



# 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

Hello, Dedicated, Committed Satir Institute of the Pacific Members,

The 2017 year has been full of wonderful inspirations, changes and challenges. The Board of Directors has met faithfully every five to 6 weeks to creatively and enthusiastically brainstorm, discuss, plan and take risks for the future of the Satir Institute. In order to enjoy growth we must experience chaos, and we have experienced chaos this year! This year has been a year of deepening trust with our Selves and with each other, enjoying deeper connectedness and celebrating our uniqueness as we embrace the chaos.

In 1983, Satir led a meditation that I would like to share with you.

*'And now let yourself again come in touch with being a child of the universe...feeling the sense of life-force that is in all that is around you: the plants, the people, the grasses, the sky, the trees. And as these two energies meet, the energies of inspiration and the energy of groundedness, creating still a third energy, the energy of connectedness to other beings, human beings.' This quote is taken from Barbara Jo Walters book,*

This third energy of connectedness has supported our choices and decisions on how we continue to fulfill our mission—providing a broad educational context including classes, workshops and seminars in which persons may experience and learn in depth the Virginia Satir systemic growth model. We successfully offered two summer intensives, led by Kathlyne Maki-Banmen, the Use of Self program intensive led by myself, Anne Morrison, Jennifer Nagel, and Carolyn Nesbitt, a fall level one program, led by Jennifer Nagel, and several two day programs.

We have several new programs to offer you next year. We will be offering a Satir Yoga and Trauma program, a Stress and Anxiety program, a Family Reconstruction Program, and a Sculpting Program, Live Your Best Story retreat, a Training for the Trainer's program, and a Master's Intensive Residential, "The Fourth Birth". We will again offer the residential Use of Self program and a residential level one program. We hope to see many of you this next year although it is not too late to register for Madeleine DeLittle's, November, Neuroscience and Satir in the Sand Tray program. There are only two spots left!

We would like to invite you to mark your calendars for our 2018 AGM, scheduled for March 3, 2018. Also, if it fits for you, please consider running for our board of directors. We will be sending out nomination forms soon. You can nominate your SELF!

We continue our search for a Wisdom Box editor. If you are interested in more information about what you would be volunteering for, please email our Director of Membership Teresa McLellan.

A bit of new information is that Dr. Jessie Carlock is stepping down as Editor of the Satir Journal. We want to sincerely appreciate Jessie's hard work, creativity and dedication editing the inspiring, lovely journal. She will be greatly missed. The Satir Journal committee is comprised of two SIP members, Mary Leslie, and Michael Callaghan, Eileen Strider, Sharon Loeschen, and Jessie Carlock from Satir Global Network, and Inba Kehoe from the University of Victoria. Once the new editor is selected I will share the new editor's name in the Wisdom box.

I wish you peace, joy, inspiration, groundedness and the energy of connectedness as we come to the end of 2017 and bring in the new year, 2018.



I hope to hear from you and even better, see you soon.  
Linda Lucas  
President  
Satir Institute of the Pacific

# Letter From the Editor



Hello again.

As the new Director of Membership this year, my goal has been to connect with members and provide greater accessibility for our members to connect with SIP and with each other. 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 was one of many things we are trying to be new and different with our institute this year. However we are also considering alternative ways to share this valuable information with our members and keep them engaged. 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](http://www.satirpacific.org).

Teresa McLellan

Director of Membership

"Temporary" Editor for the Wisdom Box newsletter

[newsletter@satirpacific.org](mailto:newsletter@satirpacific.org)



## 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:**

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

# SIP - AGM

Saturday March 3, 2018

Location to be announced

Connecting

Annual General Meeting

Dinner

[Todd Clark Unsung Hero Award](#)

Announcement of Directors

Committee Reports

**Come Join In and Connect  
With fellow members**

[Nomination Form](#)

[Nominee Form](#)

Or Check out our [events page](#) for Nomination forms

satir institute  
of the pacific

# Exciting News

## ANNOUNCING:

Master Class Intensive

JULY 2 - 9, 2018

at Simon Fraser University on top of Burnaby Mountain in Beautiful British Columbia

Dr. John Banmen will be doing one last Master Class intensive before he re-retires again.

Virginia Satir often talked about the 3<sup>rd</sup> Birth. In her handwritten notes, found after her death, was also a reference to the fourth birth: namely consciousness. This Master Class will focus on the 4<sup>th</sup> Birth, consciousness, and how Transformational Systemic Therapy (the Satir Model) can be an effective approach to one's higher consciousness and spiritual growth. We will take a new look at various aspects of the Satir Model in terms of life-energy, congruence, formless Self, transformation and universal love.

If you are interested in attending, there is an application process available on our website.

<https://satirpacific.org/event/satir-master-class-the-4th-birth/>

Stay tuned for more information about this exciting opportunity.

# Training News

## Jennifer Nagel Director of Training

### Current Fall 2017 Programs

#### **Satir Transformational Systemic Therapy Level I Surrey**

Trainer: Jennifer Nagel

Small group facilitators: Corrinna Douglas, Teresa McLellan

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

#### **Satir in the Sandtray, Part 1 and 2 Surrey**

Trainer: Madeleine DeLittle

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

#### **BCACC Skills for Mindful Living Series**

Jennifer Nagel presenting "From Coping to Congruence"

November 23, 2017



### Spring, Summer & Fall 2018 Programs

#### **Satir Transformational Systemic Therapy Level II, Surrey**

Trainer: Kathlyne Maki-Banmen

Assisted by: Linda Lucas

April 27-29, May 25-27, June 21-24, 2018

#### **Satir in the Sandtray, Part 2 Surrey**

Trainer: Madeleine DeLittle

March 17 - 18, 2018

#### **Masters Intensive Residential, "The Fourth Birth"**

**SFU Burnaby Campus**

Trainer: John Banmen

July 2 - 9, 2018

#### **Satir Transformational Systemic Therapy Level I Residential, SFU Burnaby**

Trainer: Kathlyne Maki-Banmen

July 24 - August 2, 2018

#### **Training for Trainers Program**

Trainers: Linda Lucas and Jennifer Nagel

Dates have now been set: Phase 1 - September 25 - 29, 2018; Phase 2 - April 6 - 10, 2019; Phase 3 - October 9 - 13, 2019



# More Training News

## **STAY TUNED**

for more exciting 2 day workshops

## **COMING SOON**

Family Reconstruction

Live Your Best Story - a personal growth retreat

Use of Self in Therapy

Stress and Anxiety

Satir, Yoga and Trauma

**PLUS**

**Our 2nd**

**Use of Self in Family Therapy will be held  
at**

Bethlehem Retreat Centre in Nanaimo

on

**November 12 - 17, 2018**

Following are some memories, pictures, contributions and testimonials  
from our most recent residential programs.



# Summer Residential Level 1 2017



# Use of Self Residential Fall 2017



## Use of Self in Family Therapy Residential Training a transformational week of continued unfoldings!

The following testimonials were offered by some of our 22 wonderful participants in the Use of Self with Family Therapy week of intensive training, co-conducted by Linda Lucas, Anne Morrison, Jennifer Nagel, and Carolyn Nesbitt, in the beautiful setting of Nanaimo's Bethlehem Retreat Centre the week of September 26<sup>th</sup>, 2017.

Our training team had envisioned this type of training starting last June, but in our wildest dreams, we did not imagine the sacred depths we could reach with one another, unfolding beautiful transformations at the level of Self. As trainers, we were able to integrate our own vulnerability into the teaching so that the participants were able to experience their own vulnerability and how it could enhance their use of Self with their clients, making it safe for the clients to tap into their own raw vulnerability and trust that the therapist would be able to guide them to a whole new experience of their own resources to help them grow into their fuller Selves from the heart and soul of their pain.

Linda Lucas set the stage with exploring the core emphasis of Use of Self through all of foundational principles and practices of the Satir Systemic Model of Transformation. She also gently and deftly held the sacred space for trainers and therapists alike to go deeply into the experience and brave new ways to form deeper connective healing. Anne Morrison taught ways to honour one's use of Self and how to return to it when triggered, as well as deeper ways to expand and stretch the ways we use our Selves as therapists. She also taught how to deepen our Use of Self with Grieving Families. Jennifer Nagel beautifully taught us how to sculpt our stances into congruence and created beautiful sculpted examples of folks finding new connections from their pain. Carolyn Nesbitt offered soul moving meditations that moved us into experiencing the nuances and purpose of anxiety with sculpting that captured how it lives and can connect with different parts of our Selves. Linda Lucas then wound up the week through clear ways to anchor at a depth I had never experienced before.

What emerged early was how music ran through our week; as Jennifer introduced us into the practice of "toning in" to one another so that there would be 22 voices harmonizing from one initial tone to celebrate the community of "one Self". It became our tradition to ground ourselves this way as various people would start the note throughout the week. This was deepened and amplified by two spontaneous beautiful renditions of "Imagine" by a few of our members, including Albert at the key board and Maxine with her soaring, soul-touching singing, supported by Madeline and Jim. We kept that image of "Imagine" alive and well throughout the week as we experienced depths and new learnings that we never dreamed possible when we first came together.

The result? Folks want to continue to gather at this level, annually, with continued applications of Use of Self in this same beautiful setting. We have already found dates to gather again in November, 2018. Watch the Wisdom Box for more registration details as the year moves along!

My sincere and heartfelt thanks to Jennifer Nagel, as our Director of Training, for trusting the interest in the Use of Self as a theme and for supporting all of us along the way to letting this new form and spiritual energy unfold, which set the sacred ground for so many transformations.

I am forever changed!

With Love and Light to all and through us, to the Universe!

Anne Morrison, one of the co-Trainers



# Use of Self Residential Program 2017

*"The training was profound, and the support and acceptance opened up a space of safety and freedom that was liberating. I so appreciated the gift of this time together."*

Tricia, Fort Langley, BC

*"The Use of Self in Family Therapy Retreat has helped me in many ways. I'll be more authentic as a therapist and in my life, personally. It was so rich and rewarding connecting with my tribe and with myself deeply. The leaders taught me what congruency really looks like by teaching the Use of Self in a congruent way and embodying it personally through and through". My "to do" will have more safe surprises."* Jim, Vancouver, BC

*"This workshop was meaningful and experiential. It has created new ideas for my work, huge personal growth and excitement for what I do. I have a fire burning in me for my work."*

Donna, Cranbrook BC

*"An incredible, experiential opportunity for personal and professional exploration. The facilitators covered a lot of information filled with compassion, insight, knowledge and Self (with a capital "S")."* Brandon, Whitehorse, Yukon

*"I came to be restored. I got it in spades. Thank you all!"* Bernadette, Cincinnati, Ohio

*"The Use of Self training was the most meaningful, positively impacting experience of learning I have ever experienced with SIP. I appreciate the diversity of skilled, competent and beautiful instructors who offered such rich learning and created a space that engendered safety and trust. My learning was so enriched with my beautiful triad members, and I feel blessed that we chose each other and created a context of love and safety that allowed us to take risks and experience some of the most sacred moments together. With both love and gratitude, I am coming away with more than can be expressed in words alone."* Moira, Coquitlam, BC

*Being brave was a theme of the week for the innovative "Use of Self In Family Therapy" training with Linda, Jennifer, Anne and Carolyn. The four leaders were consistent in their message of the critical importance of "showing up" as a therapist and taking risks with our clients. It was a wonderful week of questions, challenges and affirmations.*

*To be brave suggests that as therapists we take risks and go beyond our comfort zone. However to go beyond our comfort zone could also mean to go beyond our scope of practice. It seems to me that the relationship between bravery and confidence are deeply connected. To be brave we need competence and inversely, being competent allows us to be brave. However we also need bravery to say to our client "your personal challenge is beyond my scope of practice, I would like to refer you to a colleague who is an expert in this area of psychology."*

*Over the week I came to recognise that being brave is having insight into our own level of skill, intuition and attunement. When we have all three aligned then we can be brave and respectfully challenge our client's internal model of themselves and the world.*

*This week was a coming home for me having been away from Satir trainings for some years. The leaders modelled authenticity, congruence, respect and safety. As a result I was able to be brave in my learning and practice sculpting and the use of metaphor. I sincerely recommend this training to others in November 2018 and I am already looking forward to it.*

Madeleine De Little, Fort Langley, BC

# Memories from the Use of Self Program

## AN ARTIST'S EXPERIENCE OF ONE DAY OF THE USE OF SELF RESIDENTIAL TRAINING

One of the participants in the Use of Self Family Therapy residential training was Brandon Murdoch, a gifted art therapist from Whitehorse, Yukon, who often processed her experience through drawings that captured her processes as she moved through the week.

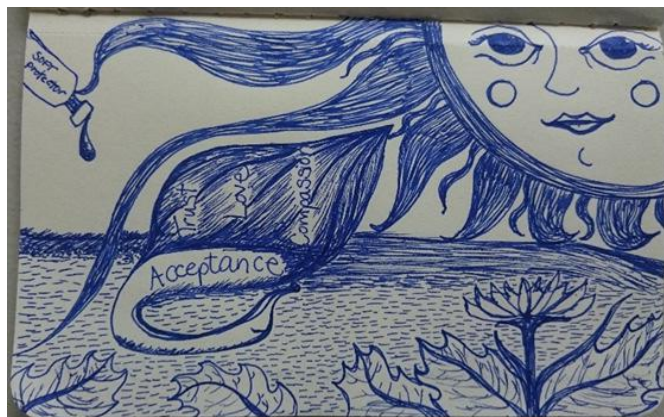
Brandon kindly offered to share one day's art work with all of us through our Wisdom Box recollections of the impact of our week's training.

Thank you Brandon!

Guided Meditation: "Self as Totem": A vision I had was of a bird and a bear as part of my totem. I completed the image with a rabbit, frog feet, and tentacles. A small bird and bunny sit on the rabbit's ears (or bear's hands). Other totems (people) surround me. This image represents what I would work on for the day...Acceptance of my whole self.



After Sculpt: "I am the Light": Reconnecting with self, resources, and yearnings. There is a figure in the lighthouse. It is the light. I am the light.



After Sculpt: "Integration": I depict myself in two forms in this piece including the sun and the snail. The snail body is made up of acceptance while its home and shelter is made up of love, trust, and compassion. The sun provides protection, warmth, and light. The sun was also my therapist. The soft protector is connected with my fear response...previously called the destroyer. At times I need this protection, but not always.

# More

By Leslee Gibbs

Level 2 Summer Residential 2017

I want growth  
I want more, more of me  
I want connection  
I want more, more of me  
I want passion  
I want more, more of me



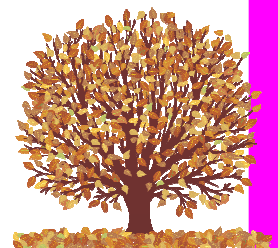
Fueled by a fierce desire  
I choose to let go of certainty  
I choose courage  
I choose curiosity  
I choose to journey deep within  
I choose to begin



I uncover forgotten memories  
I uncover old pain  
I uncover deep sorrow  
I uncover delight  
I uncover compassion  
I uncover self-acceptance  
I uncover joy  
I uncover love  
I uncover more, more of me

In deep stillness and wordless wonder  
I honor all that I've discovered  
I accept all that I've reclaimed  
I am simply more, more of who I already was

In stillness and love  
I am now present  
I am now ready  
I am now able to see you,  
I am now able to see you and ALL that You are!



# MEMBERSHIP NEWS

Director of Membership: Teresa McLellan

**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,**



We are 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. Please 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 finally stepping into the 21<sup>st</sup> century and trying some new technological approaches.



We have also created a 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 has set up and will be hosting this group 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](mailto:membership@satirpacific.org) or [admin@satirpacific.org](mailto: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



Also we have recently purchased Zoom to get together online for our “Fireside Chats” or Community Connecting 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 any of our notices by text or would like a text in addition to email please let us know.**



I would **LOVE** to hear from you about what you would like to see happen with membership services. 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](mailto:membership@satirpacific.org)

[www.satirpacific.org](http://www.satirpacific.org)



## Membership Rates:

**Clinical Members - \$75 per year**

**Professional Members—\$50.00 per year**

**Affiliate Members—\$25.00 per year**

[www.satirpacific.org/membership](http://www.satirpacific.org/membership)

or contact Cindi Mueller at [admin@satirpacific.org](mailto:admin@satirpacific.org)

## CONNECTING WITH OTHERS, WE GROW AS A COMMUNITY

Come out for our fundraising night filled with laughter and fun!!!

January 25, 2018 – Join us at Rusty's Pub starting at 6:00pm in Cloverdale for dinner, painting and a silent auction.

All proceeds from this event will be used towards the Satir Institute of the Pacific's bursary program.

For more details and how to purchase your ticket, please visit our website [www.satirpacific.org](http://www.satirpacific.org) or contact Corrinna Douglas 1-250-572-5568 or [marketing@satirpacific.org](mailto:marketing@satirpacific.org)





## 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.

SIP is considering publishing a book, or a CD or both, of Meditations given by SIP members to celebrate SIP's upcoming 20<sup>th</sup> anniversary in the summer of 2018. This 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. Then 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](mailto: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](mailto:michaeltc@shaw.ca)

Michael Callaghan

# BUILDING 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](mailto:satirmktg@gmail.com)  
Phone: 1-250-572-5568



satir institute  
of the pacific

## ***FIRESIDE CHATS– Vancouver Island***



The last Vancouver Island Fireside Chat was just held November 4 in Cowichan at Lyla's. Please stay tuned for pictures and the date for their next gathering

## ***FRASER VALLEY COMMUNITY OF PRACTICE***

The Fraser Valley has met twice in Fort Langley since the last edition of the Wisdom Box came out: July 10 and September 11. Madeleine and Tricia had some great questions for us to ponder and explore in the sand tray. In July we looked at how we experience conflict and in September we explored how we experienced life energy. Can you tell which picture is which topic?

Their next gathering is scheduled for Thursday December 7 from 7-9 pm.

Please contact Tricia Antoniuk at [tricia@antoniukcounselling.ca](mailto:tricia@antoniukcounselling.ca) for more information



If you are interested in joining any of our 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](mailto:membership@satirpacific.org) or Cindi Mueller at [admin@satirpacific.org](mailto:admin@satirpacific.org)



## IT'S A WIN WIN!!!

Satir Institute of the Pacific is the perfect registered charity, not for profit organization to receive a tax receipt for your donation. Your financial contribution will support the sustainability of the Institute and be used towards resources, training materials and/or bursary program.

To make your donation and receive your receipt in time for your tax return, go to [www.satirpacific.org](http://www.satirpacific.org) and click on "Donation" at the bottom of the page.

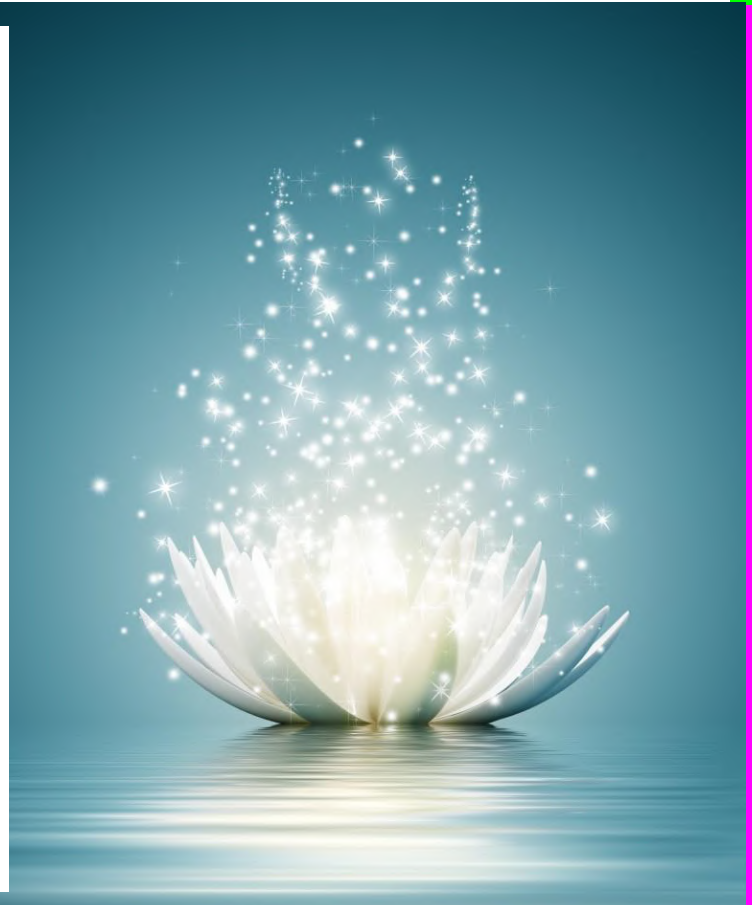
Your generous donation (minimum \$25.00) is greatly appreciated and will benefit the continued knowledge and growth of Virginia Satir's

### **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](mailto:satirmktg@gmail.com)



# INTERNATIONAL NEWS



## **The Satir Model is Major Influence on the Social Work Profession in China**

Here they are, an excited group of graduates holding their certificates! They are social work professors in the People's Republic of China who have completed all the requirements of a 34 day training in the Satir Model. In those 34 days they not only worked on their own self--awareness and congruence but also learned how to do Satir Transformational Systemic Therapy and how to teach Satir concepts and skills in their social work courses. Part of the certification requirements included presenting a video segment of a counseling session to an instructor and presenting an experiential Satir lesson to the group.

The China Association for Social Work Education, the group tasked with providing continuing education and development of the profession of social work for the whole country, invited the Banmen Satir China Management Centre to provide this comprehensive training back in 2011. After 2 years of planning, the training commenced. This group is the third to graduate so 150+ professors have completed it so far. In so doing, they are changing the way social work is taught to a more experiential and practice-oriented. They are also changing to a more humanistic view of their clients. A fourth training is planned to start in 2018. Sandy Novak, a member of SIP is the lead instructor for these trainings and loves every minute of it.

**Congratulations Sandy and BSCMC on all the great work you are doing in China!**



**International Family  
Therapy Association**

Visit Our Websites

[www.ifta-congress.org](http://www.ifta-congress.org)

**IFTA's 2018 World Family Therapy Congress**

**March 7 - 10, 2018 in Bangkok, Thailand**

*Congress Headquarters:*

***Westin Grande Hotel***

## 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](http://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)

Sharon Loeschen



President, Satir  
Global Network

## **EXCITING NEWS!**

I just heard that the next IHLRN conference will be held in Victoria, BC in 2018  
Stay tuned for more information

**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](mailto: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

**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](http://www.satirpacific.org))".

Regards, Cindi  
Administrator,  
[admin@satirpacific.org](mailto:admin@satirpacific.org)



Have you seen our most recent blog on The Art and Science of Self-Care? If not you can check it out on our website at <https://satirpacific.org>

Or at <https://satirpacific.org/the-art-and-science-of-self-care/>



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 leaves can you find in this Fall Edition of the Wisdom Box?





# APPRECIATIONS



I would like to personally send out a message of appreciation to both John Banmen and Kathlyne Maki-Banmen for their mentorship and training in the STST model, their extensive commitment over the years to SIP and around the world.

Lots of gratitude and appreciations for Jennifer Nagel for taking on the Director of Training position and creating exciting new programs for our current members and other helping professionals

I am also sending a deep message of appreciation to all our members who support SIP through membership, training, service and continued feedback about the work we are doing.

Please send us your appreciations to [newsletter@satirpacific.org](mailto:newsletter@satirpacific.org)





## Attention Members:

We will be revising how often the Wisdom Box is published but please continue to submit any news, pictures, articles, stories, ideas, queries, poems, or anything else you think would interest the membership to the Editor [newsletter@satirpacific.org](mailto: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](mailto: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](mailto:br@biancarucker.com) or visit [www.biancarucker.com](http://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](mailto:innerchange@shaw.ca) or visit [www.innerchange.ca](http://www.innerchange.ca)

# 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](mailto: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](mailto:admin@satirpacific.org) or [newsletter@satirpacific.org](mailto: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

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SEE YOU NEXT TIME

