



SATIR INSTITUTE
OF THE PACIFIC

Fall Issue

The Official Newsletter of the Satir Institute of the Pacific

October 2008

The Wisdom Box

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2008—2009

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**Special Feature:
Training in Israel
Pages 6-9**

The President on a Pilgrimage to Virginia Satir's place of Rest

For many years, I have heard stories of the magical experiences which took place in Virginia Satir's 30 day process communities in Crested Butte, Colorado.

When I discovered that the Virginia Satir Global Network's conference was to take place in Denver, I had a deep longing to make the trek to Crested Butte to see if I could feel the remnants of that special energy.

Having been away from home for a total of 3 of the last 5 months, I questioned my sanity as I drove the 5 hour trip southwest of Denver prior to the commencement of the conference. Thanks to the technical wonders of the GPS in my rental car, I easily found the Nordic Inn, the place where Virginia stayed during her 10 years of running month long trainings in Colorado.

Today, Crested Butte is a paradox of sorts. Its' natural beauty is striking, and no doubt was the cause of the commercial development that has infiltrated the once hippie paradise of the 1970's. As Allen Cox, the co-owner of the Nordic Inn told me, "If you remember being here in the '70's, you weren't really here". Today, a small mining shack goes for 1.2 million in the village and the ski lodges of the wealthy look down upon the once quiet town below.

I woke up in the morning and made my way down to the dining room for breakfast where I found a few travelers along with a beaming, tanned, blonde woman who greeted me warmly. After getting my breakfast, I motioned her to my table, told her that I was a "Satirian" and asked her if she might have the ability to introduce me to Allen Cox, the co-owner and long time good friend of Virginia. "I think that can be arranged," she said, "I'm Judy". It took me a minute to realize that she was *Judy Cox*, Allen's wife and co-owner of the inn. A few minutes later, Allen joined us and began to share Virginia stories, which was exactly what I had hoped for when I imagined being there.

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“She worked a lot you know, and I told her that she needed to take a break. So we arranged to spend some time together on her day off. I put her in my 1969 jeep, and told her don’t worry that there isn’t any doors or a windshield. I took her up into the mountains and told her to put her head under the waterfall and she did it.” “That sounds a lot like something I could use,” I said, reflecting on how quickly my work had grown during the preceding months.

Within minutes, Allen and Judy had arranged for me to accompany them on a day long jeep tour into the mountains, in the very same jeep that Virginia toured in over 20 years before. The scenery was breathtaking. Wildflower filled meadows and blue green lakes were overlooked by the jagged peaks of the rocky mountains. Allen told me that when he took Virginia into the mountains, she was thrilled to find a rhubarb patch that was over 100 years old. They picked enough rhubarb for 100 pies, brought it back and left it with the local baker to do his magic. I was not surprised to hear that Virginia was taken with wild rhubarb and waterfalls. Her joy for life is something that reverberates still and seems to draw those who have never known her to the Satir model. And, in Allen and Judy, I found the same enthusiasm for the life energy that emanates from the beauty of nature that surrounds them. They were calm, yet intensely alive as Allen told jokes and drove through streams at just the right speed to ensure that we all got very wet.

Later on in the afternoon, someone asked what the time was and we were all very surprised to realize that it was almost time for dinner. I could not have remembered the last time that I was so present, that I had lost track of time. On our way back we stopped at the Mount Crested Butte town picnic where Allen and Judy introduced me to everyone as their friend. It was difficult to believe that I had known them for less than a day.



After dinner, we decided to stop by the cemetery and visit Virginia’s gravesite. It was a special moment as the sun began to set behind the mountains and stream that her grave overlooks. The spot is marked by a large rock on which an artist had fabricated an iron replica of Virginia’s signature. A sculpture of a columbine flower, which was Virginia’s favorite flower, sits on the side of the rock surrounded by pink quartz crystals. The day ended in peace.

Angie Dairou-President of Satir Institute of the Pacific

Summer Intensive at Rosemary Heights Surrey, B.C. Canada

Well the summer has come and gone but the memories and the learning at the summer retreat have stayed with me. I asked some of the members of the group to write a short description of the impact of the retreat for them personally. So from Israel, Canada, USA, Thailand, Honkong, Israel----- I give you just a glimpse of the internal icebergs of some of the most wonderful people I have ever had the privilege to meet. The photos are mostly of our last night together-Madeleine De little.:



Bonnie Mason , Madeleine De little and Sandy Novak triad

Hi all of you my dear friends,

It took me a while to settle down after our Intensive and my adventures hiking in the Rockies mountains.

I am still in the process of digesting all these lively energetic experiences.

Shifra Yonit and I (our special trio) keep meeting and connecting in a way that keeps the very loving touching and authentic spirit of our group.

Beth and I are going to give a workshop to our Israeli Satir group on Aug 28. Thank you all for such a gift of being with you.. Shalom to all,

Love Tali. (Tali also talks about her training in Israel on page 8)



Steven Keeler as our DJ on "Radio Rosemary"

I was deeply touched by all of your love, kindness and our increasing congruence. I am grateful to John and Kathlyne for bringing together such an amazing group and inspiring us to reach for more. When I give workshops, I always try to get people to keep meeting after so that they can continue to build their momentum, and I am happy for those of you who are doing this. Keep in touch with me too! there are no other Satir people where I live. Love to your Spirit Greatness-Steven Keeler (USA)

I am always blown away by how the work deepens. John's two demo sessions had literally NO content. He went with one word descriptions of the client's present experience, in one case, "lonely" and in the other "lost" and a whole session emerged out of just that much. He seems to be working very directly with energy states these days. Huge shifts can happen with all the content out of the way! Sandy Novak. (Boulder Colorado USA)

Hello to every one Hello from Israel,

It is lovely getting all the "hellos" from all of you, from all over the world. We do live on a small planet, don't we???

I think our workshop together really emphasized that a meeting of souls and hearts brings people together and connects them with the most basic and simple human thread. We, the Israeli group are trying to keep our Satir-fire burning, and will have a big group meeting with all the Israeli Satirs this week

I hope you are all well. We shall probably meet again some-time, some-where...

Fond love/ Yonit (Israel)



Yonit is in the middle with her fellow Israelis showing us a traditional dance

I found the experience intense, stimulating and inspiring. I loved the people and the energy, and the learning remains a constant companion.

Sony [Sassona] Baron MA, MA, RCC. (British Columbia Canada)

Summer Intensive at Rosemary Heights Surrey, B.C. Canada-continued

Dear everyone,

It is wonderful to read glad someone's e-mail about summer intensive.

We feel very warm and happy to have this kind of connection with you all.

We are grateful to Dr. John and Kathlyne for bringing together such an amazing & lovely group.

We arrived 8/10 in KOREA after Denver Satir Conference.

So, we have some jetlag now. But, our mind & feeling is very comfortable by summer intensive in Canada.. We want to see you all again.

LOVE^^

Our name is Hyung-Jin Kwon(hus), Kyung-Aie Hwang(wife) in KOREA Satir Institute.

Hi, everyone

I just finish attending the conference at Denver, It is an enriched experience for me. I went to Crested Butte visiting Virginia's grave. This is a meaningful experience for me. I am very happy to meet John, Jesse, Sandy ,Linda, Nitza, Nada and our Korean friends (Sorry that I do not know how to spell your name). It was like home-coming for me. I went to Crested Butte visiting Virginia's grave. It was so meaningful for me. I wish you were there. I will fly back to Hong Kong tomorrow. Wish you all the best. Hopefully

Sawasdee Ka (Greeting in Thai word)

It's a great time for me to meet and connect with you . Every time I read each of your mails, it brings the beautiful memory back to me and my heart feel touched with you all.

I hope to see you again, may be in HongKong in next two years.

Love Siriwan(Thailand)

see you at the 2010 conference in Hong Kong.

love, Marie



Marie Lum is interpreting for a group of Satir clients and their "Therapists"



Siriwan and the other Satir Thai group members invite us to dance with them.

My experience of this Summer Intensive

"I am so in awe I could accept a cancellation spot at this expertly led, Intensive on very short notice.

I came home with a major answer to a lifelong question, much previous internal work could not reveal.

I further benefited in so many ways from working weeklong with such highly conscious and caring therapists from around the world. I am expanded and grateful. **Darlene Schneider (British Columbia Canada)**

The Summer Seminar was truly inspiring: I now feel that Satir is a way of life, not only a way of treatment. It was also wonderful to meet all those unique people and find out there was a heart-warming common language among all of us. I feel we all are very fortunate to have had Kathlyne and John to guide us along the Satir paths.

Dr. Shifra Dior, Clinical Psychologist, Israel

>

Hello everyone,

> Wishing you all the best summer, it was wonderful to be in your presence.

> Thank you....

> Wendy



They let us out for one night!!

Even though my attention was split in several ways, I am happy that I was able to connect with so many of you. I look forward to even more opportunities.

Blessings, Jesse Carlock-USA



Debbie is interviewing Anastacia about how to belly dance



Here is Jesse modeling one of the Auction items on our last night

Hello all you beautiful souls,

It was such an honour and a pleasure to be with all of you at the intensive, and participate together in deepening our experience with Satir and with ourselves.

The spirit of community that we developed during that week stays with me. I am deeply enriched by the presence of each one of you in the world.

I send greetings out around the world to all of you, and hope that your return home and your re-entry into your daily life was smooth. Blessings on your journey, and to all those whose lives you touch every day.

Much Love to all of you , Anastacia (USA)

Hi everyone

I hope you are all in good health it was great knowing you all please let me know if you plan to visit İstanbul or Turkey.

Love and Peace to all of you. Sibel

Hello everyone

Reading your names brings me fond feelings and memories of the week we spent together. I remain honored to have been a part of the summer intensive and to have spent some time with each of you. I hope you are continuing to grow and to enjoy the many resources you have inside.

Much love and gratitude,

Debbie (Vancouver Island, Canada)



I think Sibel is about to teaching Debbie how to Belly Dance

I feel so connected to everyone-it is truly a family for me!

I also just got back from Denver and feel very lucky to have the kind of connections and the warmth that I experience when I experience us as a community! I feel deeply touched by each and everyone of you!

I hope that we can continue to connect and grow together and I hope to see you in Hong Kong and may be before

Love and appreciation

Nitza (Israel and USA)

SATIR - BACK IN ISRAEL

One of the parts of a family therapist is being a historian of sorts. Therefore, I will make a short detour from the NOW so that we'll all have a .GENERAL CONTEXT.

Part of Virginia Satir's legacy is that she spread her wings, and among other countries she visited & trained was the land of Israel--- sometimes labelled as the "holy land". Even though this label has been questioned at times --- there was never a question about the deep spiritual impact that Virginia Satir had on the professional community in Israel at that time. [late 1960's & early 1970's]



Nitza training

Since I missed the opportunity & pleasure of learning from her then, it seems that my destiny guided me to Palo Alto, where I searched & found her. The rest is history.....

As some of you know , I have been involved with Virginia Satir & with Avanta network since mid 1970's. Since the last time Virginia was in Israel, the Satir Model has been taught occasionally as a part of family therapy programs and gradually seemed to have fallen into the "archives".

As you all know , since Virginia's death Dr. John Banmen & later Kathlyne Maki-Banmen have developed the model and brought it back to life. My colleagues , Shoshana Admati and Reuven Domani, both are family

The new group had 23 participants. It was residential training which was designed for 4 days.

The participants were already quite experienced in their field. The backgrounds included: Family Therapists, Psychologists, Educational counsellors, NLP practitioners, Expressive Arts' therapists, therapists who specialize in EMDR, Narrative therapy & others. The group has become a community during those 4 days and there was alot of enthusiasm and wish to continue. [i.e.: an expression of that was initiated spontaneously by one participant who sent the enclosed writing --see below]

THE SPECIFIC CONTEXT:



Working in triads

It took 6 years to convince Dr. Banmen to make the trip to Israel. It was "touch & go" given the political situation there --- which caused delays. Eventually, John's commitment to the model won over. In May 2006, a group of 22 participants joined for five days residential training. I accompanied John in the role of supervisor and helped the small groups' practice. I also saw my role as a "cultural liaison". The group was quite involved and was touched by the depth of the model as it is presented & practiced to-day.

Since John announced that those who want to continue will have to come to Vancouver, I was asked & agreed to come back to continue the teaching & practicing.

It took two years for me to be able to go back. During these two years a core of people from the original group met to continue practicing what they learned so far. They met every 4--6 weeks, chose presenters and topics & learned on their own. Some of them took a step further & started teaching what they have learned so far.



The group in Israel

SATIR - BACK IN ISRAEL-continued

MY EXPERIENCE

These were seven very intensive days for me. In addition to the challenge of teaching the model on my own was the challenge of teaching it in Hebrew, my maternal language which I rarely use professionally. There was also the challenge of experiencing the culture that I grew up in and that I have been away from for more than 30 years.



View from the training centre in Israel

I am very excited that some of the participants from the original group came to Vancouver to partake in the intensive on July 2008 and that there are plans to continue the training & create the seed to re-awaken the interest, the curiosity & the development of the use of the Satir model in Israel again.

IN CONCLUSION,

I want to thank John for having "opened the door"; I appreciate the dedication of those who kept it alive when I had to delay the continuation of the training; and I appreciate myself for taking the risk to follow John's teaching, to teach in Hebrew and to confront "coming home" when I have been away for as long as I have. I appreciate the opportunity to learn & continue to grow.

Thank you

Nitza Broide-Miller, PhD -Satir group trainer in Israel

"It seems like only yesterday I was in Satir Level One."

Recently I asked myself how it came to be that my introduction to SIP in 2003 (Lev 1) would eventually lead me to sitting on the BOD in 2008?

Upon reflection I came to realize that being open-minded to anything spiritual was the road I would travel – personally as well as professionally. (It was said to me many years ago that you can tell a lot about an individual based on the company they keep). Over the past 5 years it impresses me that the decisions that I have made, for the most part, have been spiritually based.

Frank Veeken, Satir Board member 2008-2009

Satir group in Israel by Tali Aharony



Tali is seen here singing a love song for all of us at the Summer Intensive

enjoyed different peaceful magical scenery.

It all started in May 2006 when Dr. John Banmen came to Israel accompanied by Dr. Nitzza Broide Miller and we first experienced a Satir Training.

Little did we know what an impact we were about to experience.

We had five intensive inspiring days which helped create a small very connected group.

This group kept meeting once a month with members traveling from different parts of the country. We did a lot of self study using the books and the written material John gave us.

Being inexperienced in the Satir model we made up ideas and had no choice but to become quite creative...

Last May Dr. Nitzza Broide- Miller came again and we organized four intensive days for beginners in a lovely peaceful village on the way to Jerusalem.

The magic repeated itself in the sense that a very special connection was created within the group.

Following these four days we had three intensive days for the 2006 group.

This time we moved to the Sea of Galilee and



Sony and Tali Dancing on the Roof top restaurant in White Rock, B.C. (Tali is from Israel, Sony was born in Israel)

It is not surprising that a deeper connection among our group has developed.

Let me tell you in short about our group members.

All of us are therapists who come from different theoretical schools and varied occupations.

We have social workers, clinical psychologists, counselors, movement therapists, music therapists, psycho dramatists.

Most of us practice also family therapy. Some of us work in private practice only, some work also in public organizations. Some are very experienced teachers and some are just beginning their professional work.

Following our last training with Nitzza we decided to join the two groups and create one bigger group that will hopefully be active in two centers – central and north country. We continue our monthly meetings and self study as we did before.

In two days we have our first getting together in which our four representatives who have attended Vancouver Summer Intensive, will share the group with some of our experiences (we will make a point to do it experientially). Beth and I will do a short workshop experiencing different parts of the mandala using musical instruments and voice.

It feels like keeping alive the special creative and connecting atmosphere of our intensive in Vancouver.

Wish us good luck!

So this is the story of our little Israeli Satir group (of about 30 members) in our little country (After visiting Canada I realize how small we are).

We are still in a very beginning stage.

The Importance of Being Funny*

Reflections on the workshop of the Satir Model Level one

Led by Nitza Broide-Miller

Written by Nelly-Nechama Teichtal

When I recall what I've learned in this workshop, It surprises me that I remember the stages of the Ice burg without glancing at my notes, an achievement not too slighted for a person not so young (a big understatement) who is rather forgetful. The answer to this is that we learned without being "taught" and that all of the senses participated in the process.

I had the privilege to be a member of a "family" and had the wonderful opportunity to play out my primary coping stance, I needn't have to hold back, but rather even exaggerate it. What a relief and what fun!

I don't remember laughing so hard for years, and it was the same for the other "members of the family" and our "therapists"

After we watched a session with John Banmen some of us were wondering if it was possible to make a change so quickly, but that's the way with miracles, that I experience time and again, is how people not known to each other, become so close in a short time, like in this workshop.

One of the participants, a lady with "presence" voiced our feelings by saying she thanks the Universe for allowing her this experience, and to that I can only say....Amen!

Also thanks to Nitza who demonstrated by her personality and work what is meant by being congruent and rounded. And last but not least thanks to Beth and Tali for Being there for us.

As for hopes and wishes I sincerely hope we will meet soon again.

My Earnest apologies to Oscar Wilde*

Editor note-I typed this piece of writing as it was faxed from the Israel via the US to Canada

Organization Transformation: Recent Leadership and Team Building Training

Between January and May, 2008, Anne Morrison conducted a very successful Satir Model organizational change

training series for the 20+ members of the City of Coquitlam's Leisure and Parks senior Leadership Team. The Teambuilding and Leadership

Development Training Series took place over a 5 month period with homework, practice, and integration between the day-long sessions. The 4 sessions were titled as follows:

Session #1: Building Team Capacity
From The Inside Out: Establishing our Common Ground (Visioning, shared values, principles, and commitments)

Session #2: Building Leadership Capacity from the Inside Out: Creating Transformational Leadership Amidst Change

Session #3: Putting it into Practice: Growing Together through Change

Session #4: Teambuilding and Leadership: Putting it into Practice



Anne returns in September to facilitate a 5th session that will assist the team with further integration of the Model and also to be available as needed for individual or team coaching. The training series participants were very enthusiastic about the Model, which was grounded in Anne's Organization, Leadership and Team Vitality Audits, using the Iceberg Model. They found the Iceberg to be an excellent tool to connect with their internal experiences at the individual, team, and organizational levels. As a result of the teambuilding series, this management group transformed into a vibrant, leadership team which immediately impacted the wider organizational culture in numerous dimensions and directions.

The enclosed picture shows the happy team participants, with a copy of the Iceberg. On the last day of training, senior management presented copies of the Iceberg to each manager to use in their work with staff, teams, and the wider organization.

Members Training Abroad John Banmen -Director of Training

The Satir Institute of the Pacific members are bringing Satir Transformational Systemic Therapy to the “four corners” of the world. Just looking at the remainder of 2008, we know that Anne Morrison and Linda Lucas will be working in New Zealand doing our regular Level I program and a special two day workshop on loss and grief. They might also do an initial program in Australia.

Sandy Novak is back in China for the third time starting a training of trainers program for people ready to offer parenting programs in Mandarin throughout China. Dr. Sok Fun Lam, from Malaysia, also a SIP member will be back her third time in China training professionals in Beijing.

Kathlyne Maki-Banmen is completing a three country training and supervision trip to Turkey, Czech Republic and Slovakia before returning home to change her set of clothes before heading to Thailand to complete our three year program with the Royal College of Psychiatrists and then fly to Singapore to work for the National Council of Social Services.

I, myself, will be in Taiwan, Korea, Hong Kong and China while you are reading this for the first time. Hopefully, you will read this later to see whose experience you would like to hear in some detail both personally and professionally.

Stephen Buckbee has been to China twice and is planning his third trip. He worked extensively with the Mandala with great results.

And then there is our own SIP president, Angie Dairou. She has introduced the Satir Model to the business community as a tool for transformational leadership. She is on her fourth trip this November. Marie Lam, one of the longest term promoters of the Satir Model in Hong Kong, Taiwan and Singapore, has also been very active in China and will do two new programs with me in Mainland China and Taiwan as co-trainer. She will do the first year of the program and I will do the second year. Of course, several non-SIP members are also doing some workshops in China and elsewhere but most Asian Satir trainers are still limiting themselves to their own country and their own language. Hopefully some day each country will have enough Satir trainers to meet their own requirements. Korea, Hong Kong, Thailand and Malaysia are well on their way. Congratulations! More good news next year.

John Banmen

"It seems like only yesterday I was in Satir Level One."

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Frank Veeken-Board Member of the Satir Institute of the Pacific

How did I come to be on the Satir board when I am not a therapist?

Over the past 20 plus years I have practiced law in both a law firm setting and, more recently, as in-house counsel for a not-for-profit insurance company. In addition, I am a certified internal auditor and Chief Privacy Officer. I took Satir Level 1 training during the fall

and winter of 2007/2008 on the recommendation of my wife, a clinical counselor who had taken this training a few months earlier. Towards the end of the training Pindy, one of the course supervisors asked me if I would be interested in joining the board for the Satir Institute.

She thought my experience as a lawyer and auditor, and my new appreciation of Satir and its principles would offer a valuable dimension to the board in assisting it to manage some of its challenges.

**David Compton Satir
Board member**

She thought my experience as a lawyer and auditor, and my new appreciation of Satir and its principles would offer a valuable dimension to the board .

News From Inside a sweat lodge

Recently, during the weekend of our board retreat, 6 board members participated in a drumming ceremony and sweat at the Raven healing grounds behind the Phoenix Center. (Home of the Satir Institute) The Native American sweat lodge is a sacred ceremony given to us by the Creator, the giver of life, the Great Spirit, in order to heal sickness, gain spiritual strength, commune with the spirit world and offer restitution for past offences. Because bacteria cannot survive at high temperatures, above 98 degrees Fahrenheit, the sweat is meant to detoxify and purify us.

For me the whole experience created a powerful connection to myself, the others involved, and the Universe -past and present. I was very focused and connected to my life energy, and by doing so was able to let go of the negative emotions and perceptions about myself and the world that had been causing me trouble. Old Hands said that the lodge was supposed to represent the womb – warm, moist and safe- so that we could be reborn. The heat was almost unbearable but we were reminded of what our ancestors had done for us in order for us to be here. I felt grateful to my family members for persevering through the difficult times and found a renewed hope for the future to persevere through my own difficulties. The connection, the prayers, the letting go, the focus on spirit and the freedom left me physically and emotionally exhausted but spiritually energized. It was an honor to participate in such a sacred, inclusive and respectful ceremony. Thank you to Old Hands for his gentle wisdom and loving direction through the process.

Teresa McLellan

**Linda Lucas Board member talks of the connection between Satir and
Dyadic Developmental Psychotherapy.**

For the past five years, I have attended, participated and been an avid student in Dyadic Developmental Psychotherapy. DDP focuses on working with Attachment Focused Family Therapy. It is experiential and enhances, compliments and parallels STST. Daniel A. Hughes has been my teacher. The week long intensive training is held in Waterville, Maine, at Colby College. The practice of DDP along with STST is interwoven with the impacts on neural and physiological experiences and intrapsychic and interactive experiences.

In July of this year, at the Satir Institute of Pacific Summer Intensive Training, I was honored to give a short, one hour presentation on working with Trauma and Attachment issues in children and families utilizing Dyadic Developmental Psychotherapy and STST. They are compatible and complimentary with one another.

DDP and STST share the philosophy of use of self being imperative and essential in therapy. If you don't have the ability to be congruent in therapy, this work is difficult. Both DDP and STST have strong emphasis on developing self in order to be congruent in therapy and fully present for the client. Being playful, curious, empathic, loving, accepting and incorporating mindful, purposeful, energetic touch are keystones for this work with my clients. My presentation mirrored the type of work I do with my clients. I used words to describe affective/reflective dialogue, intersubjectivity and reciprocity.

I facilitated activities and exercises to experience these concepts. One of the activities which is very much intrapsychic and interactive was 'the hand dance' in dyads. In trios, participants sculpted their subjective concepts of being born as an enlightened being into the Ma, Pa, Kid trio. So, imagine.....trios of human beings from all over the world sculpting... there were at least 15 trios on the lawn experientially sculpting their subjective experience of being born into this world.

I gave examples of basic reciprocity which is lacking in kids with attachment challenges. We practiced this playful, fun (maybe a little annoying) concept with me singing and patting the top of my head, me, me, me, me, me and then the participants pointing their elbows at me, and singing, you, you, you, you, you. This supports the rhythm of reciprocity, me and you, you and me. In healthy attachment, infants learn, experience and practice reciprocity from birth throughout life. In unhealthy attachment, children do not get their basic needs met and do not know how to give and receive. Another example we practiced to get attention and to make it fun getting and giving attention is when an adult says I have an 'ANNOUNCEMENT', the group of children sing, announcements, announcements, announcements. This introduces fun when giving attention, joining together with others to give attention, playfulness, curiosity for what is to come which builds anticipation. Also, it downloads into our cells the vibration of joy, fun, mutual sharing of joy and fun which is basic to healthy attachment.

To wrap up the presentation, the entire group of 36 participants, including Kathlyne Maki-Banmen, and supervisors, Colleen Murphy, and Nitza-Brode-Miller, gathered outside on the lawn around a tree. We made a big circle and held hands and sang and did the hokey-pokey. The premise of the hokey-pokey is focus on putting the whole self in, not just parts, being playful together, having fun together, being connected with others (we were all holding hands), sharing the same goals, being in rhythm through movement, singing and connecting through yearnings for acceptance, belonging and connection. Again another example of healthy attachment being experienced through mutual sharing of experience.

I am looking forward to presenting a two day workshop on this subject with Dr. John Banmen in February of 2009. I hope to see you there!

Linda Lucas in Idaho

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:

w Full page — \$50

w Half page — \$25

w 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. the next **deadline** for submission will be

February 28th 2009

Please submit any articles, ideas,

Wisdom Box Production Team

Madeleine De Little Editor

Cindi Mueller, distribution

Group Supervision with Dr. John Banmen

The supervision group will consist of a maximum of six people *to be held monthly on Monday, Tuesday, or Wednesday*

from 6 - 9 p.m. starting in September.

If you are interested, please contact John at:

E-mail: jbanmen@dccnet.com or



Address Change ??

If you have changed or are about to change your address or e-mail address, please e-mail

Don't forget our website!!!

www.satirpacific.org

Submit ideas and content to

Satir Training Programs

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

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

In Progress

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

October 18 & 19, 2008

November 8 & 9, 2008

January 17 & 18, 2009

February 14 & 15, 2009

9 am - 5 pm

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

In Progress

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

Dr. Pindy Badyal, R. Psych.

Jennifer Nagel, MA, RCC

& Kathlyne Maki-Banmen, MA, RCC

Any adult (18 & over) interested in making an inward journey towards a more peaceful, harmonious and love filled life is welcome to participate. The Satir Model is based on a foundational belief that all human beings have a positively directional, universal Life Energy that is pushing them towards growth and evolution. This program is experiential. As such, participants must be willing to engage in self-disclosure to learn and grow.

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

**Dates for the Fall 2008 series
to be determined**

Healing The Grief From Within

Level 3

This workshop is designed to provide therapists and counsellors with the knowledge and skills to work with individuals and families who are experiencing grief associated with significant loss. The focus will be on helping people change not just their behaviours, but will also focus on resolving anger, hurt, anxiety and fear, on changing beliefs and assumptions which interfere with healing and on resolving unmet expectations which may lead to depression or “acting out” behaviours. It will assist clients in tapping their universal yearnings and their life force energy to lead towards growth and healing to help clients take charge of their lives and live more responsibly.

Unresolved losses colour our lives. A history of unmourned losses affect people differently: some balk at changes, some make contextual change a way of coping; some avoid saying goodbye, others prolong goodbyes and will call frequently between meetings for reassurances; some experience anger and despair while, for others, grief is expressed through sadness and regret. Grief is the series of emotions that accompany mourning and the chaos of losing something before one is ready to let go. New losses revive past losses and the grief associated with them. Death is the most concrete of the losses

The Satir Model requires that counsellors have a high level of therapeutic competence and congruence. The experiential aspects of the training will provide counsellors with opportunities to resolve some of the issues which may interfere with the therapeutic process. Therefore, the program will aid counsellors in becoming more competent, more confident and more congruent.

Kathlyne Maki-Banmen will utilize lecturettes, small group discussions, structured exercises, demonstrations, experiential learning, videotape analysis and skill practice sessions as part of the program. The training program will focus on helping individuals resolve their grief and loss and develop some skills in helping other individuals and families with their grief and loss.

This workshop will focus primarily on loss through death, although other losses will also be addressed.

This 2 day workshop is intended for helping professionals working with clients in therapy who have completed a MINIMUM of STST Level I.

October 25th-26th 2008

Satir Institute of the Pacific

(at Phoenix Centre)

13686 - 94A Avenue



Discovering Life:
 Healing the Impacts of
 Childhood Sexual Abuse
 Using Satir
 Transformational Systemic
 Therapy

with

Anne Morrison, MSW, RSW, RMFT

Individual, Couple and Family Therapist

and

Dr. John Banmen, RPsych, RMFT

Psychologist and Family Therapist

January 31 & February 1, 2009

9am - 5pm

sponsored by:

Satir Institute of the Pacific

Dr. John Banmen, Director of Training

at

Delta Town & Country Inn

6005 Highway 17, Delta, BC Canada

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

Now Registering

The Satir Institute of the Pacific Clinical Evenings

Clinical members of the Satir Institute of the Pacific are invited to attend the clinical evenings beginning this fall.

These are important for the continued growth and development of Satir clinical members.

Presenters will share their knowledge of their respective fields.

Sessions will be held at the Satir Institute of the Pacific 13686 94A Avenue, Surrey, BC.

If you have any questions please contact Linda Prochaska at lprochaska@shaw.ca or (604) 879-6654.

To register: send your name, address, telephone number and e-mail along with \$10.00 per evening to

Cindi Mueller, Admin. Assistant

Satir Institute of the Pacific

13686 94A Ave. Surrey, BC V3V 1N1

First session: November 13, 2008

Future sessions: tentative dates: January 15, April 16, and June 18, 2009

In Progress

Journal Articles

Our articles begin with **Reflections: The Oral History of Virginia Satir – An Interview With Bunny Duhl, Ed.D.** by **Jesse Carroll, PH.D.**, who has interviewed 18 former students and personal friends of Virginia Satir. This interview looks sensitively at the disparagement Satir endured from her male colleagues in the early family therapy movement. While some of this was due to some of her radical ideas and methods, it also touches the edges of evident sexism that was apparent but unacknowledged. It presents some of Satir's personal challenges and her very human struggle to stay congruent herself.

Our next article is from **Wendy Lum's** research; **Therapists' Experience Using Satir's Personal Iceberg Metaphor.** Her study includes nine therapists (seven women and two men) between 35 - 61 years of age, who received training in the beginner and advanced level of Satir Transformational Systemic Therapy. A phenomenological approach was used to interview participants and analyze their use of the iceberg metaphor in their lives and in their practice.

Sharon Blevins, M.A. offers a narrative account of her personal journey through her parents dying in **A Personal Journey through the Grief and Healing Process with Satir, Kubler-Ross, and Worden.**

"I am aware that I am not through the full impact of accepting their death and embracing a new way of being in the world without them. Since their deaths, however, I have taken a new direction in the field of counseling. I no longer am pursuing marriage and family therapy, but focusing on grief and loss. My spiritual beliefs about the world and people have deepened because of my search for answers around the meaning of life and death."

Finally, we offer **Linda E. Roberts'** touching poem "**Call Me an Angel.**" A clinical member of the Satir Institute of the Pacific, Linda is a counseling supervisor with the Salvation Army. The poem focuses on her earlier struggles between needing to be distant from others and to be more human. I found this an interesting account of someone working poetically through the iceberg metaphor. The accompanying photos are from her "outward" journeying.

• All the best
Steve Bentheim, PH.D.
Editor

So I bid you farewell until the next Wisdom box evolves in the depths of winter. I have enjoyed reading all the contributors articles and making the parts into one whole. This metaphor includes all of the readership. As an individual you are welcome to contribute any of your Satir experiences in print or picture.

In addition I ask you to look at how you can use your gifts of being and doing, to be part of developing the Satir Institute of the Pacific as a world leader in helping people to become more fully human. Through your being, your actions, your teaching, your facilitating transformational change in every aspect of your life and beyond, is there even more you could be doing? Any suggestions as to what more we could all do to bring about such powerful transformational change at a global level. Now is the time. Drop us a line.

mdelittle@shaw.ca

Yours Madeleine De Little

editor Wisdom Box.