



# 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,

I hope your summer days have been relaxing, joyful, and full of congruent connections.

Satir Institute of the Pacific will soon be celebrating 20 years as an Institute. We will be inviting you to celebrate with the SIP Board of Directors soon. Details will be forthcoming.....Stay tuned!

Satir Institute of the Pacific has successfully, and joyfully facilitated two summer intensive programs this year. SIP's powerful, growth-enhancing 10 day level one program, led by Jennifer Nagel, and the Fourth Birth/Consciousness Master's Class, led by John Banmen, were conducted on the beautiful Simon Fraser University's campus. SIP hosted many international participants for both programs.

I want to share a little about our upcoming training programs with you. SIP is providing a Training for the Trainer's program, led by Jennifer Nagel, and me, Linda Lucas, beginning in September, a weekend level one program, led by Jennifer Nagel, begins in September; Taming the Tiger program, led by Carolyn Nesbitt, in October; Satir in the Sandtray, led by Madeleine DeLittle in November, and the 2nd Use of Self program, led by Anne Morrison, Jennifer Nagel, Robin Beardsley, and myself, also in November. I hope you will share and recommend SIP programs to your friends and colleagues.

Michael Callaghan has successfully found a person to take over updating the annotated bibliography as Jesse Schellenberg resigned. The Annotated Bibliography of writings have been published in English since 1960 until May 2016 by Virginia Satir and other authors, related to the Satir Model. Jesse Schellenberg created the original bibliography and updated it once. Leanne Witten, a student of the counseling program at ACTS Seminaries, has agreed to take on updating the annotated bibliography. The Bibliography can be found on the Satir Institute of the Pacific website: [www.satirpacific.org](http://www.satirpacific.org) under Publications. Take a look!! Satir's work continues to be researched, published and taught in many universities throughout the United States.

The SIP Board of Directors has not met over the summer. Our next meeting is scheduled for September, 2018. September is a busy month for many of us! Kids going back to school, programs beginning, and fall weather teasing us with cooler mornings, and hopefully, all fires will be extinguished and we will experience clean air!

If you have an opportunity to attend the ILRN conference this October, I am quite sure it will be worth your time and energy. IHLRN, Virginia Satir's International Human Learning Resources Network, has been holding a conference for a week each year for 49 years. This fall IHLRN is coming to Canada, to the port city of Victoria on beautiful Vancouver Island. The details are in this edition of the Wisdom Box.

There will be a large Satir Conference in Xi'an, China, in May of 2019. A number of SIP members will be presenting at the China. If you are interested in attending, please contact SIP. More information will be provided in the next Wisdom Box.



We hope to hear from you, and see you soon.

Warmly,

Linda Lucas  
President  
Satir Institute of the Pacific

# Letter From the Editor

Hello SIP members, friend and colleagues

It has been a busy summer for the institute and many of our members. So I've got lots of photos to share with you in this edition of the Wisdom Box. Thanks to all who have sent in articles, advertising and pictures to share with all of us.

While the board typically doesn't meet through the summer, Cindi was very busy in the office getting our summer programs organized. Thank you Cindi! In June, we finished a Level 1 weekend program in Kamloops and a Level 2 weekend program in Surrey. Plus in July we held an 8 day residential Masters Class and then a 10 day residential Level 1 both at SFU in Burnaby.

In addition to SIP training programs held in BC, I am excited to share some amazing photos and insights from our members in China who came to Canada the week before the Masters class to join Dr John Banmen on an Alaskan cruise. Then Jennifer Nagel is currently in Kenya again finishing up a second program there and has shared some amazing photos of the participants learning about Satir in Africa

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



Teresa McLellan

Director of Membership

"Temporary" Editor for the Wisdom Box newsletter

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



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of the pacific

*"Peace Within, Peace Between, Peace Among"*  
*Virginia Satir*

## 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

**Wisdom Box Editor** - TBA

# News From the Board

## Twentieth Anniversary of the Satir Institute of the Pacific

Twenty years ago on August 12<sup>th</sup> 1998 the Satir Institute of the Pacific Northwest was registered as a Non-profit Society in BC (S-38709). In January 2000 the name was officially changed by deleting the word 'Northwest'. Later in 2003 the Institute was registered as a Charity with Revenue Canada.

Here is a little bit of history, or at least my own understanding of it, of the origins of the Institute. During the 1980's until her death in 1988 Virginia Satir went to Crested Butte in Colorado every summer to hold month long trainings known as the Satir International Summer Institute. These events were characterized as Process Communities. Many people from all over the world participated. After Virginia's death, Avanta, now the Virginia Satir Global Network, tried to continue the summer trainings in Crested Butte. The last training there was in 1992, when I was privileged to be a participant in the Chemical Dependency week.

In 1987 a group of participants living in Washington and British Columbia got together and formed their own Institute, the Northwest Satir Institute. Their source of energy was largely their own experience of Virginia particularly at Crested Butte. This was the first Satir Institute and initially caused quite a stir with the approval of Virginia. The Northwest Satir Institute's purpose was to provide a broad educational context for experiential learning and teaching of the Satir Model of family systems theory. There was an enormous commitment of time and effort shown by this group in bringing this training over a span of ten years to both Washington and British Columbia.

The energy began to shift in the mid nineties particularly as people (myself included) who had not trained with or known Virginia became involved. There were also logistical cross border difficulties beginning to emerge and a shift in emphasis and direction north and south of the border. Finally, at the AGM in 1998 a decision was made that the Northwest Satir Institute, as a pioneering parent, would facilitate the formation of a new Institute in BC. My hope as retiring President of the Northwest Satir Institute and first President of the new Satir Institute in BC was that both would find new energy and develop without the constrictions we were experiencing.

In my letter to members and others introducing the new Satir Institute of the Pacific written in 1998 after an outline of our purposes, I said "we have an opportunity in British Columbia, building on the past and the enthusiasm and wisdom of our members, to reach beyond our current thinking and experience of the model and to promote its understanding, personal and professional use within and beyond our geographical boundaries." The question we need to ask ourselves after twenty years is how far have we come as an Institute in achieving these objectives? Are these still as relevant as objectives to the present Directors, Trainers and Members carrying the torch as, as they were to those of us shepherding the Institute's growth in its early years?

Michael Callaghan

Board Secretary

# Training News

## **UPCOMING LEVEL 1 and LEVEL 2 TST PROGRAMS**

### **Level 1 in SURREY, BC**

Location: at the Phoenix Centre

September 22-23, October 13-14, November 24-25, 2018,  
January 19-20, and February 16-17, 2019

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



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of the pacific

## ***EXPRESSION OF INTEREST***

Are you interested in completing Satir Transformational Systemic Therapy Level 2 in Kamloops, BC? We are currently looking to see who and how many have an expression of interest in this program at this location for March 14, 15, 16, and April 25, 26, 27, 28, May 23 – 25, 2019

If you are interested and available the dates indicated than please fill out the registration form "[EXPRESSION OF INTEREST FOR LEVEL 2 IN KAMLOOPS](#)". This does not confirm your registration but gives us an idea of interest in the program. We will be in contact in October to let you know the results of our decision.

**SAVE THE DATE**

Next Summer we will be offering both Level 1 (**August 1-10, 2019**) and Level 2 (**July 10- 19, 2019**) TST intensive residential programs at Bethlehem Retreat Centre in Nanaimo, BC.

Please check out our website [www.satirpacific.org](http://www.satirpacific.org) for more information or email Cindi at [admin@satirpacific.org](mailto:admin@satirpacific.org) to register and reserve your spot.

## **2-Day Programs: Applications of Transformational Systemic Therapy**



### **Taming the Tiger: How to help Clients with Extreme Anxiety**

October 20, 21, 2018

With Dr. Carolyn Nesbitt, PhD, RPsych

For more information or to register please click [here](#)

### **Introduction to Using Neuroscience and the Satir Model in the Sand Tray for Adults and Children Part 1 & 2**

Part 1 November 24, 25, 2018

Part 2 March 30, 31, 2019

With Dr. Madeleine Delittle

For more information or to register please check out our website the registration should be open soon [www.satirpacific.org/our-events](http://www.satirpacific.org/our-events)

**Be sure to check our website regularly for updates!**

# TRAINING FOR TRAINERS

## ARE YOU:

**Only a two spots left!**

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.

**Led by Linda Lucas and Jennifer Nagel, this program will consist 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



**Trainers:** Linda Lucas, MA, LCPC,  
Jennifer Nagel, MA, RCC

Anne Morrison, MSW, RSW  
Dr. Robin Beardsley, MD, CCFP, Family  
Physician, Psychotherapist

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 Self
- Use of Mindful Self compassion
- Liberating your Self through the Freedom of Forgiveness
- Externalize and transform family dynamics through sculpting
- Preventing caregiver fatigue with acceptance, hope, resilience and presence
- Practice self-compassion meditations
- Resolve shame of not being present
- Understand the neuroscience of Self compassion

**Program Overview**

- |   |   |
|---|---|
| DAY 1: Transformational Systemic Therapy with Families ~Linda Lucas           | DAY 4: Afternoon: The Shame of Not being present, and the neuroscience of Compassion ~Dr. Robin Beardsley     |
| DAY 2: Liberating your Self through the Freedom of Forgiveness ~Anne Morison  | DAY 5: Cultivating therapeutic presence and compassion when working with family dynamics ~Dr. Robin Beardsley |
| DAY 3: Sculpting in Family Therapy ~Jennifer Nagel                            | DAY 6: Anchor learnings, program closure ~Linda Lucas & Anne Morrison   |
| DAY 4: Morning: Maximizing your Self's Life Energy in Therapy ~Jennifer Nagel |   |

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](mailto:admin@satirpacific.org) Website: [www.satirpacific.org](http://www.satirpacific.org)

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

# Summer 2018 Programs

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

Held July 2 - 9, 2018 was **SOLD OUT**

Led by Dr. John Banmen, this 8 day intensive program had 36 participants from all over the world, including Hong Kong, China, Israel, Spain, Ontario, Vancouver Island, Cranbrook, Bowen Island and many locals from around the lower mainland.

Supervisors, Marie Lam, Linda Lucas and Jennifer Nagel, helped provide the sacred space for participants to experience higher consciousness and spiritual growth. See the following pages for some sharing.



## **Journey to Master Class** by Hettie Tu

Thirty-six people from several countries including Israel, USA, Canada, Spain, Germany, mainland China, Hongkong and Taiwan came to Simon Fraser University for residential Master Class sponsored by the Satir Institute of the Pacific on July 2- July 9 of 2018

It is my second time to attend the big event of SIP and connect with Satir people from the world since I have attend the human evolution conference in the anniversary of Virginia's 100 years' birth in 2016.

As a slow Satir learner I somehow entered into this Satir Community again.

I remember the night before the class John Banmen asked me about my goal of attending the program I said that I wanted to integrate my learnings from the Satire approach in the past nine years. When talking about integration it usually means putting different parts into the whole and function better as a system. It also means letting go of something which doesn't fit me anymore. I can't say this Master class of the fourth birth helps me to finish my integration because I don't finish the third birth of being my choice-maker yet. And it is a new beginning of my integration and I am always on the journey while I can always discover something new on the way. It is not the journey of finding the master outside and it is a journey to discovering my essence and experiencing others' essence through connection.

### **Chaos From the Beginning**

To study in a foreign country and join an international group triggers me into chaos from the beginning. Though I can understand English mostly and I know about our trainer John Banmen ( as I have learned from him since 2009 ) and our facilitators and eight mainland Chinese participants it was still a big chaos for me. I lost my power of in charge of myself inside as I put lots of power on the context about the culture difference, location and food and jet leg and language barriers and so on.

Is this familiar to you as well when you put your energy into the context and you lose your center?

This makes me think of my working experience with John Banmen as his translator in China. He has been working in varied environment as sometimes the air conditioner didn't work in the University in summer and sometimes the whole class were transferred to a different room in the third day of the program. Whether he stayed in a simple hotel or a luxurious hotel he seldom complained. I used to talk with him about this question he said he moved to many different countries in his life. He was the least influenced by the context and he had learned from his life experience. This really inspired me.

On the third day I was also aware that I have different expectation of me about being a participant from being a translator or trainer in the class. I was entitled to be taught and educated by the trainer as I paid the money for it and I didn't have to take much responsibility for my own inside. I woke up and took my notebook and walked into the class and it was not happening as I expected and I didn't feel good. It is not enough to be only responsible for the behavior. When I didn't prepare for myself as a participant mentally and psychologically and physically it doesn't mean I was really a participant in the Master Class.

How can I be more responsible for who I am inside? As John mentioned in the class, **"are you in charge of your reality? Do you create the moment of reality?"** When I caught up this awareness I was surprised about my discovery. It was an automatic habit. I see my passive parts in the role of participant and I put my power onto the trainer and outside world. This really makes me to reflect what expectations I have of myself and of others in different roles in the daily life. Most of time I already function with those expectations even without thinking about it.

## Journey to Master Class by Hettie Tu con't

Can you imagine how many small things triggers us out of awareness when we run our daily life? It really takes conscious efforts to manage SELF every moment in the life. This is not an easy job.



(Left: Chinese group from Taiwan, Hongkong, Mainland China with John Banmen)

(Below: Anne Morrison with Hettie Tu near the door of SFU)



### Making New Connections

In this safe and supportive and open group I met many beautiful people and made deep connection with some people unexpectedly. As Jennifer Nagel mentioned in her book, ***“Every experience that you have with another human being gives you a new opportunity to experience yourself and to make new connections.”***

Anne Morrison is a special gift to me. From the first day when we met something in her eyes fascinated me. It was still a mystery to me. I initiated a date with her and we did spend one hour in the conversation on the last day. We talked about SPIRIT. My sleeping spirit was waking up. Somehow I find she was the right person at that time to share about my spirit and my tender pains and my tender heart. I was deeply touched and seen somehow. I believe this is the beauty of human contact.

Near the end of the class I was sitting between Tim and Robin and I was sharing with Robin and I was very impressed about our deep connection in a few minutes conversation. I resonated with her words, “I don’t have to convince people about my experience when I have a positive experience inside. I also don’t have to hide or pretend myself when I didn’t experience myself in a positive way.”

Tim Sitt was a handsome and cool young man with Chinese face who lives in Toronto. I like his good ideas. He summarized our learning of our relationship with our roles as EMTR. That means Essence Manifests Through Roles. I love this EMTR.

When we said goodbye to each other at the end of the class I somehow called out naturally “young brother, welcome to a big family.” His big smile was blooming. His answer surprised me. He said he had never thought about learning Chinese and now he wanted to study Chinese.

This makes me think of one sentence as Linda Lucas often mentioned in the class, “I experience me experience you experience me”. I always find difficulty in translating this English sentence into Chinese for Chinese participants. Somehow this simple sentence is profound and echoing.

## Journey to Master Class by Hettie Tu con't

### Being the Star in the Trio Exercise

We were asked to be the star and interviewer and supervisor for two -round exercises. Since so many professional helpers from the world were available in the class I volunteered myself to be a star twice. I chose Pauline as my counselor by speaking the common language of mandarin. She guided me to work on my stuck of forgiving myself. I was surprised to discover that I believe in some beliefs of Buddhism and she made use of that beliefs to unstuck. We also shared with the same Chinese classic literature of the Journey to the West in which we shared the same story of Monkey King. I didn't realize how much Chinese culture and those beliefs underneath the classic literature have influences us unconsciously. This made me to be more aware of the part of "I don't know I know " .

My second time to be star was with Klaus Klein from Canada. I had never been a star by speaking English directly. I was doubting if I can go inside easily by speaking foreign language. It did take extra efforts to go inside. The counseling session went smoothly and I was very impressed by how he was always guiding me go inside when I was trying to go outside. I was empowered and always stayed inside in the process. The only difficulty for me is to see Klaus' eyes. He was using his eyes to listen to me and I was seeking his eyes for safety and connection. When he was listening to me carefully by using his eyes at full intensity I interpreted that he was staring at me. This became a funny story between us.

**Human being was so unique and different. My being- star- experience helps me better understand Satir approach.**

### Meeting Yourself in Writing Autobiography

We were asked to find a partner to finish a project of writing the autobiography of the partner. Paul from Taiwan was my partner. We interviewed each other and wrote about the partner's inside world. It was a great exercise to enter into other's world. Later on Paul read my autobiography to our small group while I was listening to my life. I really liked myself when he was reading about me. I was amazed about myself.

When I opened up my notebook today and found this page of my autobiography. I was still touched by reading it now. I couldn't believe that I wrote it at that time. It was touching my essence parts. Here I shared some parts with you.

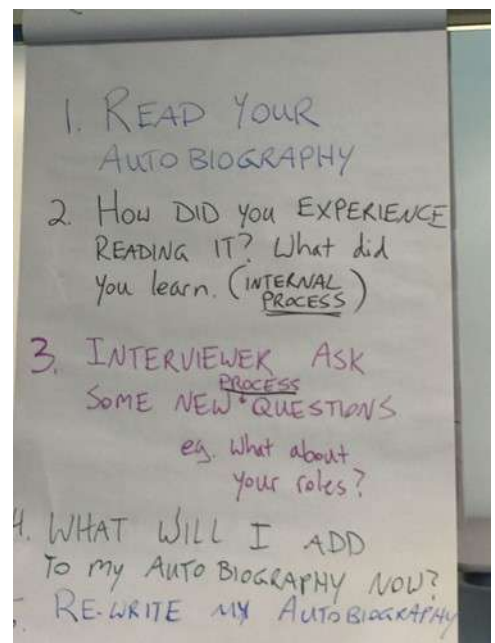
*'Ten years' being a Mother for two young boys helps me to learn to be strong, loving and tender and patient. Ten years' being a translator for program trainer helps me to experience acceptance and trust in the working relationship which I didn't learn from the family. My deep soul guides me to the fourth birth workshop.*

*I know for sure that I have a tender, old and wise soul. Since I was little I had experienced a lot of misunderstood and hurt. Today I can let go of those hurts from the past and those judgments and punishments as well.*

*I can have a new look at myself and reestablish a new relationship with myself. I can have more compassion and tender loving towards myself and I can be playful.*

*I deeply yearn for deep connection with people.*

*My purpose of life is to guide people to self-growth journey and improve the consciousness and accompany their journey to transformation...'*



## Journey to Master Class by Hettie Tu con't

I also witnessed how Rick Miners and Jim Edwards worked together in the center of the group led by John Banmen. Without so much stories I can get in touch another spirit so easily by listening to their sharing in the group. I am touched by Rick's rich and deep world. What a beautiful soul it is in the world!

Autobiography (written By Jim Edwards)

My name is Rick Miners..

As I grow and my attributes manifest from within I remain in service to my patients and clients and support my community. I choose to share my gifts of intelligence, humor, integrity, loyalty and passion. In particular, I feel a duty to build a bridge to First Nations peoples and their communities. As I work as a therapist, psychologist, and a researcher I experience a connection with the spirit that animates all of us, that Great Mystery.

I am passionate about my work and caring for people. I am aware it is sacred work, work of the divine. I am discovering The work of caring for others becomes effortless when driven by this great mystery. I am a healer and becoming I AM.

As I continue to grow in relationship with myself I feel there is a strength emerging from within me. I AM becoming more complete and at ONE with myself. The separation between the world and myself diminishes as I cultivate my Spiritual nature. I believe this union is growing within me. I feel the strength of my conviction and love growing - firmly embedded like A pyramid in the earth.

I believe the world will be a better place. I believe I am part of that evolution. I believe in true principles guiding this divine process: love humility courage respect truth honesty and wisdom. I believe I need to continue to cultivate a relationship with my spirit and connections with all there is around me. As I reach connection I sense that spirit in me is the same one that animates all of creation. And so believe I am one with the spirit.

(Right: Jim Edward, Hettie Tu, and Rick Miners )



### Questions

In the Class I asked John one question as we have been discussing about the fourth birth of Consciousness. I can't touch the Consciousness and I can't see it how can I know about its existence? Actually it is not a question but my difficulties and doubts. My past ways of learning things is to experience it firstly and then I can believe it. John quickly caught me and asked me a question, "Can you change the sequence? Can you believe it before you experience it? Your physical body was already here." He also invited the group to share their answer. Jim Edward was the first one to share about his journey of looking for evidence of Great Mystery.

*As I sit in the meadow with the Arbutus trees, on the moss covered rocks with my walking companion - I start to feel connected to this place, this morning, this experience.*

*Experience myself in the experience and I feel part of a deep underlying current, a connection. It occurs to me that all of my yearnings are being met in this moment and I am left with a deep sense of purpose and belonging.*

*And so my answer to your question this morning is; the evidence is all around for me. I am finding it as I get connected to that deep part of myself. I believe that the deep part of the Self is where I connect to all of Creation.*

*When I connect deeply to myself in this moment I sense that there is an essential Element - in the old language of my people, Latin, it is called Spiritus - breath, spirit, or soul.*

*I believe this is the Great Mystery. What I have described is the evidence I connect to all around me and I can connect my inner stillness. I do not believe I know God. I believe in what Lao Tzu said "The Tao that can be named is not the true Tao." I do however find evidence of that Great Mystery all around me when I am connected to my Self. '*

## Celebration Party, Auction and Having Fun

We had a lot of laughter in the party and I also enjoyed the Auction Evening.



Robin Beardsley and DeLittle Madeleine were the host of Auction. I really appreciate their creativity, spontaneity and generosity by guiding us to a wonderful and unforgettable Auction Evening.

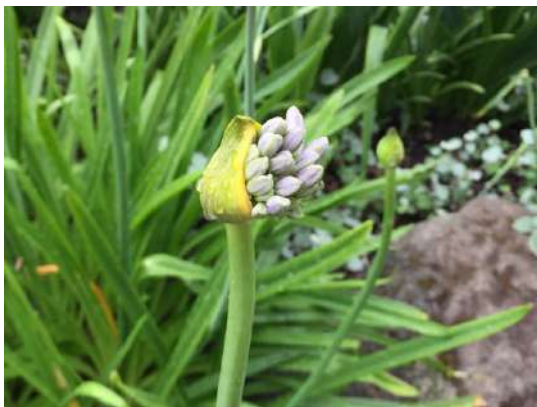
Chinese group also brought us the music opera and dancing swans with Taichi performance. There was no rehearsal for this big performance. Everyone was so present and spontaneous .



Singing, dancing, drama, talk show, and so many beautiful souls were there with laughers and laughers....

## Being the Love

Finally I want to use the sentence from John when he was working with one of our participants in the class: “Can people see you being love instead of doing love?”



And Anne Morrison shared that discovering the life energy within each representation on our planet, the flowers; the trees, the weeds; the rocks — we are all truly connected!

*( photo taken by Hettie Tu in VanDusen Botanical Garden of Vancouver on 10<sup>th</sup> of July of 2018)*

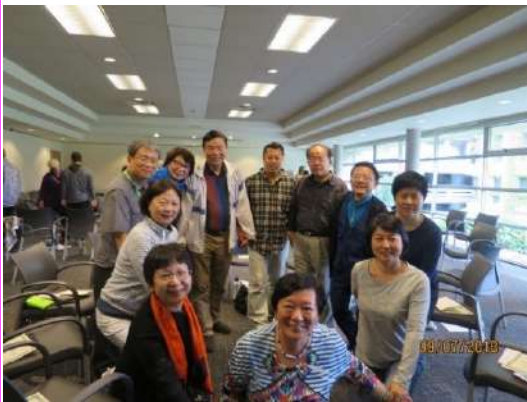
# More Photos from the Master's Class



## **the Amazing Journey – “the 4<sup>th</sup> Birth-Consciousness” Master Class 2018 led by Dr. John Banmen**

*Written By: Lisa Shar*

This is an amazing journey. A lot of incredible things happened before, in and after the class, “the 4<sup>th</sup> Birth-Consciousness” Master Class 2018 led by Dr. John Banmen. I remember very clearly that first night I arrived at Simon Fraser University (SFU) Burnaby Campus, the quietness atmosphere, grey cement buildings and unfinished construction site flooded to me. At that moment I connected with my lonely and disappointed parts. Yes, I arrived one day earlier than other participants, this was the place I would stay 9 nights. I told myself be patient because of my trust and intuition.



Time went and my experiences changed. In the class, I experienced big love from John, who showed patience to answer our questions, gently connected with us, and kindly considered Chinese participants' communication difficulties.

Through his teaching, my supervisor, Marie Lam's support and my dyad & trio's help, I had deeper level exploring about my SELF. No matter what happened on me, no judgment, just followed my process. Oh, no. It's not simply following the process. It's to go deeper and deeper with my consciousness guiding. I have experienced the energy guiding my body's movement instead of my thoughts controlling, I have experienced the co-creative energies from the community, which supported me to trust my inner wisdom. In this community I strongly experienced the deeper level of humble, authentic, love, trust. I felt safe to share, felt safe to take in those fit for me from teacher and others. I love the part of exploring the deeper level SELF through de-enmeshing the relationship of self/name and self/role. I love the journey of autobiography. I enjoyed the moment to connect my life mission and purpose. I become more loving and compassionate myself. We have discussed lots of about duality, nonduality, wholeness and oneness. I enjoyed the connection with universe and people. I realize that some of my hidden resources began to manifest in public, such as my playfulness. I enjoyed Dr. Beth, Dr. Carolyn, Dr. Madeleine and Alexandria's topical presentations. I appreciated the SIP organizer, especially Linda, Jennifer and Cindi's caring or contribution to the successful program.

## **the Amazing Journey – “the 4<sup>th</sup> Birth-Consciousness” Master Class 2018 led by Dr. John Banmen   con’t**



I remember that night at Madeleine’s house she and Jim asked me, “What do you want to bring back home?”. Yes, I want to bring two important things home besides what I have absorbed in the master class. Be humble, authentic and trustful to connect with people around us. Respect the difference between Canada and China, to use the imagination and creation to build beautiful in our daily life, including to give new life to old stuff.

My experience as an overseas student included visiting library, study room, office and etc. I was touched by respecting the diversity, encouraging the continuous learning and etc. I also connected the difficult or challenges of oversea students and their parents faced or will face. There are about how to love without control, how to live in the present.



Time ran like arrow. When I found I have deeply loved the SFU instead of my initial disappointment, however, I had to leave. I have shared my experience and learning to people who are interested in my master class journey since I was back home. Through sharing, people have had learning and new awareness about themselves. That is amazing.

PS: Virginal Satir’s view of four births:

The first birth is when sperm and egg meet;

The second birth is when we pop out of the womb;

The third birth is when we become our own decision makers;

The fourth birth is when we join/become consciousness.

*By: Lisa Shar*

# Level 1 Summer 2018 at SFU

Trainer: Jennifer Nagel

Supervisors: Corrinna Douglas  
& Pong Ittasakul



## **To Be Near...**

I can know who I am  
and you can know who you are  
but we can only know each other through  
our interaction  
our eyes, our words, our movements, our smell,  
the sensations that come  
over our bodies when we are near...

I am not who you think I am  
and you are not who I think you are

what we create when we touch our souls  
is something different than either of us  
it is something that exists only in that moment  
it is a transcendence of anything we might be  
able to imagine on our own  
it is always a surprise  
it is always a gift  
one moment in time given to us  
not to be experienced again  
the alchemy of life  
the alchemy of spirit  
witnesses of magic we are  
privy to unknown experience  
the essence of shared love...

## **PART 2**

sometimes I might look down  
or move to the side  
getting lost in who I think I am  
and then I glance up  
and in your eyes see a glimmer  
of that shared dance we do  
and I choose to let go  
and allow  
and find myself once again in that space unimag-  
ined  
allowing new universes to unfold  
allowing my heart to open even greater  
allowing hope to entertain my body and mind...

## **PART 3**

there are other times  
when before I glance up again  
fear resides in my heart  
it tangles me and tricks me with its wicked words  
holding me back from expanse  
keeping me trembling in my little boots  
and I am not looking up  
I still don't know who I am  
nor you either  
but to meet and reveal I am shy  
to be vulnerable to love  
to that new unknown moment of experience  
to be brave to my sparkle  
to believe and know that it is ok  
even in all that space  
all that space where the mind reaches and grabs  
for knowing  
you  
for knowing me  
and it is still unknown  
in those agonizingly long moments that my eyes  
are still glancing down  
it is all still unknown.  
And so once again I choose life  
love  
expanse  
and the opportunity for our truth to be revealed.

Copyright Jennifer Ott 2009

# 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



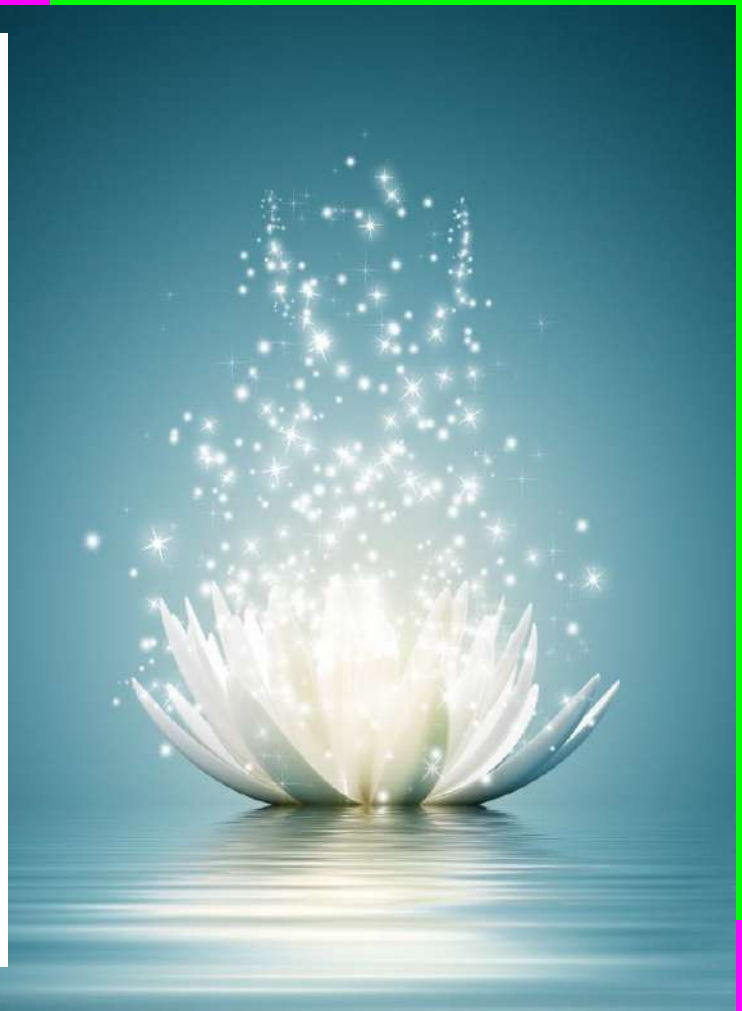
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of the pacific

### **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)



## **Taming the Tiger:**

How to Help Clients Struggling with Extreme Anxiety

**October 20, 21, 2018**

9:00 am to 5:00 pm

Phoenix Center  
13686 94A Avenue, Surrey, BC

**Registration starting at \$250**

# MEMBERSHIP NEWS

Director of Membership: Teresa McLellan

I would like to take this opportunity to welcome all our new members that have joined this wonderful community in the last few months. I hope you find this newsletter to be enlightening and inspiring. We welcome you to participate in any of our membership activities or help us develop others that meet your yearnings for connection and belonging.

.....

We currently host 4 different community gatherings for our members. We have an amazing group of people on Vancouver Island that meet twice a year at different locations. We also have a Kamloops gathering so if you are anywhere in the Okanagan and would like to connect with other SIP members or bring colleagues to find out more about what we do see the poster on the following page. Finally our last in person gathering in the Fraser Valley is currently being held in Fort Langley. We have recently added an online version of “fireside chats” to connect with our members around the world. We are using Zoom technology to video chat so have been keeping our numbers limited while we experiment with this format

.....

If you are interested in joining any of our ongoing gatherings in person (Vancouver Island, Fraser Valley, Kamloops), online or are interested in hosting your own, please contact me, Teresa McLellan, Director of Membership at [membership@satirpacific.org](mailto:membership@satirpacific.org) or Cindi Mueller at [admin@satirpacific.org](mailto:admin@satirpacific.org)

Sincerely

*Teresa McLellan MAC RCC*

Director of Membership

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

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



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# Kamloops Satir Fireside Chat

## ***Connection, Community, Growth***

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

Please join Corrinna Douglas and other members of the Satir Institute of the Pacific who are hosting this event

**Where:** Breath Integration Counselling #201-535 Tranquille Rd, Kamloops, BC

**When:** Every 3rd Tuesday starting September 18, 2018 7:00 to 9:00 pm

**For More Information and to RSVP Contact:**

Corrinna Douglas

1-250-572-5568

[satirmktg@gmail.com](mailto:satirmktg@gmail.com)

## *FRASER VALLEY COMMUNITY OF PRACTICE*

Our small group in the Fraser Valley had some new members join our last gathering Thursday, May 31. Welcome Danielle and Carolyn. Here is a taste of what we did in the sand tray.



We use the sand tray to check in with ourselves and connect with each other, often starting with a question for reflection.

The next gathering in Fort Langley is scheduled for Thursday September 20 from 7-9 pm.

Please contact Tricia Antoniuk at [tricia@antoniukcounselling.ca](mailto:tricia@antoniukcounselling.ca) for more information or to RSVP for the next meeting

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## *Let's Connect!*

We have had 2 successful online membership gatherings via Zoom on May 26 and July 21, 2018. Our next one will be held September 29 from 6-730pm. Let us know if you are interested ...



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Space will be limited so RSVP and we will send you a link to join us

604-634-0572 , [membership@satirpacific.org](mailto:membership@satirpacific.org) or [admin@satirpacific.org](mailto:admin@satirpacific.org)

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## **The Vancouver Island Satir Network**

Will be meeting again on Saturday September 29 in Victoria, if you are interested please call the office or email Wendy at [welum@shaw.ca](mailto:welum@shaw.ca) for more information

# INTERNATIONAL NEWS

Sponsored by SIP, Jennifer Nagel was in Kenya again this summer to teach phase 2 (5 days) of TST Level 1 for the Satir Marriage and Family Institute of Africa held at the Pan Africa Christian University August 6-10 and then a parenting program August 13-17.





# Coming Soon !

## 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](http://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.

## Life Experience and Growth Journey: The China Satir Trainers Team's Alaska Cruise led by Dr. John Banmen

*Written by: Dr. Carl, Wang Qiang, Translated by, Lisa Shar*

On June 23, 2018, a tour group coming from China Satir Trainers team and their family members successfully boarded on the new Amsterdam cruise under the leading of Dr. Banmen and began an eight-day Alaska Cruise. Dr. Carolyn Nesbitt came to the ship port to send us off.



The new Amsterdam cruise left the Vancouver cruise ship port at 5 pm on Jun 23 and sailed to the north. Cruise had stopover on routes including Juneau, Ketchikan and Skagway. On Jun 24, we took the yachts to seek the Alaska whales. Our cheers were higher and higher as the whales jumped out of the water. On Jun 25, we stopped at the ship port and took the helicopters to land on the surface of the Century Glacier and walked on the glacier formed during the Ice Age. The height of the glacier is about 200-300 meters. There are underground rivers under the glacier, some stones, muds, moss, different sizes of glacier caves and melting glacier streams on the surface. We have tasted the cold glacier water and ice under the guidance of tour guide. We carefully observed the glacier caves, that the insides are the navy blue and bottomless. We can imagine the abundant and huge inside. On Jun 26, we arrived at the glacier bay and enjoyed the view of five glaciers on the cruise. We returned to Vancouver cruise ship port in the morning on Jun 30.



## Life Experience and Growth Journey con't



It was the first time to have such kind of tour experience among the Satir Trainers Team and family members. At the beginning we have excitement, curiosity, impulse of adventurous together with worries and anxieties. Our excitement was that we have trip with our Teacher Banmen, we would have eight days together and we could have a deeper connection among. Our curiosity was what would be our experiences to live on an overseas cruise for eight days and what topics we would talk with Teacher Banmen. Our adventurous experience was about languages, the way we communicated with others and what would be happened to us while living in foreigners' crowd. Our worries and anxieties included how we could get the food as we wanted for three meals a day, because some of us have difficulty to communicate in English.

These were our excited moments. Every afternoon during the trip we had gathered together in Teacher Banmen's room, sharing our experiences and learnings. Teacher Banmen reminded us with his humor, "Here, you are foreigners." He invited us to experience as a foreigner.



## **Life Experience and Growth Journey con't**

On the evening of the 29th, we have a wonderful sharing and discussing. Firstly, Teacher Banmen shared his experience about taking more initiative to know every team member during the trip. During his talk, he encouraged us to co-create a more collaborative China Satir Team, encouraged us to develop the individual professional level till to become an expert in specific field. Secondly, looking forward to the future, he said that he hoped more and more China Satir Trainers to teach and spread the Satir model abroad to serve more people over the world.



Thank you Carl and all the other SIP members in this group of amazing China Satir Trainers for sharing your experience and such beautiful pictures of your trip with us.



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*Satir Institute of the Pacific is 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.*

**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](http://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](http://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

## GREAT NEWS!

The Hong Kong Satir Center for Human Development has just announced that the validated scale, “Perceived Self-Transformation Scale (PSTS-17)” that measures the concept of transformation in the Satir transformational systemic therapy is now published. The finding suggest it is a reliable and valid measure for the constructs of self-transformation in Chinese cohort in Hong Kong.

You are invited to click [here](#) for more details or use this link:

[http://em.rdcu.be/wf/click?upn=IMZy1lernSJ7apc5DgYM8ZmRY1nUWhqVT3-2FNO2LonvI-3D\\_olIwki6pFbikzM9ojx2kOdy9OOhIAiu-2FuvAFHtoWg7GC-2BNAbIeLoeWqKo9G.Jee1itNhGoBW6DVByTgawW-2BuXGzE5SBpoW4JH3wIC9c3boZ6TGGBNWWKmT8J3miyCyB.JKfacQWKmDdCyhTO7RPVUd7F61qpqbllu-2FcyZw9IEmobk8t-2FtSReAvqO1XcJeHLOhS9xt069CHV-2FlzdfCdZlcvyPAYQPNlNT5vhJ1Jvroe2pT-2BoSmkUt22cV4dGRtSL4-2BATwEf8nlto6vzmlqERL1hqg-3D-3D](http://em.rdcu.be/wf/click?upn=IMZy1lernSJ7apc5DgYM8ZmRY1nUWhqVT3-2FNO2LonvI-3D_olIwki6pFbikzM9ojx2kOdy9OOhIAiu-2FuvAFHtoWg7GC-2BNAbIeLoeWqKo9G.Jee1itNhGoBW6DVByTgawW-2BuXGzE5SBpoW4JH3wIC9c3boZ6TGGBNWWKmT8J3miyCyB.JKfacQWKmDdCyhTO7RPVUd7F61qpqbllu-2FcyZw9IEmobk8t-2FtSReAvqO1XcJeHLOhS9xt069CHV-2FlzdfCdZlcvyPAYQPNlNT5vhJ1Jvroe2pT-2BoSmkUt22cV4dGRtSL4-2BATwEf8nlto6vzmlqERL1hqg-3D-3D)

## Dear Satir Members,

The Satir Institute of the Pacific is pleased to present an **Annotated Bibliography** of published writings by Virginia Satir and other authors related to the Satir Model in English since 1960 until May 2016. The Satir Institute of the Pacific expresses our heartfelt gratitude to Jesse Schellenberg for compiling all this amazing material.

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)

# APPRECIATIONS



**Thank you Virginia!**



## DID YOU KNOW

that members can advertise for free in this newsletter. This includes professional related items such as office rentals, items for sale, equipment needs, supervision etc. However, 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)

The Wisdom Box is also accepting classified ads and regular display advertising from non-members. However, the Satir Institute of the Pacific reserves the right to reject advertisements which do not meet the general purpose of the organization. Please send all copies, payments and inquiries to Cindi at [admin@satirpacific.org](mailto:admin@satirpacific.org). If possible, please forward information, articles and display advertisements via e-mail attachment (in Word for Windows format), camera ready according to the dimensions below.

### *Display advertising rates:*

*Full page — \$50*

*Half page — \$25*

*Quarter page — \$12*

.....

**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: [inner-change@shaw.ca](mailto:inner-change@shaw.ca) or visit [www.innerchange.ca](http://www.innerchange.ca)



Canadian Society of Clinical Hypnosis (B.C. Div.)

presents

# **HYPNOSIS: THE LANGUAGE OF CHANGE**

## **Clinical Training Workshop for Health Professionals**

**October 13, 2018**

**9:00 am – 4:30 pm**

**How can we facilitate positive change for our clients that lasts?** This one-day workshop is designed to introduce you to the key features that make clinical hypnosis effective. Through demonstrations, and group and individual practice experiences, you'll gain and refine your abilities to apply this broad-based clinical approach. In Hypnosis: The Language of Change, you will learn how to enhance your therapeutic relationship with your clients and prime them for success using the skills of clinical hypnosis. Clinical hypnosis is a powerful therapeutic technique which is founded on solid evidence-based science.

This workshop will provide clinicians new to hypnosis the basic skills of clinical hypnosis, including demonstrations and practice sessions for those who wish to add hypnosis to their repertoire of therapeutic skills.

You'll leave the training with confidence and supporting handouts to immediately incorporate these skills into your clinical practice.

**Location:** **Cascade Community Church**  
35190 DeLair Road  
Abbotsford, BC  
Canada V3G 2E2

**Eligibility:** This workshop is open to members of regulated health professions including registered clinical counsellors, marriage and family therapists, registered social workers, physicians and nurses, as well as full time students in health profession programs.

### **Teaching Faculty:**

**Harry Stefanakis, PhD**, Psychologist

**James Stabler, MSW, RCC**, Cognitive Behavioural Therapist

### **FEES: *Early-Bird deadline is September 28, 2018***

CSCH Member	\$160 (Early-Bird)	\$260 (after September 28th)
Non-Member	\$275 (Early-Bird)	\$325 (after September 28th)
Full-Time Student	\$150 (Early-Bird)	\$150 (after September 28th)

**To Register:** Call the CSCH at 604-868-5910 or visit

<https://www.hypnosis.bc.ca/training-opportunities/upcoming-workshops.html>



Canadian Society of Clinical Hypnosis (B.C. Div.)

presents

## Hypnosis for Children and Teens Clinical Training Workshop for Health Professionals

Two days of training at B.C. Children's Hospital, Room KO-155

Part 1: October 20<sup>th</sup>, 2018 (Saturday)

and

Part 2: January 19<sup>th</sup>, 2019 (Saturday)

Children in pain and distress are highly responsive to hypnotic suggestions for relief, sensation alteration, and for comfort. This workshop will teach how to utilize pediatric hypnosis to address common distressing hospital procedures and situations and enable children to cope, co-operate and feel better. It is specifically designed to strengthen clinical practice skills.

The two-day workshop (October 20<sup>th</sup>, 2018 & January 19<sup>th</sup>, 2019) is provided on two Saturdays which are 3 months apart to allow for the implementation of skills and practice opportunities between sessions. At the January 19<sup>th</sup>, 2019 session, case experiences will be discussed, analyzed, alternative strategies demonstrated, and learning refined and practiced. Attendance on both days is mandatory.

We will focus on hypnotic language, communication skills and pediatric hypnotic strategies to therapeutically address pain, distress and anxiety. Live demonstrations and video examples will be a key part of the workshop. There will also be supervised practiced sessions in this applied, hands-on experience, so that you leave knowing how to use hypnotic skills more purposefully in your pediatric practice with children and adolescents.

### Workshop Leaders:

**Dr. Leora Kuttner** is a Clinical Psychologist, Clinical Professor in the Pediatric Department at BC Children's Hospital and an award-winning documentary filmmaker, including "No Fears, No Tears-13 Years Later". Dr. Kuttner specializes in pediatric pain, has written the book "A Child in Pain- What Health Professionals can do to Help" over 40 peer-reviewed articles and teaches pain management internationally, with hypnosis as her favourite skill.

**Dr. Kourosh Edalati** is a Child and Adolescent Psychiatrist in the Department of Psychiatry at BC Children's Hospital and Child and Family Clinic. He is the founder of Elumind Centres for Brain Excellence, a holistic brain health centre that uses multiple approaches such as neurofeedback, psychotherapy and nutrition to create health and healing for the brain. He specializes in trauma and uses hypnosis to facilitate recovery from symptoms of trauma and anxiety.

**Dr. Davidicus Wong** is a Family Physician in Burnaby and Clinical Assistant Professor in the Department of Family Practice, Faculty of Medicine, UBC Medical School. Dr. Wong is well-known for his medical column in the Vancouver Courier, Burnaby Now and Richmond News. He is a member of the board and teaching faculty of the Canadian Society of Clinical Hypnosis since 2014. He integrates clinical hypnosis, mindfulness, and CBT in his full service family practice including obstetrics and pediatrics.

**Eligibility:** This workshop is open to all members in good standing of regulated health professions including physicians, nurses, child life specialists, social workers, registered clinical counsellors as well as full time students in a health professions program.

### FEES: *Early-Bird deadline is October 5th, 2018*

CSCH Member	\$345 (Early-Bird)	\$395 (after October 5 <sup>th</sup> )
Non-Member	\$445 (Early-Bird)	\$495 (after October 5 <sup>th</sup> )
Full-Time Student	\$245 (Early-Bird)	\$245 (after October 5 <sup>th</sup> )

To Register: email [admin@hypnosis.bc.ca](mailto:admin@hypnosis.bc.ca) or visit <https://www.hypnosis.bc.ca/training-opportunities/upcoming-workshops.html>

# 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) or the Editor at [newsletter@satirpacific.org](mailto:newsletter@satirpacific.org)

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 the Editor at [newsletter@satirpacific.org](mailto:newsletter@satirpacific.org)

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](mailto:newsletter@satirpacific.org)

**Distribution:** Cindi Mueller, Administrative Assistant  
[admin@satirpacific.org](mailto:admin@satirpacific.org)



**SEE YOU NEXT TIME**