



The Wisdom Box

The Official Newsletter of the Satir Institute of the Pacific

Winter 2010 Issue

President's Message – December 2010

It is that time again when our members will receive their membership fee renewal notice. While the membership fees are an important part of the Institute's income, having you participate and belong as members of the Institute is more important. Part of SIP's Vision Statement is:

"We are a welcoming intentional community committed with energy and passion to growth, change and transformation."

Board of Directors

2010—2011

President:

Michael Callaghan

Past President:

Linda Lucas

Secretary:

Linda Lucas

Treasurer:

Teresa McLellan

Director of Training:

Dr. John Banmen

Director of Membership Services:

Florence Westeringh

Director of Marketing:

Available

Wisdom Box Editor

Madeleine De Little

As members of that community I invite you to think about renewal not just in terms of paying your dues but of renewal of your personal commitment to growth, change and transformation through the Satir model. SIP offers many opportunities to connect and share your growth with others through participating in Training Events, Clinical Evenings, Fireside Chats, using the Library, purchasing the Satir Journal and the latest Satir Books and DVD's.

There are also many opportunities to participate in the running of your Institute, doing simple tasks like stuffing envelopes with flyers, participating in committees or being a member of the Board. As you think about renewal, is giving back to the Institute going to be part of your renewal this year? Each year at the Annual general meeting members step forward for election as the Board renews itself. Some of you may be wondering about becoming a Board Member but unsure what it entails. I would invite you to contact Linda Lucas, Nominating Committee Chair,

lucas_linda@hotmail.com or myself michaeltc@shaw.ca. We would be happy to talk with you, answer your questions and invite you to come and experience one of our Board Meetings in the next few months.



My hope is that you will enjoy the Christmas season with family and friends and make a renewed commitment to SIP in the new year as we continue to promote Virginia Satir's mission of bringing "Peace within, Peace between and Peace among." to the world.

Michael Callaghan

President

Dear Members,

Hello, my name is Florence and I am currently serving as your Director of Membership. As a Board, we have been discussing ways to include the membership more and to help all of us stay connected. There are several new things happening that I would like to share with you.

New Website:

We are currently in the process of upgrading our website. The new website is absolutely beautiful with inspirational quotes and easy access to all things Satir.

Several of the membership forms will be receiving facelifts and PayPal will be the preferred method of payment for books and membership dues.

Please keep checking back as we hope to have the website up and running sometime early in 2011.

Membership Directory – for members only

We would like to compile a membership directory for members. The information we hope to include in this directory would be: your name, phone number, email address, type of membership, Satir training and the region you live in.

If you would NOT like to be a part of the membership directory that will be sent out to all members, please let Cindi know at admin@satirpacific.org

Mentorship Program – for members only

One of the reasons that we would like to circulate a membership directory is that the current Level I class has been asking how they can best be connected to other Satir members. What is a way that we can support this new community of learners as they negotiate this exciting and complex way of being? So we thought that if members who had completed their Level II would be willing to become involved in a new way and meet with new members for coffee, they could encourage them in their Satir learning. This connection will not be considered clinical supervision, but something much more informal – a one to one connection with someone who is very new to Satir and will likely have many questions as they process this new information into their professional and personal lives.

I hope that this will be a great opportunity for those of us who are passionate about the Satir Model to share this passion with those just beginning to discover this new way of being;.

For any of you members who have taken Level II and would be willing to meet with new Level I participants for coffee, connection and mentoring, please let me know by emailing me at membership@satirpacific.org so that I can pass on that information to our new members.

Fireside Chats – for members only

Another reason we would like to circulate a membership directory which includes the region you practice in is that we would like to reinstate Fireside Chats. The idea behind the Fireside Chat is to celebrate the community of Satir members by watching a Satir video or discussing a Satir book and sharing how we are all using this Model in our personal and professional lives. Given that it is so cold outside, the whole idea of being inside - in front of a fireplace with hot chocolate - talking about Virginia Satir's work seems very appealing. So when the new directory comes out and you are willing to host a Fireside Chat, you can look in the directory and invite other members who may live in your area.

I realize that some of you are already meeting to support each other and I applaud your incentive. If you are looking for some new members, perhaps you could check out our new directory to see if there are people in your area that you would be willing to invite.

Realizing that our lives are busy, perhaps we could rotate hosts so everyone has an opportunity to open their homes to others. Each group can decide what works best for them.

For those of you who live abroad, are you willing and able to use Skype to connect with other Satir members if there are no members living near you? This may be one way to remain connected, even though no other members live near you.

If you have any questions, please feel free to email me at membership@satirpacific.org and I will do my best to get back to you quickly.

Library – for members only

Just a reminder that it is always an option to borrow material from the Library for personal use and/or for your Fireside Chats. If you live outside of the Vancouver area, you can still borrow from the Library if you are willing to pay shipping and handling charges. Just let Pauline Chan know at librarian@satirpacific.org

There is a list of available resources on our website under membership.

Clinical evenings – for members and non-members

We have opened clinical evenings up to both members and non-members as a way to give non-members a little taste of the Satir Model in an informal setting. This has proven to be successful as at our last clinical evening, several non-members chose to become members immediately following the evening.

Members pay \$10.00 for these evenings and non-members pay \$20.00.

We are looking for professional and clinical members who may be interested in sharing their expertise at a clinical evening. If you would be willing to do so, could you please let Linda Prochaska know at lprochaska@shaw.ca

Our next clinical evening will be held on February 10 from 7-9 at the Phoenix Centre

Membership

Please encourage others to participate in trainings and to become members. Membership is not very expensive and it carries with it many benefits as outlined above. Also once you have completed trainings, please remember to upgrade your memberships as applicable.

I hope that you all have a lovely holiday season and that 2011 is filled with joy, contentment and learning.

Florence

What in the World is Anne Morrison Up To Now?

It is time we tell you about Anne Morrison's work on Vancouver Island. First it looked like she was running away from her busy Abbotsford practice to a secluded home in Chemainus. Now we hear she is about to offer the SIP Level 1 program in Nanaimo in January. Not only is the program full, there is actually a waiting list. John Banmen, SIP Director of Training, made a recent visit to the Morrison's. He was given the royal treatment, getting picked up at the Ferry Terminal, treated to a home made lunch and a great warm welcome by both Anne and husband Hugh. Still most of the time he says was spent on SIP business.

One thing we were wrong about, she has not retired. She is very busy with her private practice, with counselling and supervision. She is as young looking as ever according to John. Who would question John's keen observational skill? Not me.

Anne plans to return to New Zealand later to carry on with her training programs there and looks forward to 2011 with enthusiasm, charm and a strong commitment to the Satir Model.

On behalf of the SIP Board of Directors I wish her health, success and happiness in 2011 and beyond.

Madeleine DeLittle – WB Editor

PS Anne Morrison's business telephone number is 250-324-5521

We just wanted to remind everyone that the Wisdom Box is your magazine and that we are always looking for information, updates, articles, pictures etc for the Wisdom Box. Below is a list of production Dates and Submission Dates for the Wisdom Box, but we will accept submissions at any time. If you have any questions please feel free to contact the office.

Publication Date	Deadline for Submissions
March 31, 2011	March 15, 2011
July 31, 2011	July 15, 2011
October 15, 2011	October 31, 2011

The Wisdom Box

Next issue Submission Deadline is March 15th, 2011

John Banmen Abroad in Asia

After reading the [Vancouver Sun](#) article about John Banmen's work, I had a chance to meet him shortly after he returned from an eight city, five country trip to Asia. Over lunch he was telling me and Florence (our Membership Director) about some of his experiences.

It looks like the Satir Model is well and expanding in Asia. For example, in Taiwan they are planning their twentieth birthday since Maria Gomori did her first workshop. Their plan is to have 10 monthly special anniversary programs during the year. Their hope is to have Maria Gomori do a special weekend talk, demonstration and workshop. John has already decided the month he will be the special program guest. He followed Maria about two years later and has been there yearly ever since.

In South Korea the Satir Institute of Korea has joined two universities to offer a masters program in Satir Family Therapy. The first of the two universities has had two classes of graduates. Their first class ended with 18 graduates. John teaches the students yearly as part of their course/program requirements.

In Hong Kong Satir Center where they usually have over 90 applicants for 42 places for their two year part time programs is starting an advanced program focusing on couples and family program in 2011. And you guessed it; John will be doing two thirds of the program. The rest will be taught by Marie Lam, winner of the SIP Unsung Hero Award of 2010.

The China scene sounded much more complex. Three Satir Centers are each offering a two year counselor training program. Each program consists of 15 days, five days at a time, about four months apart. Local more advanced professionals provide small group facilitation and triad supervision.

Recently three new Satir Centers were approved by the China Management Center, the China Government approves Satir management organizations. These three centers are and will be offering courses by our own SIP members: Sandy Novak, Anna Low, Linda Lucas, Pauline Chan, Marie Lam, Sok Fun Lam and Stephen Buckbee. Anne Morrison and Gloria Taylor had to withdraw from the China team due to illness.

John hopes Nitza Broide-Miller, Jennifer Nagel and Carolyn Nesbitt will join the team in the near future.

Some courses are of a personal growth nature. Other programs include parenting, couples, communications and parent-teenage relationships.

I hope I captured the basic picture John shared with us at lunch. I really do not remember what I had to eat. I do remember I had to pay for my own lunch. Next time I will take better notes or have him write me a more detailed report.

Madeleine De Little – WB Editor

Coming Events

Dates are also now confirmed for next summer's training programs they are:

July 2 – 11, 2011 STST Level 2 Summer Intensive
Training with Kathlyne Maki-Banmen

July 12 – 19, 2011 STST Master Class Intensive in STST
(By Invitation Only) with Dr. John Banmen

Aug 12 – 21, 2011 STST Level 1 Summer Intensive
Training with Kathlyne Maki-Banmen

All three of the above programs will be held at Rosemary Heights
Retreat Centre 3690-152 Street, Surrey, BC V3S 0L3

REGISTERING
NOW

Fireside Chat

At Madeleine De Little's House
7pm Thursday March 10th
23253 Francis Ave Fort Langley
V1M 2R7

Email Madeleine
fort.playroom@shaw.ca

I do actually have a real wood stove and it is very cozy. (not one of those ones on the computer screen!)

Please join me as it will be lonely sitting
watching the flames on my own. We can share how we are
using Satir in our work and in our personal lives.

Open to all members.

Please confirm if you are coming

fort.playroom@shaw.ca

604 626 9671



Satir Transformational Systemic Therapy Training Program Level 1

Now Registering

Conducted by
Anne Morrison, MSW, RSW, RMFT
Individual, Couple and Family Therapist

Sponsored by
Satir Institute of the Pacific

Under the supervision of
Dr. John Banmen, RPsych, RMFT
Director of Training

Bethlehem Retreat Centre
2371 Arbot Road
Nanaimo, BC
250-754-3254

Workshop Dates

January 20, 21, and 22, 2011
February 24, 25, 26, 2011
March 31, April 1, 2, and 3, 2011

Early Bird Registration Fee before December 1, 2010

SIP Members - \$600 / Non-Members - \$650

After December 1, 2010

SIP Members - \$650 / Non-Members - \$700

(Fees include all 10 days, course text, workbook and lunches)

For more information contact: Satir Institute of the Pacific 604-634-0572 or email admin@satirpacific.org or check out our website at <http://www.satirinstitute.org/>

This course is a prerequisite for Satir Transformational Systemic Therapy Level 2

Satir Institute of the Pacific Informational Evenings

The Satir Institute of the Pacific invites Satir members and Non-Members who have completed Level I to attend the informative evenings resuming this fall on a bi-monthly basis. Presentations will be about 1 1/2 hours long with time for refreshments and networking. Presenters are Satir clinical members who will share their knowledge and expertise of their respective fields.

Thursday February 10, 2011
Jim Smith will be expanding his presentation
“DEAD KIDS TALKING – Finding the Internal Story of Suicide and Suicidal Ideation”
Using the Satir Transformational Systemic Therapy Model

Jim Smith MA, RCC, RSW (PP) will present his experiences and findings with the BC Coroner's Service where he was employed as a Behavioral Investigator where he investigated completed adolescent suicides, suspected suicides and suspicious deaths that could be suicide.

Jim will share his behavioral investigation procedures and methodology for gathering idiographic information pertaining to a deceased person and will illustrate with case references on how the Satir Transformational Systemic Therapy Model's view of behavior was used to make sense of these seemingly senseless deaths. The Satir Transformational Systemic Therapy Model and the Model's view of suicide will be discussed.

Jim will also discuss how the Satir Model can be used with living youth to understand their deeper unmet needs masked by acting out behaviors where left unresolved can lead to suicidal ideation and suicide.

Evenings will be held at: **Phoenix Centre**
13686-94A Ave, Surrey, BC V3V1N1

Time/Date: **7:00 pm to 9:00 pm Thursday February 10, 2011**

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

A Personal Reflection

Tracey Gillis M.A.

I began my career as an elementary school teacher in 1998 and started counselling at the elementary level last year after receiving my Masters in Education. During my studies a colleague highly recommended Satir Transformational Systematic Therapy training. Always eager to develop myself professionally, I enrolled in the Satir program this fall. The course has not only helped to advance my professional knowledge and skills but has led to positive personal growth.

The practice of exploring my own iceberg and looking closely at my internal experiences, especially during stressful times, has led to increased self-awareness and understanding of how I interact with others. I have become more cognisant of my coping stances, perceptions, feelings, and expectations and the patterns that have emerged in my reactions to different situations. Applying this new knowledge has helped me to identify and change unhelpful patterns of thinking, feeling and acting. I have realized that there are many possibilities in meeting unmet expectations and fulfilling my yearnings. I am learning to be more mindful and congruent by connecting to my internal resources and spiritual essence through meditation. Increasingly, this has allowed me to feel calm, peaceful, and content in my life.

When I met with my triad to create my family map, I started to make new personal discoveries. These discoveries included how my family dynamics have impacted me and how my decisions about who I am has impacted my relationship with others. I was able to separate each person from their family role and understand how their coping stances influenced relationships and interactions. I had never considered their perspectives in such depth before and this helped me to gain a greater appreciation for who they are.

Professionally, I have started to discover the power in “deep sea diving” with children of all ages helping them move beyond the story and presented behaviour by looking at their own icebergs. Using this approach has reminded me about the importance of having others separate the person from the behaviour, look at the whole picture, and not judge or assume what is really going on for a child. Children have continued to amaze me with their honesty, willingness, and commitment to internal change. Even in the most challenging circumstances, I have witnessed that change is possible and transformational change not only impacts their own well-being, but also their relationships with others. The positively directional practice of Satir’s model is very motivating to me. Satir’s basic therapeutic beliefs instil hope in the change process and helps children to overcome problems by discovering and connecting to their internal resources and Self.

Practicing Virginia Satir’s therapeutic model with my classmates, triad members, and students has allowed me to directly experience the wisdom of her work. There are so many more wonderful things to learn about the Satir Model. I anticipate I will be able to make more personal discoveries and gains in my professional abilities throughout the rest of this course, my life, and career.



I

By Tracey Gillis

Elementary School Counsellor ,(in six schools per week) Langley, BC

We were sent this and wanted to share it with our members. It is wonderful. (mdl)

A letter from Satir Global Network— with a link to tape of Virginia Satir. Just press control and Click on The Chico tape below.

Hello Satir Institute of the Pacific,

As the president of the Satir Global Network, I want to express my gratitude to you for being a part of the Satir Global community. Many of you are new to the network and that is exciting as we work together to promote greater peace within, between and among.

As I reflect at this season of gift giving, it has been an amazing one in terms the financial gifts the Network has received. First, there was the incredibly wonderful gift from the Hong Kong Satir Center Board giving the Network the entire profit from the 2010 Satir Conference!

Second, there was the gift from Rob Schlesinger to the Enriching program. Rob sponsored the professional video taping of the Enriching Program, as adapted for persons with disabilities and those in relationship to them. This has allowed us to offer online training with video clips for each lesson, which adds so much to the quality and accessibility of the training.

Third, is the gift was from Barbara Burns who donated 200 Satir Calendars to the Network and we are selling them through the Shop at www.satirglobal.org, or just [click here](#). Barbara created and produced the calendars overlaying Virginia's sayings over her photography. They are beautiful and as Margarita Suarez says, you have to see them to know how really beautiful they are.

In addition to these financial gifts, we have received so many gifts of time and talent. For example, Steve Buckbee has developed two free on-line lessons, one on the Change Process and the other on the Temperature Reading. If you haven't had a chance, go to the website and click on Training. You will find them under Online Training. It is so wonderful to go to the site now and watch Virginia teaching. Thanks, Steve.

OUR GIFT TO YOU

As our gift to you, we are making available to you the first video in the Satir Family Series, along with the transcript. In this video Virginia discusses how she came to work with families and her philosophy. It is a treasure. Just press control and while holding down the control click on this link, [The Chico Tape](#)

Remember, you need to login:

Login: virginia

Password: holiday (Use small letters for both)

Well, I hope that you have a wonderful holiday and that we can stay connected! My email is sloeschen@gmail.com and I would love to hear from you.

Lovingly,

Sharon Loeschen

Advert**Bereavement Support is an Essential Service**

The BC Bereavement Helpline has existed since 1988 and its mission statement is as follows:

“To facilitate the provision of care and support to the bereaved and their caregivers of British Columbia, and to ensure that their interests are publicly safeguarded.

The BC Bereavement Helpline has a resource directory that covers not-for-profit groups and agencies in the province of BC.

If you are working with grieving persons or grieving yourself please remember there are resources in the community to assist those in need.

Symptoms of grief can include:

- | | |
|-------------------------------------|---------------------------|
| -overwhelming sadness | -confusion |
| -inability to sleep | -inability to concentrate |
| -lack of appetite | -irritable |
| -cry easily | -depressed |
| -lack of desire to do anything | -forgetfulness |
| -feeling like you are going “crazy” | |

The BC Bereavement Helpline is committed to increasing public understanding of bereavement as a normal life process through education, advocacy, networking, and dissemination of information.

The BC Bereavement Helpline is the largest non-profit bereavement support network in BC.

Contact us for information today.

Web site is www.bcbereavementhelpline.com

Lower Mainland: 604-879-6654

Throughout BC: 1-877-779-2223

or e-mail bcbh@telus.net

A huge big welcome to our Newest SIP Members

Sarah Cho—Upgraded to Affiliate

Volney Hui—Affiliate

Ginny Koo—Affiliate

Research Papers

Are you doing a masters or PhD research on the use of Satir?
Please contact John Banmen

jbanmen@dccnet.com

Who would like to collect the research papers and compile them?

John will be speaking at this 19th Annual Congress of IFTA in Holland next year on:



International Family Therapy Association's XIX World Family Therapy Congress

March 30 - April 2, 2011

**NH Leeuwenhorst
Conference Center
Noordwijkerhout
The Netherlands**

“The development and Application of the Satir model since the death of Virginia Satir”

Madeleine De Little will be presenting “When the family is not able to be in Family Counselling” Using Satir and sandtray therapy to sculpt and transform the absent family.

Satir Training Programs

Level III Workshop “Dance and Movement Transformational Therapy”

with Nitza Broide-Miller

March 5th and 6th, 2011 9:00 am to 5:00 pm

At the Delta Town and Country Inn 6005 Highway 17, Delta BC

Fees from \$150 for members

Movement and Rhythm are the essence of life. Dance and Movement Transformational Therapy focuses on movement as a therapeutic process to facilitate change.

In this workshop we will experience the rhythm of breathing, dancing and communicating within ourselves. We will expand our self awareness and our ability to adjust our bodies and minds to changing our experiences within and impact our relationships with others. Being in tune with our internal body sensitivities is invaluable in our personal growth. Learning to accept our bodily experiences will create a more congruent and harmonious SELF.

We will go on a journey of exploration through gentle guidance to our inner self using music, voice, rhythm and visualization. Allowing our movement to guide us from within will help us discover parts of ourselves and become aware of who we are.

Some concepts of the Satir Model will be used to embody and experience them nonverbally. We will learn to become more aware of our feelings, perceptions, expectations and our yearnings through movement with the aim of becoming more fully integrated human beings.

To Register or for more information go to www.satirpacific.org or contact

Cindi Mueller, Administrative Assistant SIP

604-634-0572 or email admin@satirpacific.org

:

advertisement

Bianca Rucker, PhD is an experienced approved AAMFT supervisor offering supervision for therapists wishing to become clinical members of AAMFT or BCACC. Supervision and consultation is also provided for therapists who would like to improve their effectiveness. Special expertise is offered in the area of sexual and relationship therapy. Fee = \$120/hour for supervision. Inquire about reduced fees for certain circumstances. Supervision available at Cambie and Broadway, and also at Boundary Road and Marine Drive. Contact Bianca Rucker at: Bianca Rucker and Associates Inc., #400 -601 W. Broadway, Vancouver, V5Z 4C2
Tel: 604-731-4466, Email: ruckerb@interchange.ubc.ca , or visit www.biancarucker.com



Satir Institute of the Pacific

Letters to the Editor

We want to hear from you.

Dear Cindy,

I wanted to tell you and the Satir Institute of the Pacific, that you have created a most special October 2010 issue of the Wisdom Box.

I enjoy reading your news!

Cordially,

Karin

Pfrn. Karin Tschanz
Leitung Palliative Care
Reformierte Landeskirche Aargau
Spitalpfarrerin in der Hirslanden Klinik Aarau
Augustin-Keller-Strasse 1, Postfach, 5001 Aarau
Tel.: 062 842 60 86
E-mail: karin.tschanz@ref-aargau.ch

from: lyhr@aol.com [mailto:lyhr@aol.com]

Sent: Thursday, October 28, 2010 2:39 PM

To: admin@satirpacific.org

Subject: Re: Wisdom Box

This is Hilda Richards, Advisory Board member. What a great issue. Most especially the article about John. Thank you for sharing. Love to all.

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.

Program Registration

All *Satir* programs can be registered for by contacting Cindi Mueller at 604-634-0572 or from our website at www.satirpacific.org

Attention Advertisers:

The *Wisdom Box* is published four times per year: Summer, Fall, Winter and Spring. the next **deadline** for submission will be **December 15th 2010**

Please submit any articles, ideas, gossip, poems or anything else to the Editor. We would love to hear from you.

Wisdom Box Production Team

Madeleine Delittle—Editor

mdelittle@shaw.ca

Cindi Mueller—Distribution

admin@satirpacific.org

Membership Rates

Clinical/Professional Members—\$50.00 per year

Affiliate/Community Members—\$25.00 per year

www.satirpacific.org/membership or contact Cindi Mueller at admin@satirpacific.org

Address Change ??

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

Don't forget our website!!!

www.satirpacific.org