



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 Spring,

We held our Annual General Meeting in March. Lyla Harmon presented Spirit of Satir, and opened with her heartfelt singing. We have warmly welcomed a new board director, Rebecca Denham. I met Rebecca five years ago in a SIP program, and her intelligent, witty, insightful ways encouraged me to invite her to stand for the board. Serendipitous. Rebecca accepted. We are grateful. Michael Callaghan accepted the position of Secretary, and he will continue to guide and educate our Executive Trio, and the Board of Directors. Our lovely, intelligent Tonda Chin accepted another year as Treasurer. Thank Goodness! We are truly blessed to have Tonda on our Team. We were sad to accept Moira Haagen's resignation from the board. She will be missed. I accepted the position and responsibilities of another year as SIP President. SIP Board of Directors continue to be a dynamic team of wise, intelligent, fun, creative individuals and we all have busy, busy lives. A big, heartfelt thank you to Jennifer Nagel, Director of Training; Madeleine DeLittle, Research Chair; Teresa McLellan, Membership Director and apparently, Not so interim Wisdom Box editor; Corrinna Douglas, Marketing Director; Denise Wynn, Lyla Harman, (Singing Director), and Rebecca Denham. Please send a big 'thank you' to the amazingly organized Cindi Mueller, our Administrative Assistant. Cindi's job, at times, may be similar to herding cats.

Phoenix Center is expanding offices which may result in SIP looking for a new office and new training space. We are not displaced yet but are beginning the search for a new office, and are holding the hope to be able to provide GOOD parking along with windows overlooking trees! We have been fortunate and blessed to have these years at Phoenix Center. Our contract is secure for the next 4 years, however, Change is always possible. It is unknown at this point in time if we will remain at Phoenix Center for the next four years or if we will be finding a new home sooner. We will keep you posted.

The AGM reports are available for all to read if you are interested. Contact Cindi for a copy if you are. I hope you read them! We are celebrating another year of success providing Transformational Systemic Therapy programs. We are grateful to the spiritually wise, trainers, our awesome Directors for volunteering them SELVES.

We continue to work hard to have a balanced budget. (A personal Thank you to Angie Dariou regarding a concrete concept of a balanced budget). We are grateful to all of you for referring colleagues, friends and family to SIP programs. Please keep on referring! Word of mouth is one of the better ways of marketing our programs. As a SIP member, you are part of 'our'. We need you to share your experiences with others. We are offering the Level One Intensive Program this August, led by Kathyline Maki-Banmen; and the Use of Self Residential Retreat in November led by Jennifer Nagel, Anne Morrison, Dr. Robin Beardsley, and Myself. As Satir said, "Peace within, Peace between, Peace Among". There is no better time than now to be practicing and being Peace. Be Peace!

We support, encourage, train, and facilitate experiences of increased authenticity and spontaneity. Moving one towards a state of congruence! Satir wrote about Manifesting Self: "Manifesting Self means the ways in which one comments in the presence of another person about what he feels and thinks, sees and hears about himself and others". Manifesting Self is essential in practicing and being Peace. Our programs continue a focus on manifesting self, congruence and experiencing deeper peace.



The Satir Institute of the Pacific Board of Directors meet throughout the year to plan, create, brainstorm, and continue to be able to offer life changing programs. We hope to see you soon.

Linda Lucas
President

Letter From the Editor

Hello again.

Spring is here and its time for another edition of the wisdom box. I hope you will enjoy hearing about what our members are up to. Even though I am on the board and typically hear what is happening around the institute throughout the year, this newsletter is really the place where we share and celebrate our members. We've got some exciting stuff to share so please read on...

I would love to continue to hear about what you are doing. So send me updates, pictures, news, articles, workshops, poetry, upcoming events. Brag a little, share with us, and let us celebrate you too!

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



Board Members 2018/19

President - Linda Lucas, MA, LCPC

Secretary – Michael Callaghan, RTC

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

Directors at Large:

Denise Wynne, MSW, RSW

Madeleine DeLittle, RTC, MTC, RCS, Ph.D.

Lyla Harman, BSW, MSW, RSW

Rebecca Denham, MPCC

Wisdom Box Editor - TBA

News From the Board

Thanks to all our members who attended the Annual General Meeting March 3, 2018. As always, there was food, laughter and connection with a little business mixed in.

As Linda mentioned in her Presidents message, we had a few changes to our Board of Directors for this year. We had 2 board members, Michael Callaghan and Denise Wynne, who stood to run again for another 3 year term. Welcome back! Michael has been elected the Secretary while Tonda remains our Treasurer for another year. Plus we had one new member nominated for the board: Rebecca Denham. Welcome Rebecca!



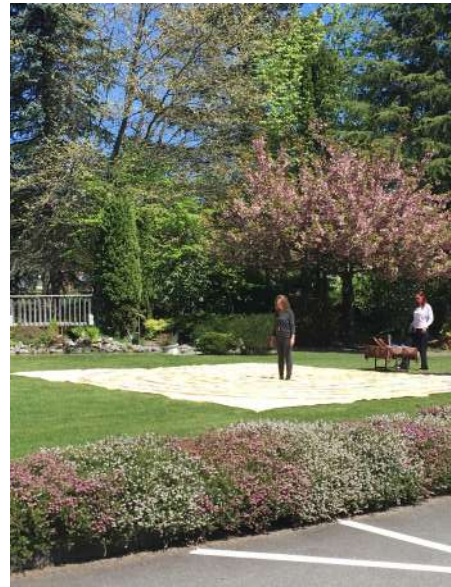
If you are interested in joining us at our meetings, on the board or for any of our committees (membership, financial, marketing, etc.) and seeing what we do, please let us know. We would love to have you!

Stay tuned ...

for more exciting news around the institute as we plan for our 20 year anniversary party later this year.

Annual Board Retreat 2018

SIP held their annual board retreat at Bethlehem Retreat Centre in Nanaimo this year May 4-6. While a few board members were unable to join us, the rest of us had a weekend filled with great friends, good food, laughter, tears, meditation, song and dance oh and a little bit of work planning some great things for the institute in the months and years to come. A special thanks to Anne Morrison who joined us for some “Spirit Care” on Saturday morning. The beautiful location allowed for morning walks around the lake and peaceful scenery abound. AND it was World Labyrinth Day on Saturday May 6 which most of us partook in meandering around the circle. See some of our pictures below:



Training News

CURRENT & UPCOMING LEVEL 1 AND LEVEL 2 TST PROGRAMS

1. Level 1 in KAMLOOPS, BC (in progress)

Final weekend June 21 - 23

Trainer: Jennifer Nagel with Corrinna Douglas

2. Level 2 in SURREY, BC (already started)

Location: at the Phoenix Centre

April 27 - 29, May 25 - 27, and June 22 - 25

Trainer: Kathlyne Maki-Banmen



3. Level 1 Summer Residential 10-day Intensive

Location: SFU in BURNABY, BC

July 24 - August 2

Trainer: Kathlyne Maki-Banmen

STILL TIME TO REGISTER ... Early Bird Rates to May 24, 2018

4. Level 1 in SURREY, BC

Location: at the Phoenix Centre

September 22-23, October 13-14, November 24-25, January 19-20, and February 16-17.

Trainer(s): Jennifer Nagel and/or Linda Lucas

Be sure to check our website regularly for updates!

More Training News

Master Class: THE FOURTH BIRTH Simon Fraser University, Burnaby Campus

July 2 - 9, 2018

Led by Dr. John Banmen, this 8 day intensive program will explore how Satir Transformational Systemic Therapy can be an effective approach to higher consciousness and spiritual growth.

Supervisors: Marie Lam, Linda Lucas and Jennifer Nagel

SOLD OUT

2-Day Programs: Applications of Transformational Systemic Therapy

FALL PROGRAMS (DATES TO BE DETERMINED)

Stress and Anxiety

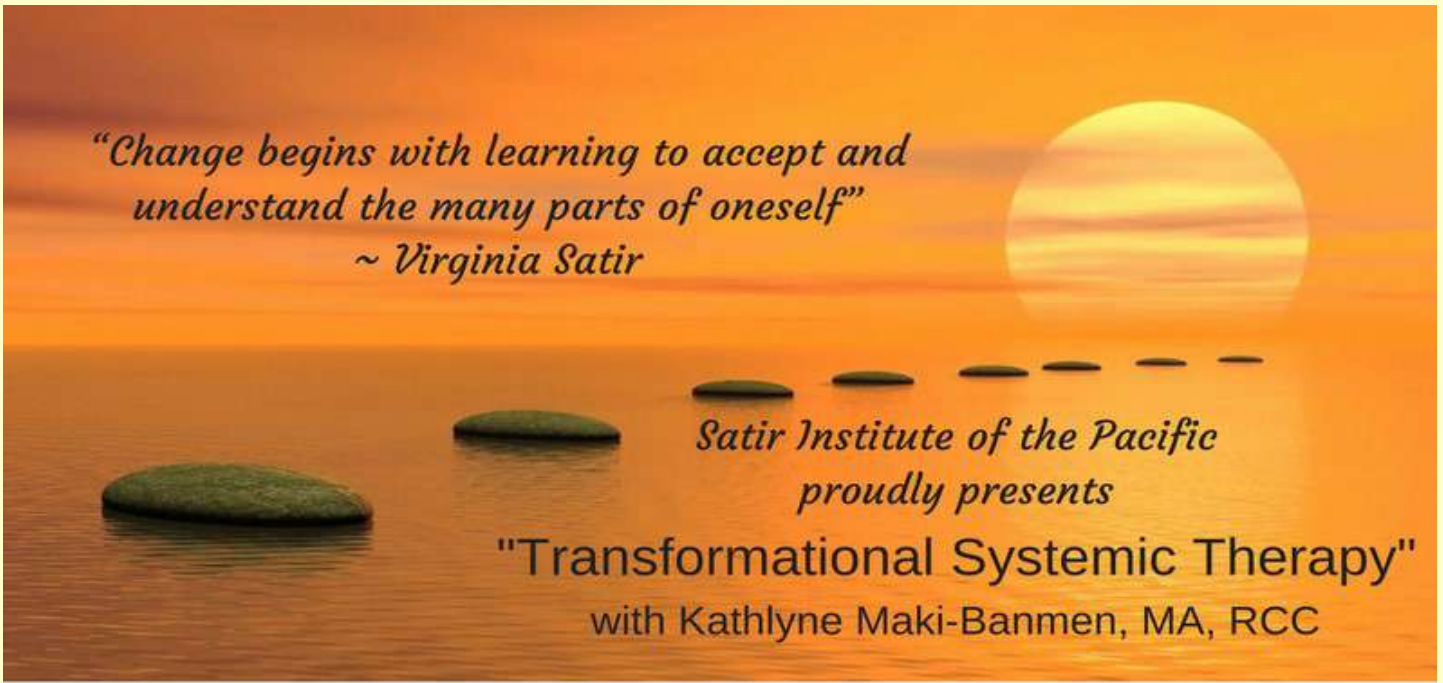
With Dr. Carolyn Nesbitt

Introduction to Using Neuroscience and the Satir Model in the Sand Tray Part 1 & 2

With Dr. Madeleine Delittle

More information on these will be coming soon.

And more 2-day programs are in the process of being planned



*"Change begins with learning to accept and
understand the many parts of oneself"*

~ Virginia Satir

*Satir Institute of the Pacific
proudly presents*

"Transformational Systemic Therapy"

with Kathlyne Maki-Banmen, MA, RCC

July 24, 2018 – August 2, 2018

10 Day Residential Intensive

Level I – TST using the Satir Model

60 CEC Hours ~ CCPA Approved

Based on the work and Wisdom of world renown psychotherapist Virginia Satir, this program offers:

- Deepening the experience of "how to" facilitate change and transformational change with clients
- Experience the profound process of growth as a professional and in your personal life
- Opportunities to expand the internal resources of Self and congruently connecting with clients

TST offers evidence based experiential therapy, TST offers a process that is experiential, systemic, positively directional and change focused; resulting in neurological changes in the individual.

Early Bird Rates to May 24, 2018 - Residential \$2350/ Commuter \$1800

After May 24, 2018 - Residential \$2400/Commuter \$1850

(Residential includes Accommodation/meals, snacks, tuition and program materials

Commuter includes 10 Lunches and 7 Dinners, tuition and Program Materials)

To Register: 604-634-0572 www.satirpacific.org



THE USE OF SELF IN THERAPY

November 12 – 17, 2018

Bethlehem Retreat Center – Nanaimo, B.C.

Sponsored by

Satir Institute of the Pacific

Trainers:

Linda Lucas, MA, LCPC,
Jennifer Nagel, MA, RCC

Anne Morrison, MSW, RSW
Dr. Robin Beardsley, MD - psychotherapist, CFPC

This 6-day residential program provides the opportunity to deepen your work with individuals, couples and 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 systems.

This program will explore ways to:

- Maintain authentic contact and connection with SELF when working within the family system
- Activate and utilize resources of SELF and family members
- Trust intuition to guide the therapeutic process
- Recognize and resolve triggers within parts of the therapist to access SELF more easily
- Liberate your SELF through the Freedom of Forgiveness
- Externalize and transform family and therapist dynamics through sculpting
- Explore the internal world of the therapist during challenging family therapy dynamics
- Experience how self compassion alleviates self criticism and shame
- Bring presence and self compassion into therapy sessions to maintain therapist to client connections in challenging therapeutic encounters
- Cultivate practices, using mindfulness and self compassion, to prevent caregiver fatigue

Program Overview

DAY 1: Transformational Systemic Therapy with Families ~Linda Lucas
DAY 2: Liberating your Self through the Freedom of Forgiveness ~Anne Morison
DAY 3: Sculpting in Family Therapy ~Jennifer Nagel
DAY 4: Morning: Maximizing your Self's Life Energy in Therapy ~Jennifer Nagel

DAY 4: Afternoon: Gateways to Self ~Dr. Robin Beardsley
DAY 5: Cultivating therapeutic presence and compassion when working with family dynamics ~Dr. Robin Beardsley
DAY 6: Anchor learnings, program closure ~Linda Lucas & Anne Morrison

6 Days Residential includes Training/meals/snacks and accommodations only \$1505*
Commuter \$1180* includes Training/meals/snacks (*SIP Member Early Bird Rate)

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

TRAINING FOR TRAINERS

ARE YOU:

Passionate about the Satir Model?

Excited about the idea of working with groups and experientially teaching programs that contribute to participants' personal and professional development?

Committed to your own personal and professional development as a trainer?

COME JOIN US FOR THE TRAINING FOR TRAINERS PROGRAM!

- ◇ Learn and enhance group process skills
- ◇ The Satir Model perspective of training
- ◇ The 5 Essential elements of transformational teaching
- ◇ Experiential review of the Satir Model and practice teaching concepts of the model
 - ◇ Demonstrations of group observation skills
 - ◇ Dealing with expectations of participants
- ◇ Handling challenges and reactions from participants
 - ◇ Program goal setting for different groups
 - ◇ Daily goal-setting for groups
 - ◇ How to sequence and pace learnings
- ◇ How to make learnings experiential with lots of practice
 - ◇ Handling questions of group participants
 - ◇ Curriculum development skills
 - ◇ Marketing your programs
- ◇ How to prepare oneself internally and in relation to the subject of the program.

This program will be led by Linda Lucas and Jennifer Nagel and consists of three 5-day phases.

Phase 1: September 25 - 29, 2018

Phase 2: April 12 - 16, 2019

Phase 3: October 9 - 13, 2019

There will be assignments and dyad work to be completed in between each phase, with regular mentorship and support from the program leaders.

TUITION \$997 per phase (can be paid in 3 instalments)

LOCATION: Executive Airport Plaza Hotel, Richmond, BC

INCLUDES: 15 days of training, course manual, monthly online group meeting via Zoom facilitated by the program leaders, individual coaching and supervision for assignments between phases via telephone or Zoom with program leaders

DID YOU HEAR?



Our very own Director of Training, Jennifer Nagel has not only written but recently published her first book *Magic in the Muck*. We are proud to share this with you and celebrate her experiences of finding grace in the chaos.

[Click here](#) to order her bestseller on Amazon

Most Difficult Was Dealing With My Own Internal Critic – Author Interview with Jennifer Nagel

Written by [InfluencePub](#) on April 20, 2018 by [Marilyn R. Wilson](#)

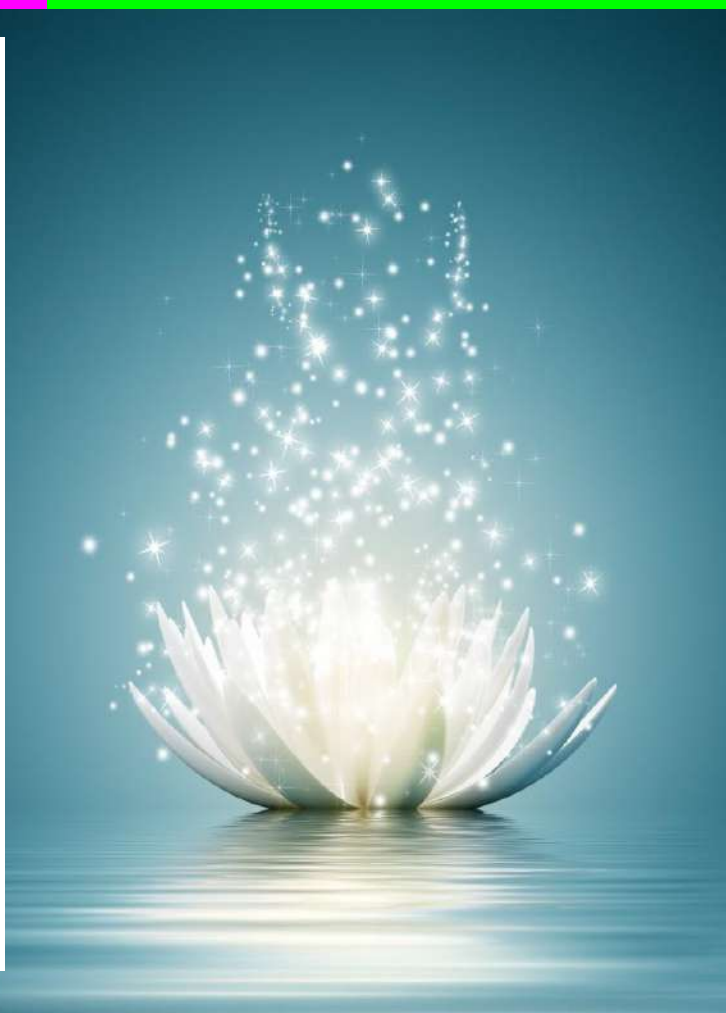
[Click here](#) to read the interview

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



to Dr Madeleine Delittle

She was recently accepted to present her research at the 2018 International Transformative Learning Conference this November at Columbia University in New York, NY . The title for her proposal is Shedding Light on the Shadows of Counsellor Education

If you are interested, you can check out this teachers conference [here](http://www.itlc2018.com/) or
<http://www.itlc2018.com/>

MEMBERSHIP NEWS

Director of Membership: Teresa McLellan



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Let's Connect!



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May 26, 2018

Our 1st Membership Event Online

via Zoom 6-8pm

Let us know if you are interested ... Space will be limited

RSVP and we will send you a link to join us

604-634-0572 , membership@satirpacific.org or admin@satirpacific.org

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

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

membership@satirpacific.org

www.satirpacific.org

FIRESIDE CHATS– Vancouver Island



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 or Cindi Mueller at satiradmin@satirpacific.org

FRASER VALLEY COMMUNITY OF PRACTICE

Where Words Don't Speak in the Woods ...



The Fraser Valley group (Madeleine, Tricia, Sandi, Teresa and Sue) went on an amazing overnight adventure for their last gathering March 24, snowshoeing in the backwoods on Cypress Mountain to a beautiful rustic cabin (Thanks Jim) for their fireside chat in the sandtray. After unpacking all our supplies and starting the fire, our candlelight vigil started with Tricia reading from Virginia's "Your Many Faces" and so our theme for the evening was our defenses.



The next gathering in Fort Langley is scheduled for Thursday May 31 from 7-9 pm. Please contact Tricia Antoniuk at tricia@antoniukcounselling.ca for more information

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
Phone: 1-250-572-5568



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INTERNATIONAL NEWS



April, 2018. Linda with participants of Level one program held at Pan African Christian University in Nairobi, Kenya.

Altogether, Jennifer Nagel has trained over 200 people at PAC U.



Exciting News !

Virginia Satir's IHLRN is Coming to Canada

(once called the "Virginia Satir's Beautiful People")

October 14-21, 2018

Coast Victoria Hotel

Victoria, B.C., Canada

To register or get more information,

go to www.ihlrn.org.



The Coast Victoria Hotel, <https://www.coasthotels.com/hotels/bc/victoria/coast-victoria-hotel-and-marina/>, is right on the waterfront between Fisherman's Wharf and the beautiful inner harbour. It is the new urban style hotel concept with all the modern amenities and easy walking access to Victoria.

Imagine a week immersed in the practice of Virginia Satir's teachings which foster wonderful connections, fellowship, community, learning and inspiration.

We hope to see you there.



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be inspired ~ the Satir Growth Model offers dedicated helping professionals facilitate deep and lasting change with their clients.

Our various programs and trainings provide the opportunity to deepen your work with individuals, couples and families by helping clients access their inner strengths and resources to stimulate their inner healing energy. The processes taught and experienced in this program are supported by neurological research and will add to your therapeutic practice.

Virginia Satir's Transformational Systemic Therapy integrates research with therapeutic practice and processes, assisting clients in transforming their intrapsychic and interrelational systems. Clients' transformational experiences result in increased internal peace, empowerment, and integration; in addition to connection and acceptance in relationship with Self, others and context.

To learn more about the Satir Institute of the Pacific and CCPA approved programs, please visit our website at www.satirpacific.org or contact our office at 1-604-634-0572

SUPPORTING MENTAL WELLNESS

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 and click on "Make a Donation."

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



[This Photo](#) by Unknown

RESOURCES

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

Satir International Journal Discontinued

Sadly, the Satir International Journal will be discontinued at this time.

The Satir International Journal first edition was published in 2013. Jesse Carlock worked with Steve Bentheim in the creation and publication of the journal. Upon Steve's death, she became the editor and produced the journal for the past 5 years.

Upon Jesse's decision to retire in late 2017, we began the search for a new editor. A number of candidates were identified, interviewed and considered. Several of the candidates were interested in helping with the journal, although they were not fully prepared to become the editor. We were unable to identify a person who could take on the Editor duties.

Over the years, several organizations and many individuals have supported the journal in various ways such as writing articles, editing, and translating, publishing the e-journal and providing support. We appreciate The Virginia Satir Global Network and the Satir Institute of the Pacific who worked together with the *Satir International Journal* to promote research, development, teaching and practice of the Satir Model in both the academic and practitioner community worldwide through the publication of material related to the Satir Model. To each individual who supported the journal and Jesse, we express our appreciation for their volunteered time, contributions and support. We also appreciate the University of Victoria School of Social Work for publishing the journal in electronic format in their library of journals. Most of all, we appreciate Jesse for her dedication to furthering Virginia's model, her ability to find authors willing to write for the journal, her editing & publishing skills, and the many, many hours and years she volunteered her time, energy and enthusiasm to produce the journal.

We are forever grateful for the great gift of the Satir International Journal to furthering the Satir Model globally.

Eileen Strider, Chair of the Search Committee

As posted in the VSGN Newsflash

APPRECIATIONS





Attention Members:

Please continue to submit any news, pictures, articles, stories, ideas, queries, poems, or anything else you think would interest the membership to the editor at

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

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