Issue

The Official Newsletter of the Satir Institute of the Pacific

July 2008

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2008—2009

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Todd Clark Unsung Hero Award

to Kathlyne Maki-Banmen

Details on p. 4

Message from the President — Angie Dairou



Warm Greetings to our members and friends of the Satir Institute of the Pacific. I am writing to you aboard my flight bound to Vancouver from Shanghai after close to 3 weeks in China teaching The Satir Model to business people. Bringing congruence to the world's fastest growing population and economy is one of the many projects that members of The Satir Institute of the Pacific are involved in.

It is a key time for The Satir Model on our planet. The Institute of Noetic Sciences, an organization dedicated to studying the advancement of consciousness on our planet has documented the following trends in our global evolution:

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1. There have been more than 250 major wars since WWII that have resulted in over 23 million deaths. Since 1945, 90 % of the war casualties have been civilians. There are approx. 30,000 nuclear warheads in the world, 5000 of which could be launched on a few minutes' notice.

2. Credit market debt in the US reached 36.91 trillion in 2004. 79% of college freshmen in 1970 reported that they were attending college to "develop a meaningful philosophy of life." By 2005, the majority of freshmen (75%) said their primary objective was "being very well off financially".

3. The World Health Organization reports a 60 percent increase in suicide rates worldwide over the past 45 years. They estimate that approximately 1 million people die from suicide each year and that suicide attempts occur up to 20 times more frequently than completed suicides.

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Message from the President, cont'd ...

(Continued from page 1)

Never before has “becoming more human” been more important. When we connect with our deepest level of self, and experience our yearnings being met, it becomes impossible to even consider abandoning the poor, engaging in war, devastating the environment, “selling ourselves out to consumerism” or missing out on the joys of our human connections.

Make no mistake, transforming the planet was Virginia’s dream, she wrote “A new evolution in mankind is afoot. All people who are working toward becoming more fully human will be bridges to that new time.”¹

We are approaching a tipping point on planet Earth. It is time for us to question ourselves, will we self-destruct due to our unconscious coping strategies, or will we use our own congruence to spread “peace within, peace between and peace among”?

The Satir Institute of the Pacific is at the forefront of spreading congruence and peace. In the past few years, our training programs have developed a “wait list” reputation for offering excellence in training for practitioners of the Satir Model. Our members have travelled to China, New Zealand, Singapore, Thailand, Taiwan, South Korea, Portugal, Iceland, The United States and Canada to practice and train others in The Satir Model.

The work is not done. My work in organizational development has taught me that the most successful corporations take others’ criticism of them seriously, and act on that criticism to grow and thrive. It has been written that, “In spite of Satir’s training sessions throughout the world, and several excellent books outlining the techniques of the approach, there is little evidence of a recognizable school representing the Satir model. Instead, there are fragmented groups throughout North America who all practice their own interpretation of the Satir approach.”²

It is now time for our institute to build on its international reputation for excellence in training and become such a school. Together we can create a credentialed program that gives our graduates the reputation that they deserve for having the high quality training that they have received.

It is also time for us to connect more deeply with our members. In a time of rapid economic change, we have become busy and overwhelmed. Let us meet more often and lean on one another in order to support each other through our times of coping and help one another to be more congruent and competent than ever before.

As I think of the SIP Presidents, board members and members who have come before me, I am grateful for their dedication and hard work. Everything that we have achieved thus far is the foundation for our presence as global leaders in learning and living the Satir Model.

Let us continue to work together to create the congruent families, communities, nations and world that we can not only survive in, but also thrive in, by living with the vitality that Virginia modeled so well.

Most Sincerely,

Angie Dairou, M.A., President

¹ Satir, Virginia, *The New Peoplemaking* (1983).

² Innes, Max, “Satir’s Therapeutically Oriented Educational Process: A Critical Appreciation,” *Contemporary Family Therapy: An International Journal*, vol 24, March 2002.

Membership Services

— Jennifer Barrett

Summer is here – although some days here in BC, one has to wonder – rain, wind, occasionally SNOW, sprinkled between warm sunny familiar days of summer. Each year, summer marks the end of terms for some board members and the beginning of new terms for newly elected board members.

The AGM on June 7th in the board room of the Phoenix Centre brought new faces and familiar faces together to hear about how the year has been for SIP and to hear about how Carlie Casey uses Satir to transform business ventures. Prior to the meeting, board members past and present met together to share a sumptuous lunch of Indian food. It was great to catch up on what everyone has been doing.

The Todd Clark Unsung Hero Award for this year was presented to Kathlyne-Maki Banmen. *[see p. 4]*

At the 2007 AGM we added Community Membership to our list of memberships in hopes of attracting members with skills and talents outside of our main membership of therapists and trainers. It has been exciting to accept our first Community Members to SIP. My report noted that we have 159 members in good standing. Again this year the goal of a 10% increase in membership was exceeded with welcoming about 15% more members. We have members from all over the world and finding ways to meet the needs of our membership will require some creative ingenuity. The website provides a convenient link, as does the Wisdom Box. Our interns continue to join Kathlyne Maki-Banmen, John Banmen and Anne Morrison in providing training overseas. Hopefully, over the next few years we will develop more ways to build on the energy of our worldwide membership.

This was to be my last report as the Director of Membership Services. Darlene Schneider (who edited the last Wisdom Box and will edit this one too) has found her move to Kelowna and establishing new roots there makes it too challenging to continue on the Board of SIP. Darlene's energy is infectious and we will miss her

presence on the board. However, she will continue to serve SIP in other capacities, such as the Kelowna Fireside Chat and New Member Greeter for the Interior of BC. My own life has been full of changes. I



I have a new role as the Associate Clinical Team Leader for Child and Youth Mental Health for the Thompson Nicola Team, continue to teach C&YMH treatment on line for Thompson University/Open Learning Agency and to maintain a small private practice. As well, I will be welcoming two new grandchildren to my family this year – at opposite sides of the country. These changes are all positive, but leave little time to devote to the work of Membership Services. My plan is to focus on SIP projects in the Kamloops area. In the mean time, I will continue as the Director of Membership Services until September, when hopefully a new director will be ready to take over.

This past year Membership Services has focused on regrouping and building from a small core. The Kelowna Fireside Chat has been re-established and has now met twice. By the fall, the Kamloops Fireside Chat will hopefully be up and running, as will the first Satir Video Day. Darlene Schneider is the New Member Greeter for the Interior of BC and Linda Prochaska is the New Member Greeter for the Lower Mainland. We are still hoping to find a greeter for Vancouver Island and for our out of country members.

The forms are all revised and available on the website for applications on-line, or paper, and for membership renewal. Terms of reference have been created for each role on the membership services committee. This will make it easier for volunteers to choose an area that fits with their interests and the amount of time they have to commit to SIP. There is much work for the membership committee to do and no contribution is considered too small - we have a need for members to assist with mailing out the Wisdom Box for those who are not on line, market-

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Todd Clark Unsung Hero Award to **Kathlyne Maki-Banmen**

The Todd Clark Unsung Hero Award for this year was presented to Kathlyne-Maki Banmen at the AGM in June. Kathlyne has served on the board for most of the past 10 years. She is one of three Satir Model trainers and spends as much time in airports traveling between countries than most of us spend at work. But, all of that aside, Kathlyne has devoted endless hours promoting and supporting the SIP community over the years. She provides mentorship to new members, creates opportunities for others to participate, volunteers her time on many projects that are behind the scenes, and of course supports her husband, Dr. John Banmen in all the work he does for SIP. It is with great pleasure that we surprised Kathlyne with this award – a feat in itself, as Kathlyne keeps her eye on the work of SIP even when she is not on the board. Thank you Kathlyne. We may not say it often enough, but we cherish the work you do and the person you are.



Jennifer Barrett

Membership Services, cont'd ...

— **Jennifer Barrett**

(Continued from page 3)

ing ideas for our posters, videos, books, leading Fireside Chats, New Member Greeting, Video Days, etc. We are open to volunteers who can provide from a few hours here and there to regular assistance to different committees. Currently, we have need of a member who has a love editing and the creative nature of helping to build the Wisdom Box into a true world wide communication tool to keep the membership updated on the work of SIP.

Of course, the biggest need right now, is for a new membership Director. Over the past three years, my goals have been to keep the Wisdom Box produced regularly, to organize the membership list and the application process by creating new forms, a central data base and a clear description of Membership Services so that the transition from one Director to another is smooth and clear. This has been accomplished and it is time for someone with the energy and skills to take Membership Services for SIP through the next three years.

The new board is very exciting. It is truly multicultural, multi national and has our first community member to provide guidance to SIP. The next few years will be a time to consolidate current projects and to establish new ones. I encourage you to consider joining a committee and becoming a part of the future of SIP. Being a part of the SIP Board has provided me with the opportunity to meet some incredible people who live the model and devote their lives to expanding the Satir network worldwide. It is a true working board, where new ideas are welcomed and creative ventures abound (the E-Journal, curriculum development, expanded overseas training, ongoing production of training videos and print materials to name a few). I invite you to share the experience and become involved. As two SIP members, Angie Dairou (our new president) and Moira Hagen say, we need to surf the berg and keep it curious and there is no end to what we can accomplish together.

Fireside Chats - Update

— Darlene Schneider

Fireside Chats Have Begun In The Kelowna Area

You may be surprised to know that we have 22 active Satir members in the Kelowna area, 8 active in Penticton/ Westbank/ Peachland/ Summerland and 9 Vernon/ Winfield.



As co-ordinator of the Okanagan Fireside Chats in the Okanagan, I was pleased at how affirmatively my calls were answered, when asking who

would like to meet monthly or bi-monthly, in Kelowna, for some of the possibilities listed below. I am happy to report that our first meeting found six of us gathering and excited to be more serious about the meetings in the fall. Another six who could not make the date chosen and are wanting to be included. I look forward to the energy of the new school year fuelling our plan to launch our chats again.

In the meantime, I will soon be contacting the other Okanagan members and gather their ideas and aims.

Some of the options these evening can provide are:

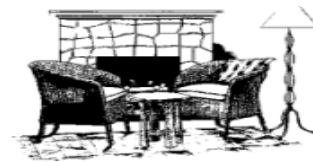
- Mentoring and practice opportunities for Members and Practitioners

- Networking and sharing
- Peer support and encouragement
- Increase in the use of the Satir model in our practices
- Written contributions for the SIP Wisdom Box and SIP Journal
- Satir Video and Book Reviews

If this interests you and it is part of your upcoming goal/vision setting - please contact Darlene Schneider 250-448-4943 or darlenschneider@shaw.ca to let her know your thoughts and availability.

It is further my intention as co-ordinator of "Fireside Chats" to reach out to Satir members and/or invite your reaching me, if you are, interested in these prolific evenings happening in your area?

We are fortunate to have many Trained Satir people - on the Island, in greater Vancouver, in the lower mainland, the north Okanagan, the South Okanagan and beyond. Do you have the enthusiasm and desire to be the organizer in your vicinity? I await your call and Thank You in advance, for considering this meaningful way to serve Satir.



Library Resources: A Priceless Benefit for Members

The Satir Institute of the Pacific has a number of videotapes and books that may be borrowed by members. See the list of resources and borrowing procedures on pp. 10-11 of the Spring 2008 issue of the *Wisdom Box* [available on the SIP website at www.satirpacific.org]. Members are welcome to make their suggestions to the librarian, Pauline Chan, regarding this service. She can be reached at paulineseto@shaw.ca Also, if you have any video/book/journal you would like to donate and add to the library pool, please contact Pauline.

Level III Series — Eating Disorders — Shelley Jensen

Choosing Life: Working with Eating Disorders Using the Satir Model

April 12 & 13, 2008

I am very pleased to contribute this article for The Wisdom Box on Choosing Life: Working with Eating Disorders Using The Satir Model. I have worked closely with eating disorders for almost 15 years and had a very profound experience at this workshop.

Both **Dr. Carolyn Nesbitt** and **Kathlyne Maki-Banmen** were dynamic leaders in this training seminar. Dr. Nesbitt began by examining the pathways to the development of eating disorders and introduced the stages and cycles of anorexia and bulimia. In triads, we then examined a typical iceberg of an anorexic client and pulled the resources from it. With this exercise, we realized the powerful resources of anger, independence, sensitivity, resilience, strength, and self-reliance as some examples. These resources are used in both positive and negative ways.

We then examined the clients' yearnings; through connection to their yearnings to be loved, safe, belong and accepted, we found we could then assist in positive directional use of these resources.

Clients with eating disorders have worked very hard to not experience their yearnings. Using our own congruence to make connection is essential. Examining our own icebergs, judgments, reactions, and beliefs about eating disorders and their symptoms is extremely important. Kathlyne was very inspiring with her message of continuously coming to focus on the yearnings of each client, versus an attempt to correct an eating disorder through "its being about food". As Satir therapists, we can hold a space where their yearnings can be created, through our realistic and hopeful expectations. Even the impact of our hope will create chaos causing the client to relieve the discomfort by making a decision. When the client is experiencing life energy, the decision will be the positive direction of the life energy's wisdom and possibilities.

Having worked with many eating disordered clients I have witnessed their own curiosities of their own life energy force. This is often met with huge resistance that this energy exists for them at all. When we explore the possibilities of, their own spiritual energy, combined with their resources, an energetic shift happens and the client begins to see self in a more positive light. Naturally controlling their outer life begins to be less rigid.

I parallel this as though it were a dance, perhaps a tango, where the client finally hands the lead to the therapist, instead of their eating disorder. The dance with the eating disorder has been too controlling, and the client hasn't had to think about the movements or the lack of flow. When the client and therapist take over the dance, the lead position (the therapist) shows off the beauty of the partner (recognizing the clients' yearnings and possibilities). The leads' position is to hold and support the partner so the client can be safe. It is a carved out place, in the arm, near the heart, where there is freedom to evolve and to revolve around each other. (Holding a space with enough emotional closeness yet containing appropriate boundaries).

The lead is holding the partner so the judges can see the client and judge them worthy (meta-goals, positively directional, change focused goals). The dance must be one of surrender to be effective (your use of self to create the safety). This encourages the client to consider all of their options and choices and the result is increased empowerment in the client. Having them experience the very bravery it has taken to numb out their feelings, and to ignore their life energy force, and transform this into a new bravery to feel once again. This is transformational change. This is often when the client will choose life; the yearning for peace is most often the choice for life.

Kathlyne was a brilliant example of taking the lead during our observation of a therapy session with a guest client living with anorexia. The beautiful dance created between them was

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The Phat about Fat

— Janice Briggs

In our culture fat has become a four letter word, something to be feared and gotten rid of. It is unacceptable and even hated by many. There is a phobia about fat that debilitates and restricts many people. It's time we put things into perspective.

Fat in the human body is just adipose tissue — cells. These cells are there for a reason and have important functions. They protect (cushion) organs; are necessary for energy metabolism, and necessary for heat insulation, growth, healthy skin, vitamin absorption and more. In reality too much or too little adipose tissue in the human body puts the body at a health risk. Too much can lead to such issues as diabetes, hypertension, heart problems and early death. Too little can lead to such issues as osteopenia, heart problems, organ problems and early death. There is a healthy range for the amount of fat in the body however, in our culture, the myth seems to be that less is best and efforts are focused on eliminating fat, rather than finding what the healthy balance is for each unique body.

Another phenomenon I hear all the time is fat talk. Given that fat is not a feeling — it is a substance — what are we really trying to say in this statement? More often than not the problem is not fat, it is the way we feel about ourselves, as women, and as a human being in a culture that promotes unrealistic female (and now male) ideals. What if we decided to take charge and create our own definition of what our ideal is, and include such qualities as honesty, being playful, respect (especially to self), determined, being responsible etc., instead of buying into the notion the only acceptable me is a thin me, the only worthy me is a thin me, the only successful me is a thin me.

Fat talk and feeling fat masks the more general feeling that you are not OK the way you are. So the next time you hear yourself say, "I feel fat," ask yourself "What is really going on for me?" When you hear a young child say "I feel fat," ask him/her about what is happening in her life. As long as we keep the focus on our body we remain blind to the real issues, and our hopes and dreams fade. In turn we give up pieces of ourselves along the way. Our vision becomes

myopic and we see only one thing — our physical imperfections.

In my experience, the more we get away from our authentic selves, and discount ourselves because of what we look like on the outside, the more we see disordered eating and eating disorders. What is more important is who we really are on the inside.

So what is the answer given that cultural messages are unlikely to change, and for some people they live with people who endorse and support such cultural messages?

- First of all, recognizing the fear based focus on fat for what it is — a marketing scheme, and put it in perspective. Fat is not to be feared — managed maybe — but remember it is useful.
- Don't buy into the diet mentality. This is a minefield for self-esteem and can create more health problems than it solves.
- Become aware of media messages in terms of questioning underlying messages, instead of consuming without question.
- Practice shifting any internal negative messages and reframing them to at least being kinder to yourself. Getting rid of the messages and replacing them with supportive, life affirming, self accepting, self respecting, messages would be even better! As Hirschmann and Munter say in *When Women Stop Hating Their Bodies*: "Self-contempt never inspires lasting change."

There are many other aspects to recovering from our fat phobic culture, negative body image, and disordered eating, which have to do with the needs of each person and can include such issues as resolving emotional traumas; learning how to tolerate, accept, manage and use emotions; relationship issues; reclaiming one's voice, self-care and much more. For now take a deep breath (it is physically calming and gets oxygen to the brain) and appreciate all that your body has done for you today without you even knowing it.

Janice Briggs

Parksville eating disordered and disordered eating counsellor, Associated Family and Community Support Services.

Level III Series — Spirituality

— Darlene Schneider

Spirituality in Satir Transformational Systemic Therapy Level 111

May 31 & June 1, 2008

It was a joyful thing for me to have been in attendance, as a former clergy person, for the above weekend workshop. Each weekend has moved my heart into deeper gratitude for its high level trainers, in this case **Kathlyne Maki-Banmen**, MA, RCC and **Anna Maria Low MSocSc**, skillfully making the concepts of using oneself, being congruent and centered with the highest wisdom inside, so experiential throughout the training. This made it possible for me to once again return home with these qualities strengthened, expanded and more accessible for my clients to access their own Life Force Energy, in its perfect guiding wisdom.

Anna's gentle anchored Spirit gave the freedom in meditation's and exercises for each one's own Spiritual interpretations and experiences. The ultimate immersion facilitated by Kathlyne, into the Satir Mandala took place Sunday afternoon. I and I suspect others experienced new levels of awareness and active attention to the 8 areas of

Self Awareness to each ones present life measure of self care. These energy areas: Physical, Intellectual, Emotional, Sensory, Spiritual, Interactional, Contextual, and Nutritional, gave food for thought, contemplation and invited change. The insights into the lesser explored areas of Interactional, Contextual and Nutritional self care aspects prompted me personally to realize I was still skimming the surface of unconditionally loving self care. The excitement for myself and others I will work with is around this new knowledge and my huge willingness to grow in compassion, kindness and self esteem is well fortified. Much thanks to the Star who Kathlyne worked with in sculpting left out parts of self, or the misunderstood parts of self, the physical demonstration I sense made each of us aware our whole being is calling for more recognition and care. I do know after coming some distance in this area for myself that one cannot be too kind, compassionate or loving with oneself. The too much, if it exists, simply becomes an outpouring, an intelligent change force that we bring into every aspect of our movements through this life in general and all are fed and benefit from such a being's presence.

Eating Disorders, cont'd ...

— Shelley Jensen

(Continued from page 6)

very powerful and life affirming. I was again reminded of the importance of my own congruence as a therapist, the congruence of the Satir Model and the voice of an eating disorder needing to be heard and lovingly listened to.

Shelley may be contacted as a key resource on this subject at:

"S" Team Counselling Services
604-552-4363
www.shelleyjensensteam.com

Or find out how you can support our non-profit society Shelley's Angels by helping to raise funds for therapy and treatment of eating disorders.

www.shelleysangels.org

China Has Adopted the Satir Model — Dr. John Banmen

Ever since the establishment of the Satir Institute of China by president and founder Monita Choi activities involving the Satir Model have rapidly increased in China. First it was Monita Choi, then Maria Gomori and then me and now nearly a dozen trainers from outside Mainland China are offering Satir Model training programs in various cities across the vast land. At the same time, at least three major Satir books have been translated into simplified Chinese, all under the direction of Monita Choi and are available for about \$5.00 (US) a copy. Maria Gomori at age 88 is still spending numerous weeks a year in China running intensive Satir Model training programs with great success.

I started my second round of visits to China in 2004 by doing a three day workshop in Beijing. I had made two trips to Canton in the early 1990's working at their Psychiatric Hospital and the Medical Faculty. Now I am running a 16 day program over an 18 month period, at 5 – 6 days each time. Between 50 – 60 participants attend each program even though we limit the participants to 42. The main purpose of the program is to focus on counselling skills using the Satir Model. Most of the time is actually spent on personal development. At this time I have completed four such programs in three cities. At this moment we have three on the go and plans for new ones starting in the fall of 2008. Most programs are provided through Beijing Capital University, all programs are under the umbrella of the Satir Institute of China.

What Monita Choi has allowed me to do is bring two guests to each program. The guests are included at all special meals as well as extra-curricular activities like shopping and sight seeing. The idea was to introduce competent Satir trainers to China and China to trainers from outside the country. Over the last few years I have been able to bring Dr. Sok Fun from Malaysia, Sandy Novak, Stephen Buckbee, Angie Dairou, Linda Lucas [see *Linda's training experience on p. 12*], and Dr. Carlie Casey from the United States and Pauline Chan, Colleen Murphy and Jerry Wu from Canada. All but the last two are now actively engaged in some training programs in China, with Colleen working in Hong Kong. Jennifer Nagel came with me to Malaysia and will accompany me to China next year.

My guests do not pay the registration fee and often get their accommodation covered by the local organizing group. They attend my program, often providing a half day presentation at it and possibly do a whole day program of their liking to a more public group once I have left. My guests to China have accepted the challenge and invitation to take the Satir Model to the most populated country in the world. I appreciate them and look forward to their contributions.

In addition, three of my former students, namely Marie Lam and Grace Yung from Hong Kong and Jerry Lai from Taiwan are also busy with training programs in Mainland China.

The Satir Institute of China is presently planning to publish three additional Satir books in simplified Chinese. Two of them have been translated so far.

The people in China have welcomed us and the Satir Model with great enthusiasm. They have been eager students. Many have made major changes in their personal life and in their professional practice. It all might sound great and wonderful and it is. Yet many issues still need major attention and resolution. Some issues are at the political, financial and organizational levels. Some issues are at the personal level that need much nurturing.

In the meantime Monita Choi and the three Satir Institute of China Branches in Beijing, Shanghai and Guangzhou, are working on a five year plan for all of China to provide personal growth and development workshops, professional training programs that will include training for trainers, supervisors and specialized programs for trauma, suicide, depression, parenting and couples. Several Universities are and more will be included as partners in the near future.

These developments in China are expansions to what is happening in Asia in Singapore, Korea, Thailand, Malaysia as well as Hong Kong and Taiwan. Many people deserve a lot of credit and appreciation for the impact of the Satir Model in Asia. China is the latest addition to the list.

NVIT & SIP Partnering

— Anne Morrison

Anne Morrison recently completed her 4th year of teaching Level I as a 3 unit accredited upper level BSW Social Work course for the Nicola Valley Institute of Technology.

Through a unique partnership between the Satir Institute of the Pacific and the NVIT Social Work Department, Anne Morrison has been able to teach the Satir Level I training to students who otherwise may not be able to access our training. Students receive this training through their Family Practice 477 course which is the equivalent of Level I training. The class is open to interested community practitioners as well who would like to take the Level I training, but are not registered students.

The course is taught on the NVIT college campus in Merritt, BC. as a 3 unit summer session course. Anne has designed this course to meet the NVIT academic requirements as well as fulfill the SIP Level I requirements and criteria. It is taught experientially (without desks), and has been welcomed within the NVIT First Nations educational community. Anne is very grateful to Colleen Murphy, who assisted her with the initial design of this course, so that it

was relevant for an educational setting, some 5 years ago. Since then, Anne has taught the course to 4 different classes and the evaluations have been very positive.

Anne is also grateful to Dr. John Banmen, Director of Training, for his ongoing support for this partnership, as well as to the SIP Board for its endorsement. As well, Anne is very grateful to Ava Dean, a Level I graduate who is on the NVIT Social Work faculty, and who first brought this idea of partnering up with her Department as a way to offer Level I to social work students. Deep appreciation also goes out to Gord Bruyere, the Department Head for the Social Work program at NVIT, who has been a supporter of this partnership since we first began, and whose wisdom and sensitivity have been shared throughout our journey of co-creating these opportunities for the students.

This is an especially heartwarming partnership since the majority of students are of aboriginal background from various First Nations throughout BC and indeed across Canada. Many have taken the course and integrated their learnings

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About NVIT:

The Nicola Valley Institute of Technology (NVIT) is BC's Aboriginal public post-secondary institute. NVIT was formed as a private institute in 1983 by the founding bands of Coldwater, Nooaitch, Shackan,



Upper Nicola and Lower Nicola Bands. Gradually building its program offerings to address Aboriginal community needs such as socio-economic marginalization, environmental concerns and political issues with programs like Social Work, Natural Resource Technology and Aboriginal Community Economic Development, NVIT became and still remains a unique and important public post-secondary institute in Canada. In 1995, NVIT was designated as a Provincial Institute under the British Columbia College and Institute Act

making our programs and courses accredited within the province. Exploring knowledge from an Aboriginal perspective is giving our people the Education, Strength and Leadership we need to enhance our communities. NVIT is proud of its diverse First Nations student population. With over 75% of its student body coming from outside of the Nicola Valley and across Western Canada, we have a breadth of Aboriginal traditions and values throughout the student body and Institute. *[from NVIT website]*

NVIT & SIP Partnering, cont'd ...

— Anne Morrison

(Continued from page 10)

into their practice with their home communities, band offices, and family counseling/child protection settings. They have found that the Satir Model is a wonderful complement to their native spirituality beliefs.

Course participants also have grown through the integration of community practitioners into the class, who have come each year from various agencies including several from MCFD. In fact, one of the most rewarding impacts of this teaching for Anne is the privilege she experiences to be trusted with building a true sense of community from what otherwise would be an academic classroom. The inter-cultural impacts have been profound and memorable, with so many courageous examples of resiliency and transformation amongst people who otherwise have been trapped in generational cycles of pain.

Below is a picture of some of the students from Anne's recent Level I/Family Practice class which met in May and June, 2008. This year, Colleen Murphy attended all of the training and was very loved by all of the students – thank you for your support Colleen!



On the last day of class, during lunch, Sonny Oppenheim, one of the local Aboriginal elders wandered into our classroom and read out the following poem he had written, which we all

thought captured the wonder of the Satir transformational process. He agreed to let us share it in our *Wisdom Box* and he was keenly interested in the backgrounds of the students and praised their work with those in need.

Native Suns

Thank you creator
For dawn's
Morning suns

I a Native Sun
Carrying the light of love
Guide our native people
Free of
Imprisoned dark

Tomorrow's dawn
Pick up your little spirit
You left in the dark

Hello
My small spirit
You are the
Light of my life

I love you

You will never be
Alone or lost again

I'm awake
To life again

Mother earth
Hold me
I'm your
Native Sun

By Sonny Oppenheim



Sonny Oppenheim

Training Experience in China

— Linda Lucas

On May 20th, I traveled to Beijing China to help with Dr. Banmen's last six days of a two-year training program. The training was held at Capital Normal University in Beijing. Many of you know of the devastating earthquake that occurred early in May. Many people (60,000) were killed, and many more were missing and traumatized in the earthquake. Some of the participants of Dr. Banmen's training were at the site assisting with the victims and unable to attend this last six days, however, many of the participants were deeply impacted by the earthquake. My contribution to this six-day training was to facilitate a 1/2 day class in grief and loss. I first asked them to go through "China's iceberg" from their perspective regarding the earthquake trauma. Then I asked them to go through their own icebergs regarding the earthquake trauma. As we all know, we have so much in common and often we isolated and alone in our time of loss and grief. The training was well received and much needed. My experience was profound. I experienced a deep love for the people. Virginia says that "we are really all the same, our yearnings are universal". Wow! This was so apparent to me, the context was China, yet, language was not a barrier to my experience as I did have a translator. The participants seemed to be deeply moved by their own experiences of self and others. People were connecting and experiencing their yearnings. Words really can't adequately express my experience.

I was then invited to give a full day workshop after the 6-day class was completed. I agreed to conduct a workshop on 'Preparing Self to work with trauma, loss and grief.' My hope was to provide information, education and empower people going to the earthquake site. I basically was providing a workshop on Vicarious Secondary Trauma. The focus of the workshop was a short lecture on the iceberg with a big focus on expectations. Then, of course, an experiential exercise, to explore individual icebergs.

I also taught a loving-kindness meditation, and then a Tonglen meditation. The premise of Tonglen meditation imparts having compassion for others and supports the idea that we must

have compassion for ourselves. The Tonglen meditation practice is a method for connecting with suffering, suffering that is ours and suffering which is present everywhere. Primarily it is a method for awakening the compassion in all of us and a practice of mindfulness.

A big surprise for me was my expectation of the size of the workshop. We did not know how many people would attend because there were a number agencies involved in putting the training together (all within a few days). There were over 200 people in attendance in a university auditorium. So, asking more than 200 people to do an experiential exercise with one another took on a whole different meaning. Would this work? It did.

I am grateful for my experience in China. It was lovely. I learned to trust myself on a deeper level. I experienced the universality of people in a way that I did not know was possible. I thought I knew, universality yet until this I had not fully lived the experience. I plan to continue traveling internationally and providing Satir trainings to deepen my own learning's, I am positively greedy

Linda Lucas – Past President SIP



Dr. John Banmen, Jean (translator) & Linda Lucas at recent Satir training in China

Making Changes at IFTA for the World — Dr. John Banmen

In late March 2008 the International Family Therapy Association (IFTA) held its XVI Congress in Porto, Portugal. Family therapists and related professionals from 54 countries had gathered to hear the latest. Nearly 600 people were in attendance. In all, over 200 presentations, often 11 sessions at the same time, were offered to the delegates during the four day conference. The congress was well organized. I found most of the old guard missing. Many have passed on, some very recently, some decades ago. Their impact on the rest of us is still strongly felt and much appreciated.

The Satir Institute of the Pacific had three members make presentations at the Congress. Namely, **Pauline Mullaney** presented on how the Satir Model is being used to deal with ADHD clients within the family context and in family therapy. **Angie Dairou** had been asked to do a sub-plenary and therefore had a large room filled to capacity. She presented on the Family Therapists as Global Leadership Development Specialist. **Kathlyne Maki-Banmen's** topic was Accessing Spiritual Energy as the Essential Ingredient for transformational Therapeutic Change with Families. All three received a lot of positive feedback. They also received several invitations to come and present in different countries. All three deserve our congratulations.

The most exciting part of the Congress for me was to hear that family therapy and systemic psychotherapy services are becoming more and more readily available, even in economically poorer countries. Training of professionals working with families has also increased in the recent past. Many more training possibilities were considered by IFTA at the conference. Meeting colleagues from around the world, old and new, added some excitement to all the meetings and presentations.

The most disappointing part of the Congress was the lack of training opportunities. Most presentations talked about what people were doing back home in terms of programs that they were running. Very little was taught or presented about doing therapy. For instance, if *alliance* is so important, why were people not

taught how to form alliances with clients? If *sculpting* is so important in successful therapy sessions, why were people not taught to sculpt parts of their session? If *process* is so important, why was it not taught? If the *Use of Self* is an important part in therapy, why did we not learn to increase our congruence?

If spirituality is such an essential aspect of therapy, why were we not helped more to increase our spirituality? It seems that we were told a lot of things, some might even influence us or our work. I especially learned a lot from Dr. Constance Ahrons, author of *We're Still Family*. Maybe we need to have real workshops instead of talkshops.

I believe that therapy, especially family therapy, means change therapy at the level of being, at the energy level of our core, at the level of Self. Change that changes relationships. Change that changes contexts. Some people now call this level of positively directional change *transformation*. We can no longer be satisfied just to have a new story, a new myth, some increased awareness or even a new insight. I believe family therapists deserve more. Certainly our clients deserve more.

I hope IFTA will take the lead in making therapy skills and the use of Self a major focus in future Congresses. If you want to be part of this shift, let me know.



SIP members at IFTA in Portugal: Pauline Mullaney, Angie Dairou, Kathlyne Maki-Banmen & Dr. John Banmen

IFTA Congress, Porto, Portugal

— Pauline Mullaney

Peete and I were off to Porto, Portugal; him to assimilate the local culture, me to attend and present at the IFTA, (International Family Therapy Conference). I was excited.

Porto is a very old city with a very welcoming feel to it. On our first day we decided to see the cathedral, so we walked up and down many hills, and clambered up the hill to the cathedral to meet Kathlyne and John with the same idea. The cathedral was majestic, and then a boat ride with port tours followed by a meal in the most welcoming teeny café in the World completed the day quite nicely.

I registered at the conference the next day, and met up with a therapist Alda Ferreira whom I remembered from Prague the year before. I was quickly persuaded to attend a pre conference day by Jan Bout from The Netherlands, on 'Taming the Monster, Working with Severely Disturbed Couples'. I of course ended up role-playing one of the partners in the group. The workshop was a real highlight of the conference for me, because it was very hands on, very inter-actio- n- al, and Jan was extremely skilled and totally present. I learned a lot.

I threw myself into the conference, and I attended some wonderful workshops. 'Dual Households, the New Traditional Family' by Connie Arons was interesting. She talked about her groundbreaking work with separated parents. Another highlight for me was Esther Perel 'Mating in captivity, the Paradox of Intimacy and Sexuality'. Her talk was riveting. Angie Dairou gave an inspiring sub-ple- n- ary on 'Therapist as Global Leadership Development Specialist'. She did us proud SIP members!



Angie Dairou presenting at the IFTA Congress in Portugal

I didn't attend Kathlyne's workshop on Accessing Spiritual Energy as the Essential Ingredient for Therapeutic Transformational Change in Families, but have been fortunate enough to attend her most recent 2-day workshop on spirituality, which was dynamite.

Typically for me, I ended up in the wrong workshop, 'Metaphoric Communication in Families, and in Family Therapy' by Teresa Garcia-Sanchez, but as happens often, it was exactly where I was meant to be. I was fascinated by the ideas and demonstrations of this Erickson trained therapist. I must learn more!

In the evening there was a Gala dinner, and we ate and danced, in a port house. I realized that I had met many new friends, made new connections, and compared notes with others who do similar things to me in different countries, often in very different ways. My cup overflowed. Then it was time for my presentation, in the last slot of the last day. There was a little anxiety about whether anyone would show up, but I was pleasantly surprised and got a respectable number of attendees. My subject was 'Working with the families with a child with a Diagnosis of ADHD Using the Satir Brief Interactional Model.' I really enjoyed presenting this subject, and I feel that it went very well.

Attending and presenting at the Porto IFTA Conference was a dream for me. I am so fortunate to have what I consider to be mentors in Kathlyne and John. I will never forget the rich experience that I experienced there.



Pauline Mullaney, an SIP presenter at the IFTA Congress in Portugal

Satir Model - Developmental Phases — Dr. John Banmen

Looking back at the developmental phases of the teachings of Virginia Satir, I see the deeper and more comprehensive aspects more clearly and more enthusiastically. Even the names of what she contributed have changed over time. The big bang came with the publishing of *Conjoint Family Therapy* (Satir, 1964). The major thrust of the book was in favour of working with the whole family at the same time by the same therapist. It was strongly against the prevailing, traditional psychoanalysis of the day. It brought systemic family system thinking and practice into the forefront of counselling and therapy. For many of us, all therapy is now systemic even when working with individuals.

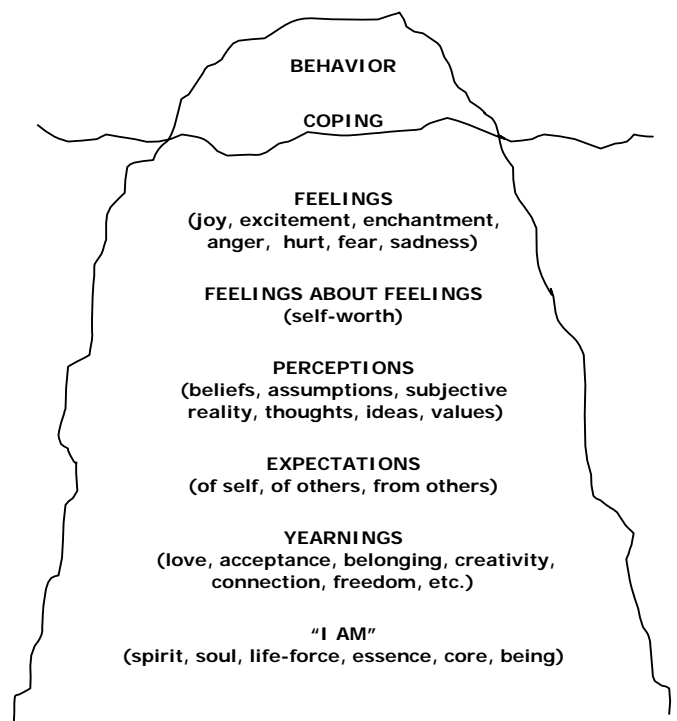
At the time the book *Conjoint Family Therapy* appeared, Satir was working at the Palo Alto Mental Research Institute with Gregory Bateson, Lynn Hoffman and Jay Haley and Don Jackson. Referring to Satir and her work during the 1960's, her model was considered a communication model, maybe she talked about straight communication, or, maybe because she called her survival stances as communication stances. Maybe it was because of the influence of the Mental Research Institute staff of the day that her work was part of the communication model. Neither *Conjoint Family Therapy* nor the *Communication Model* titles became the name of her work. Personally I don't think she cared what it was called as long as it worked.

In the late 1980's, Satir, Banmen, Gerber and Gomori started to write a book called *The Satir Model*. The book was finished three years after her death and was published in 1991. It became the title of many workshops around the world and also became the title of her work in general. The book stressed congruence, wholeness, high self-esteem and how to become a better choice maker. It contained many of the antecedences of the present positive psychology thrust such as growth instead of pathology. It stressed change at all levels of being. The book introduced in more detail the iceberg metaphor as a way of perceiving the person where different psychological systems were integrated.

The iceberg includes Skinner's behaviourism, Rogerian client centered, feeling model, Beck's

cognitive thinking and belief system and the various more spiritual existential schools. Conscious responsibility with a spiritual essence became the focus of the Satir Model. Positive change and growth were always possible even if only internal change took place. It is, what Satir herself called, "the third birth". The first birth being conception and the second birth was what happened nine months later.

The Personal Iceberg Metaphor



Haber (2002, p.25) was an astute student and observer of Virginia Satir. He and several others saw Satir actually teaching the "fourth birth". This phase is now called Satir Transformational Systemic Therapy (Banmen, 2008). It places the iceberg metaphor reference of life-force, we are unique individual manifestations of the same life-force, squarely in the middle of our existence, our growth, our evaluation. It advocates a therapeutic process of transformation at the level of being. Now, maybe, becoming more fully human has more meaning and makes more sense. The second Satir meditation book (Banmen, 2003) advocates the use of one's life-force to become more peaceful, har-

(Continued on page 16)

Satir Model - Developmental Phases, cont'd ... - Dr. John Banmen

(Continued from page 15)

monious, centered and grounded. As Satir said, we are spiritual beings living in a physical body.

The five essential therapeutic elements of the *Satir Transformational Systemic Therapy* as spelled out in (Banmen, 2006), are:

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 life. The intrapsychic system includes the emotions, perceptions, expectation, 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.
3. *Positively directional*. In the Satir Growth 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 waters inside of their own intrapsychic system.
5. *Self of the therapist*. As previously mentioned, the congruence of the therapist is essential for clients 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.

In summary, I see four name stages of the teaching of Virginia Satir over time.

1. Conjoint Family Therapy and the Communication Model of the 1960s.
2. The Human Validation Model of the 1970's and early 1980's.
3. The Satir Model/the Satir Growth Model. Starting during the late 1980's still going strong.
4. Satir Transformational Systemic Therapy. New century, 2000.

In popular usage, the *Satir Model* will probably stay put. In formal therapeutic literature *Satir Transformational Systemic Therapy* will grow in use as the spiritual, transformational aspects get more understood and used.

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November 15, 2008

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

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Satir Transformational Systemic Therapy Level I

Kathlyne Maki-Banmen, MA, RCC
with Dr. John Banmen, R. Psych., RMFT

Satir Institute of the Pacific at Phoenix Centre
13686 - 94A Avenue, Surrey, BC

September 13 & 14, 2008
October 4 & 5, 2008
November 1 & 2, 2008
January 10 & 11, 2009
February 7 & 8, 2009

9 am - 5 pm

Registration: Cindi Mueller, Admin. Asst.
604-634-0572 or admin@satirpacific.org

Satir Transformational Systemic Therapy Level II

Kathlyne Maki-Banmen, MA, RCC
Anne Morrison, MSW, RSW, RMFT
with Dr. John Banmen, R. Psych., RMFT

Satir Institute of the Pacific at Phoenix Centre
13686 - 94A Avenue, Surrey, BC

September 20 & 21, 2008
October 18 & 19, 2008
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