



satir institute of the pacific

Our Vision Statement

We are a welcoming, intentional community committed to facilitating growth and transformation on a foundation of mutual respect and inclusivity. We are committed to personal responsibility, congruence, and integrity in the development of individual wisdom and leadership. We embody and promote these principles and concepts to achieve a world of harmony, peace and wholeness within, between and among all humanity.

Wisdom Box

The Newsletter of the Satir Institute of the Pacific connecting members throughout the world

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President's Message

Greetings and Happy Summer! Kid's will soon be out of school, vacations will be experienced and shared with friends and family, and SIP Level one and Level two intensives will start soon!! I wish you happiness, joy and connection throughout the summer.

Do you remember me telling you that the Satir Institute of the Pacific's Annual Board Retreat was going to be in May at Loon Lake Resort? In the last Wisdom Box I shared one of Virginia Satir's quotes that guided our working retreat weekend.

"Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible - the kind of atmosphere that is found in a nurturing family."

Throughout our retreat weekend, we sculpted our board experiences. Remember, sculpting is externalizing an internal experience. Sculpting surfaces body memories that often are outside of our conscious awareness. Bringing unconscious awareness into conscious awareness allows and promotes processing, growth and creativity! We purposely worked to have both personal growth AND accomplish SIP business. I wanted to establish a community where we could go beyond our comfort zones into a place of wonderful creativity. Throughout our retreat we focused on building safety, trust and being fully present in the moment. Consciously building safety and trust, and being fully present in the moment allowed us to be 'straight' with one another. We became a nurturing family.

Satir said, "We must restore what people had as small children—fully sensory perceptions. Children look easily, touch easily and hear easily up to about a year and half (maybe not even that long), and after that their senses have to go underground." We purposely worked to restore and experience full sensory perceptions with singing, drumming, physical touch, and meditations. It was a true retreat. Much creative work was accomplished collaboratively. We have a new 3 year plan for training, membership and marketing. One of our new decisions is to offer a training for trainers program in the fall of 2018. This meets one of our SIP Mission Criteria - TO DEVELOP CURRICULA LEADING TO CERTIFICATION FOR PERSONS WANTING TO DEVELOP PROFESSIONAL EXPERTISE IN THE SATIR MODEL. Membership will be offering new opportunities to be and stay connected with SIP members. This meets another one of our SIP Mission Criteria - TO ACT AS A MUTUAL SUPPORT SYSTEM. Marketing is working on changing some of our website language and recruiting volunteers. Our board made a decision to mindfully and consciously work towards having a balanced budget for the next three years! We will be working to educate board members, including myself, on how a non-profit society can have a balanced budget. Our finance committee, led by our lovely Treasurer, Tonda, will propose a three year balanced budget to the entire board in the next few months.

Please enjoy this edition of the Wisdom Box with all of our exciting new endeavors, ideas, and changes including its new format and bonus information. We invite you to connect with us. Send us an email or call if you would like to be involved with SIP by volunteering, attending clinical evenings, registering for one or more of our programs, or send an article for the Wisdom Box, please contact Cindi, or one of our board members, or me. We want to hear from you and we are here for you!



Linda Lucas
President, Satir Institute of the Pacific

Letter From the Editor

Welcome to our newly formatted Wisdom Box. As the new Director of Membership, my goal has been to connect with members and provide greater accessibility for our members to connect with SIP and with each other. I hope you find this edition of the Wisdom Box to be informative about what is happening around our institute, with our individual members and around the world. I also hope you find this edition engaging and interactive as we have some new fun interactive sections. As Linda stated in her President’s message, our mission is to be a mutual support for members, between members and among members around the world. I am committed to and passionate about exploring and experimenting with new creative ways of doing this in the next few years. The format of this edition is one of many things you will find to be new and different with our institute this year. Please explore this newsletter and let us know what you think.

If you are interested in being more connected or involved with our institute, the board, our many committees or various projects that we are creating (including editing this lovely newsletter) please do not hesitate to contact us at SIP through Cindi at 604-634-0572 or via our website contacts www.satirpacific.org.

Teresa McLellan

Director of Membership

“Temporary” Editor for the Wisdom Box newsletter

newsletter@satirpacific.org



“Peace Within, Peace Between, Peace Among” Virginia Satir

Board Members 2017/18

President - Linda Lucas, MA, LCPC
Secretary – Denise Wynne, MSW, RSW
Treasurer – Tonda Chin, MS, LPC
Director of Training – Jennifer Nagel, MA, RCC
Director of Membership - Teresa McLellan, MAC, RCC
Director of Marketing - Corrinna Douglas, MCP, RCC
Past President - Michael Callaghan, RTC

Directors at Large:
 Maureen Boliszczuk
 Madeleine DeLittle, RTC, MTC, RCS, Ph.D.
 Cand.
 Moira Haagen, M.Ed. RCC
 Lyla Harman, BSW, MSW, RSW

Wisdom Box Editor - TBA

News From the Board

Annual Board Retreat May 26-28, 2017.

Our Board of Directors were incredibly productive at our annual retreat this year. Loon Lake Retreat Centre in the UBC forest grounds in Maple Ridge was the perfect serene backdrop for the immense creativity, peacefulness and connection that occurred throughout the weekend together. Those who attended were Linda Lucas, Jennifer Nagel, Corrinna Douglas, Teresa McLellan, Michael Callaghan, Denise Wynne, Tonda Chin, Lyla Harman and Cindi Mueller. Moira Haagen was able to join us for part of Saturday but unfortunately Madeleine Delittle and Maureen Bolischuk were unable to join us this time. We look forward to sharing our 3 year plan with you in the coming months.



Left: Michael, Lyla & Jennifer, Left Middle: Our Past President Michael Callaghan, Right Middle: Tonda, Cindi and Linda, Right: Denise, Teresa, Corrinna & Linda

INVITATION TO ALL SIP MEMBERS

Have you given Meditations at SIP Training Programs, SIP Approved Programs or other SIP events? If so, we would like to hear from you.

At the recent Board Retreat it was suggested we should publish a book, or a CD or both, of Meditations given by SIP members to celebrate SIP's upcoming 20th anniversary in the summer of 2018. The idea is part of SIP's effort to both add to our Satir resources and to showcase some of the talent of our members worldwide.

The first step is to find out if we would have sufficient material to make this project viable.

The second step would be to form a small working group to look at the material, select what should be included, make recommendations to the Board and see the project through to fruition.

If you would like either to participate as a member of this working group or contribute ideas to the group, please email me michaeltc@shaw.ca

If you have written or recorded Meditations you would like to be considered for publication, please send them to me michaeltc@shaw.ca

Michael Callaghan
Past President

Current Summer 2017 Programs

Satir Transformational Systemic Therapy Level I Residential, Langley

Trainer: Kathlyne Maki-Banmen

small group facilitators: Corrinna Douglas, Teresa McLellan, Lyla Harman
July 29 - August 7, 2017

Satir Transformational Systemic Therapy Level II Residential, Langley

Trainer: Kathlyne Maki-Banmen

small group facilitators: Klaus Klein, Don Potkins
July 4 - 13, 2017

Fall 2017 Programs

Satir Transformational Systemic Therapy Level I Surrey

Trainer: Jennifer Nagel

small group facilitators: Corrinna Douglas, Teresa McLellan, Lyla Harman
September 2017 – February 2018

Kamloops - 2 day intro to Satir Model workshop

Trainer: Jennifer Nagel

organized and assisted by Corrinna Douglas
November 16 - 17, 2017

BCACC Skills for Mindful Living Series

Jennifer Nagel presenting "From Coping to Congruence"
November 23, 2017

Spring & Summer 2018 Programs

Satir in the Sandtray, Part 1 and 2 Surrey

Trainer: Madeleine DeLittle

November 18 - 19, 2017 and March 17 - 18, 2018

STST Level II, Surrey

Trainer: Kathlyne Maki-Banmen

Assisted by: Linda Lucas

January 5 - 7, Feb 2 - 5, and March 9 - 11 2018

Live Your Best Story - a personal growth retreat

Trainer: Carolyn Nesbitt

Spring or Fall, 2018 (dates to be determined, possibly on Bowen Island)



satir institute
of the pacific

The Use of Self in Family Therapy

September 24-29, 2017

Bethlehem Retreat Centre

Nanaimo BC

Sponsored by the Satir Institute of the Pacific

Trainers: Linda Lucas, MA, LCPC Anne Morrison, RSW, MSW

Jennifer Nagel, MA, RCC Dr. Carolyn Nesbitt, PhD., R.Psych.

This 6-day residential program provides the opportunity to deepen your work with families by helping clients access their inner strengths and resources to stimulate their inner healing energy. Experientially explore 'the use of self' in the process of transformational change within a family system.

This program will explore ways to:

- Maintain authentic contact and connection within the family system
- Activate and utilize resources
- Trust intuition to guide the process
- Recognize triggers within Self
- Heal from the impacts of grief
- Transform the impacts of anxiety and trauma
- Externalize family dynamics through sculpting

Program Overview

DAY 1: Transformational Systemic Therapy with Families – Linda Lucas

DAY 2: Use of Self in Therapy – Anne Morrison

DAY 3: Sculpting in Family Therapy – Jennifer Nagel

DAY 4: Working with Anxiety in Family Therapy – Carolyn Nesbitt

DAY 5: Grief in Family Therapy – Anne Morrison

DAY 6: Anchor learnings, program closure –Linda Lucas

6 days residential includes training/meals/snacks and accommodations **only \$1480**

Commuter \$1155.00 includes Training/meals/snacks

For More Information or to Register, contact Registrar Cindi Mueller: 1-604-634-0572 Email: admin@satirpacific.org Website: www.satirpacific.org

PROGRAM REQUIREMENT: Completion of TST Level 1 or equivalent training in the Satir Model

MEMBERSHIP NEWS

Director of Membership: Teresa McLellan

A BIG THANKS to all of you who have renewed your memberships this year and a **BIG THANK YOU** to those that came out to our first two Meet & Greet Membership events this year April 22 and June 10, 2017. Congratulations to Lysandra Chan who won the door prize April 22 and Volney Hui who won the door prize June 10.

We are hoping to reconnect and build our community over the few years until it is thriving, buzzing and full of life. In order to do this we are going to experiment with some new ways to connect with our members. We look forward to hearing your feedback and any suggestions you may have,

SO WE HAVE SOME NEW AND EXCITING THINGS COMING SOON FOR OUR MEMBERS...



We are in the process of creating a private online Facebook group for our members to connect and share how they are using the Satir Model in their personal and professional lives. As part of the mission of our organization, we want to provide a mutual support for our members around the world. However because we have so many members outside of the lower mainland, we need to find new ways to stay connected besides in person trainings and local social events.

DON'T WORRY, we will still offer as many in-person opportunities as our members are interested in. However we are finally stepping into the 21st century and trying some new technological approaches. Let us know if you are interested in joining this group and we will send you an invitation for you to connect with us.

We are also in the process of creating a private online Wechat group for our international members who are unable to connect with Facebook or join us at our local BC membership events. Lisa Shar is our international representative who will be setting up, hosting this group and working with us at SIP to ensure your feedback, questions and suggestions are heard by our organization.



If you are interested in joining this group and connecting with members around the world and already have a Wechat account, please send us your Wechat ID to membership@satirpacific.org OR admin@satirpacific.org and we will add you to our Membership Services Wechat group. If you do not currently have a wechat account but are interested in joining, you can download the wechat app on your phone, follow the prompts and let us know when you have signed up. So we can invite you to join us

We hope that these new groups will allow for greater connection between members and offer a place for community and shared resources. In BC, we have created personal gatherings in different communities to bring members together to share how they are using the Satir Model in their personal and professional lives. We encourage you to also create these informal groups with members in your area in person or online to gain the same benefits that members across BC have been receiving.

Finally we are in the process of developing new resources to offer more online services to our members and hope to start sharing them as soon as we have them available.



Finally we are looking into different ways to do our "Fireside Chats" or Community Connecting. We will be trying Zoom out this summer to see if it is a viable option to get together online and have conversations about how we are using the Satir Model both personally and professionally. We will send out an invitation via email when we have our next event scheduled. **If you would prefer to receive these notices by text or would like a text in addition to email please let us know.**

I would still **LOVE** to hear from you about how you heard about Satir, why you have joined SIP, and how we can keep you connected. Please let us know if you are interested in helping us become a more vibrant, welcoming, intentional community committed to facilitating growth and transformation based on the foundation of respect and inclusivity

Sincerely

Teresa McLellan MAC RCC

Director of Membership

Satir Institute of the Pacific

Office: 604-634-0572 Cell: 604-318-5309

membership@satirpacific.org

www.satirpacific.org

BUILDING A COMMUNITY THROUGH CONNECTION



Add your "gifts"
to our treasure

Do you have the "spirit of service" or feel the passion to contribute?

Satir Institute of the Pacific is looking for individuals to support various projects

To explore how you can contribute to the growth of our community, please contact Corrinna Douglas:

Email: satirmktg@gmail.com

Phone: 1-250-572-5568



satir institute
of the pacific

Membership Rates:

Clinical Members - \$75 per year

Professional Members—\$50.00 per year

Affiliate Members—\$25.00 per year

www.satirpacific.org/membership

or contact Cindi Mueller at admin@satirpacific.org

FIRESIDE CHATS– Vancouver Island



Thank you to Wendy Lum who sent in pictures and write ups for the Vancouver Island gatherings held over the last 3 years. We appreciate the effort, commitment, connection, support and encouragement that Wendy and Anne continue to offer our members and others interested in the Satir Model on Vancouver Island.



On February 28, 2015 we gathered in Victoria. Shauna Janz beautifully shared how she weaves the Iceberg Metaphor into her teaching and processing about grief and loss. Shauna also led an exercise where participants shared reflective thoughts about grief and loss in relationship to a picture that was individually chosen. Dyad conversation and group discussion was touching, and filled with rich metaphors and meanings.



Left to Right back row: Alma Jean Inkster (since has moved to Vernon), June Saracuse, Ariadne Patsiopoulos, Maxine Fisher, Chris Kallis (Shawnigan Lake), Terri Czeglédi (Courtenay) Front: Barb Aronchick-Zachernuk (Nanaimo), Lyla Harman (Duncan)



In April 2016 we were privileged to participate in a wonderful sound experiential exercise using musical instruments and led by Maxine. We each picked an instrument, then intuitively shared musical sounds by tuning in to ourselves and with each other. Lyla showed her Iceberg Metaphor quilt with symbols to resonate with the Indigenous population. Lyla shared how she uses it while counselling within the Cowichan Tribes, Ts'ewulhtun Health Centre, Kwun'atsustul Program. This beautiful art piece was subsequently printed out as a poster that can be purchased through the Satir Institute.

On Saturday April 29, 2017, the Vancouver Island Satir group gathered at Wendy Lum's Victoria home. A warm and cozy fire created a true fireside chat! We enjoyed tasty savory and sweet treats, tea and coffee. It was lovely to reconnect with old Satir friends and welcome new Satir friends. We shared the integration of Satir's teaching with our unique way of being with clients and loved ones. Sharing included taking greater risks using Self in therapy sessions, integration of Satir with Shamanic work, intervention with family systems, indigenous community healing, use of Satir with play therapy, and therapy with the post-secondary student population. We connected and shared personal and professional impacts. We were intrigued to hear a proposal to create a Satir residential program specifically for our group to be held on Vancouver Island. How wonderful to have new creative possibilities in expanding the gift of Satir!



In attendance (left to right) were: Don Potkins (from the Cayman Islands and in transition to Ecuador); Sony Baron (who relocated from Vancouver to Victoria), Wendy Lum (taking the picture); Teresa McLellan (Director of Membership) also made a special trip to join our gathering! Teresa even delivered the Todd Clark Unsung Hero award for Mary Leslie (relocated to Sidney from Vancouver, but was not able attend); Gail Franklin (Courtenay); Anita Chambers, James Dunn, Barbara Aronchick-Zachernuk (all from Nanaimo); Lyla Harman (Duncan) and Anne Morrison (Chemainus).

Above: Anne, Wendy and Don all interned in a level one Satir program many years ago.

Sheahan Letondre shared through email, "two nourishing concepts from Satir for me recently are the saying "Peace within, peace between, peace among" and the awareness that even when outer change is not possible, "Inner change is always possible". Working with clients who are oppressed through poverty and violence and with current political issues and trends, I sometimes struggle with feeling powerless and ineffectual myself-remembering that sometime, outer change isn't possible, but there can still be inner healing is helpful. Also-when I remind myself of "Peace within, peace between, peace among" I am able re-energise myself and remember the ripple effects (on friends, family, community, city, etc,) my personal healing can promote, as well as helping others on their healing journeys. It fills my heart and gives me meaning. Thank you Virginia! Happy rippling and appreciation for the meaningful work each of you do in this world"

FRASER VALLEY COMMUNITY OF PRACTICE

A small group of SIP members in the Fraser Valley have been meeting in Fort Langley every couple months for the last few years. On May 1, Tricia Antoniuk, Madeleine DeLittle, Moira Haagen, Sandi Bossons and Teresa McLellan gathered in the playhouse to connect around the sand tray before moving into the big house to share how they are currently using the Satir Model in their lives.



Our newest Fireside chat is being held in Kamloops.

Satir Fireside Chat

Connection, Growth, Community



**Open to all helping professionals & therapists who
are curious and want to learn more about the
Satir Transformational Systemic Model**

Please join Jennifer Barrett and Corrinna Douglas who are hosting this event

Where: Seasons Consulting Group, 380 Seymour Street, Kamloops, BC

When: Tuesday July 18, 2017 7:00 to 9:00 pm

For More Information and to RSVP Contact:

Corrinna Douglas
1-250-572-5568
satirmktg@gmail.com

If you are interested in joining any of these ongoing gatherings (Vancouver Island, Fraser Valley, Kamloops) or are interested in hosting your own, please contact Teresa McLellan, Director of Membership at membership@satirpacific.org or you can contact the organizers directly below:

The next Fraser Valley gathering will be Monday July 10. Please contact Tricia Antoniuk at tricia@antoniukcounselling.ca for more information

The next Vancouver Island gathering will be held in October at Lyla's in Cowichan. Please contact Wendy Lum at welum@shaw.ca for more information

OTHER MEMBERSHIP NEWS



Some of our members are have been or will be presenting at various conferences so we wanted to :

1. Let you know what other SIP members are doing with their Satir training
2. Highlight these members and appreciate them for spreading the Satir Model
3. Share with you which conferences they will be presenting at in case you are interested in attending

Wendy Lum will be presenting on "Infinite Possibilities in Present Moment Transformation: Zero Infinity and Satir's Iceber Metaphor" at the 19th Annual Canadian Energy Psychology Conference in Vancouver BC October 2017 (see link below)

<https://www.epccanada.ca/>

Madeleine DeLittle recently presented " An Introduction to Neuroscience and Satir in the Sandtray" at the CCPA conference in St John's New Brunswick earlier this year in May. She will be also be presenting this fall at the BC Teachers conference

LET YOUR LIGHT SHINE

We want to illuminate the world with
the transformational impacts of
Virginia Satir's work

If you are sharing your work and
wisdom with the use of the Satir Model
in any conference, and you are a
member of Satir Institute of the Pacific
we want to hear from you!

Learn how we can support your
presentation by contacting

Corrinna Douglas
satirmktg@gmail.com



INTERNATIONAL NEWS

SIP wishes to thank the many generous donors who gave money to provide bursaries for participants in Kenya who otherwise would have been unable to afford the program.



Foundations of STST group



Advanced Applications in STST group

Participants came from as far away as five hundred miles from Nairobi to attend the Satir training programs. The recent trainings in April had a diversity of participants including an army chaplain with the rank of a major in the Kenya Defence Force, a rehabilitation director with Kenya Prisons department, two school counsellors, four pastors, a missionary working in Kenya from Canada, and university students working on their MA or PhD in Marriage and Family Therapy. All of the participants from the Advanced Applications of STST program were graduates with MA degrees who are practicing clinicians (Marriage and Family Therapists, School counsellors, Pastoral Counselling, etc.).

The Satir Model seems to be steadily gaining ground amongst the Kenyan mental health workers and spiritual leaders, and the hope is to extend Satir training programs to the various arms of the government.

Plans for 2018/2019 include bringing some more trainers to Kenya to expand the work we are doing there. Plans are underway for programs such as Satir in the Sand Tray (Madeleine DeLittle), working with trauma (Dr. Carolyn Nesbitt), a program for prison staff (Jennifer Nagel), another Level 1 (Dr. Carolyn Nesbitt for phase 1 and Jennifer Nagel for phase 2), and a Level 2 program for sometime in 2019 (Linda Lucas).

Satir Transformational Systemic Therapy Level II - My Experience as a Therapist

(Sarah Njoroge)

The genesis of my Satir Transformational Systemic Therapy testimony: When I first heard about STST level I, I wondered what new thing I was going to learn. Prior to the training, I had thoroughly engaged with Satir experiential therapy materials in class and presented on it. But the first day I sat in the training, I was proven wrong. I realized the difference between studying and experiencing it at a personal level, as a therapist.

The experience was an eye opener to the elements of transformational change and how they worked. Within the five key pointers to these elements, I learned how to work with clients as a therapist. STST is one of a kind that I experienced working through the whole self. I did not experience a transformational change for a time but a lifetime. Besides that, I also witnessed transformational change in clients I worked with using the STST.

The second phase of my testimony began when I received an invitation to attend STST Level II. While I thought being conversant with the iceberg, family map and coping stances was all I needed to apply for my clients. I had the curiosity of what more there was to learn. Again, I was proven wrong on the second day after recapping on Satir Transformational Systemic Therapy Level I. First, I must appreciate the presence & efforts of our program leader Jennifer Nagel. The beauty of the process; was that she was the same facilitator in STST level I. She had earlier on heard about clients' transformation stories notwithstanding personal transformation stories as well.

There was a renewal in connections in the beginning of our class and the proceeding ones too. To state that the unfolding of the class was magical may be an understatement. The lessons were fundamental and a mirror to my personal life and that of my clients. I made special observations in my clients on every aspect of what we learnt on STST level II. It was quiet an empowering moment especially on the areas I got stuck with certain clients.

The Mandala, Ingredients of interactions, the personal iceberg metaphor - working with couples etc were amazing. It reminded me of this client who walked into the counselling room, without going into story telling I worked through his iceberg. I managed to conceptualize his intrapsychic and interactive dynamics and at some point he went like "*how did you get it right in such a short time of our interaction?*" He acknowledged that he was afraid to see a counsellor because he was not willing to talk about his painful/shameful story/past. Right there, I was able to appreciate the STST level II applications that do not necessarily entail a tall order to exposure. While safety & rapport are necessary to build at the initial stages of therapy; this means that the therapist can breakthrough with a client at any level/position the client is at.

Allow me to be vulnerable and say that my greatest concern was the applications for STST Level II contextual relevance to the Kenyan culture. But since I began applying the applications of Satir Transformational Systemic Therapy with my clients, my concern has developed into an opportunity. I have realized that the applications are very flexible to apply in any cultural setup and besides, add-ons interventions are very welcomed through the process. This is freeing to discover on my own practice than having being convinced by another party.

I cannot identify any client that I worked with using the STST applications that did not have a breakthrough, yet again to say I witnessed transformation in their lives. It was life changing for me as a therapist, just to know that as person (using self) was key in this process. This has heightened my consciousness in grounding self not only in therapy but also in my normal interactions with people. I cannot thank Jennifer more for emphasizing on this as an important tool to apply. Finally, I am grateful for the triad hours that we had to put in to complete this course; they have been experiential and life changing just to see the transformation amongst us therapists.

The Wisdom of Virginia Satir - The Satir Model from a Kenyan Perspective

By Marion Keinamma, Marriage and Family Therapist, Nairobi, Kenya

Interacting with the Satir Model of therapy has helped me realize that Virginia Satir was a woman of incredible wisdom and emotional sensitivity. She loved people with all her heart, was selfless and had a soft spot for hurting families. Her passion and desire was that family members coexist in peace and harmony.

The Satir growth model is one of the most effective approaches to therapy I have ever known. In my view, the approach "encompasses all wisdom". This is because it seems to integrate most other therapy theories known to man by simply exploring the personal iceberg of clients. In her approach, Satir was inherently person centred, narrative, structured, cognitive, emotional, and system oriented just to mention a few.

Experientially understanding the Satir growth model first transformed my own life. Gaining insight of my coping stances under stress and that of my close family members healed my soul instantaneously. It especially helped me understand my brother who Satir would call the "troubled child". Relating with my friends and family members without insisting that they meet my expectations of them has made my social life happier and more peaceful.

Exploring my personal iceberg in regard to my family of origin helped unearth some unconscious material regarding the relationship between my late mother and I that had troubled me for many years. The process triggered healing and reconciliation in my heart. I am now able to competently "Satir" my unmet expectations. This has resolved my anger tantrums. I am also more accommodating of myself and others since I took the Satir level I training in 2013. Sculpting and the Satir Mandala are skills I cherish and continue to perfect as I work with individuals and family members. I was excited to sculpt eleven family members last year. In other words, sculpting is effective in Kenya.

After taking the Advanced Applications of Satir Transformational Systemic Therapy in April 2017, I am more confident and eager to use sculpting with my clients. On the same breath, the importance of balancing the different aspects of my life became clear as I learned the Satir Mandala. I was able to feed my neglected interactional self immediately after the training. This rejuvenated me in ways that I cannot begin to describe. Learning the Satir Mandala is making a huge difference in my clients.

In conclusion, the new learning and experiential aspect of the Satir Model have brought back meaning in my life in ways that 100 sessions of other models of therapy would have never accomplished. I wish to thank Jennifer Nagel (Canada), Amos Keya and all the other people working behind the scenes for making the Satir Model trainings in Kenya possible within the last 4 years. Being part of the team that is continuing with Satir's vision of transformed functional families is exciting.

I pray that the Satir Model approach would saturate every village in the whole world for the sake of peace and harmony in family relationships.



**International Family
Therapy Association**

Visit Our Websites

www.ifta-congress.org

IFTA's 2018 World Family Therapy Congress

March 7 - 10, 2018 in Bangkok, Thailand

Congress Headquarters:

Westin Grande Hotel

Call for Presentation Proposals is OPEN

THEME: Family Therapy - East Meets West

We invite you to submit your proposal

BEFORE the DEADLINE

September 30, 2017

NEWSFLASH

Sharon Loeschen, President of The Virginia Satir Global Network (VSGN), has invited us to sign up for, and send contributions (if you feel inspired to do so) for consideration of publication in VSGN's News Flashes. To get the News Flash, go to www.satirglobal.org and on the Home page, right lower corner, and sign up for it. To submit contributions for consideration in the Newsflash please send them to Sharon Loeschen @ [<sloeschen@gmail.com>](mailto:sloeschen@gmail.com)

Next year's IHLRN conference will be held in Sun River, Oregon in October 8-15, 2017 and I hope many of you will start thinking about attending. Satir Global will have their annual meeting as well. We will notify you when you can register for it!

Sharon Loeschen
President, Satir Global Network



DID YOU KNOW that with a VSGN membership you have access to treasured archives of documents and videos?

They also have online education classes on Satir Fundamentals and Satir Process. Check it out!

RESOURCES

Have you signed up to receive the latest issue of the Satir International Journal?

IF YOU HAVEN'T, REGISTER NOW! IT'S FREE

Go to: <https://journals.uvic.ca/index.php/satir>

On the opening page, you will see a place to register (**USER**) to the right of your screen. Sign in there. When you register, you will be notified when a new issue is published on-line. We publish yearly in the Fall. In the meantime, you can browse around and take a look at back issues. You are free to print any articles you choose and as long as you site the journal as its source, you can use the articles in teaching, with clients and colleagues, or any way you choose.

HAVE A MANUSCRIPT YOU'D LIKE TO SUBMIT?

Go to: <https://journals.uvic.ca/index.php/satir> and click on **ABOUT** tab at the top of the page, scroll down to **Submissions** section, and click **Author Guidelines**. Submit to Jesse Carlock, Ph.D.: satir@uvic.ca

HAVE YOU ALREADY SIGNED UP BUT MISSED THE LAST ISSUE?

If you haven't already done so, I would like to recommend that you go to <http://journals.uvic.ca/index.php/satir/> as many of our members have written fabulous articles



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Dear Satir Members,

You can access the updated Satir Annotated Bibliography on our website at:

<http://satirpacific.org/wp-content/uploads/2016/06/2016-05-Annotated-Bibliography-Web-V3.pdf>

This Bibliography may be reproduced, quoted or otherwise used in whole or in part, as long as it is accompanied by the following statement: "This bibliography was produced by the Satir Institute of the Pacific (www.satirpacific.org)".

Regards, Cindi
Administrator,
admin@satirpacific.org



Send us your answers to the following questions to be entered into a draw for fun and exciting prizes!!!

1. What was the original start date (incorporation) for the Satir Institute of the Pacific? Hint.... We are coming up to a BIG anniversary!!!!
2. Name one of the trainers at the new Use of Self program offered at Bethlehem Retreat Centre in September 2017.
3. How many NEW SIP Logos can you find in this Summer Edition of the Wisdom Box?



APPRECIATIONS



My first and most heartfelt appreciation goes to Virginia Satir for her life, her passion, her brilliance, her creativity, her ideas and her teachings. Thank you Virginia.....

I would like to send my gratitude to John Paterson for all the hard work he has put into editing the Wisdom Box for the last few years. We really appreciate your contribution John

Much appreciation to our loyal SIP members who support our mission to continue Virginia's work in both our personal and professional lives

As the Director of Membership, I would like to send a message of appreciation to Lisa Shar who has volunteered to help SIP set up a WeChat group in China so our members can connect more easily. Thanks Lisa

To Anne Morrison and Wendy Lum, thank you for all the work you have done to keep the Satir community thriving on Vancouver Island

Lots of appreciation goes to Cindi Mueller, our administrative assistant who does so much more than just assisting. We appreciate your positive, hardworking, loyal and loving spirit. Your wisdom and intuition is valued beyond words.

Finally I wish to send great appreciation to Michael Callaghan for his many years of service to SIP and all of us on the board. You have been a solid and steady contributor for many of the great achievements within our organization. Thank you for your leadership.....

Please send us your appreciations to newsletter@satirpacific.org





Attention Members:

The Wisdom Box is published 4 times per year: Winter, Spring, Summer, and Fall.

The next deadline for submission will be September 26, 2017.

Please submit any news, pictures, articles, stories, ideas, queries, poems, or anything else you think would interest the membership to the Editor newsletter@satirpacific.org We would love to hear from you.

DID YOU KNOW that members can advertise for free in this newsletter. We do reserve the right to not publish any article or advertisement that is not in keeping with the tenets of the Satir Model.

Please forward any brief personal advertisements via e-mail attachment (in Word for Windows format) for the Editor at newsletter@satirpacific.org

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 is \$150/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, BC V5Z 4C2 Tel: 604-731-4466 Email: br@biancarucker.com or visit www.biancarucker.com

Wendy Lum, MA, Registered Clinical Counsellor and Registered Marriage and Family Therapist is an approved AAMFT Supervisor. She is offering supervision for therapists and counsellors. She has been a practicum supervisor for UVic Counselling Services practicum counselling program since 2007. Wendy's focus is on use of self and increasing personal presence and congruence in order for greater impact on Client's growth and change. Location: Victoria, BC. Tel: 250-920-9228 Email: innerchange@shaw.ca or visit www.innerchange.ca

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NEXT ISSUE

We invite you to submit **Letters to the Editor, Questions, News, Appreciations, or Feedback**. We want to hear from you: about past articles, future features you would like to see, or simply sharing your thoughts and feelings with the rest of us. The value of the Wisdom Box is more than sharing information it is a forum for discourse among dedicated professionals. We Want Your Wisdom!!! This is your newsletter so **PLEASE** let us know what you think and what else you would like to see in the Wisdom Box that could enrich your reading experience, expand your knowledge, connect you with other members and most importantly, impact you positively!

Members connecting with members are an important mandate of the Wisdom Box so please feel free to submit any personal or professional news, e.g., weddings, births, anniversaries, pictures, conferences, presentations, articles, new business ventures, etc to Cindi Mueller@ admin@satirpacific.org until such time as the new Editor is announced.

We are also very pleased to pass along news of goings on in your region so don't forget to let us know what is happening in your area. News from the various SIP regions, any research or application of the Satir Model and other people's research that support the Satir model will be gratefully welcomed. Please send to Cindi Mueller@ admin@satirpacific.org or newsletter@satirpacific.org until such time as the new Editor is announced.

If you are interested or know anybody that may be interested in helping us publish our quarterly newsletter, the Wisdom Box, please let us know..

"We never come to the end of anything. We come to pauses which enable new things to happen..." Virginia Satir

Sincerely

The Wisdom Box Production Team:

"Temporary" Editor: - Teresa McLellan, Director of Membership newsletter@satirpacific.org

Distribution: Cindi Mueller, Administrative Assistant admin@satirpacific.org



SEE YOU NEXT TIME