



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.

Holiday Edition

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 Holidays!

We have officially entered the Holiday season. I hope you are committed to enjoying this holiday season as a true holiday for connecting, and caring for your Self. I recently visited my parents in Illinois for the American Thanksgiving weekend. My dear friend from Illinois, Sharon, and I met for sunrise walks, and post walk saunas. What a blessing and a joy! Although I connect with Sharon a few times a year, our connection is deep and intimate. Sharon was quite excited to share a book she is reading; *A Scent of Sage*, by Linda Javelin Popov. I haven't read the book, however, Sharon read the pages about Virginia Satir to me over coffee. Virginia Satir is quoted and lovingly referenced as 'a family therapy pioneer'. The Parts Party is discussed in this book along with a creative addition to the parts party called Statues. I believe Satir might be delighted to see how her work is creatively evolving. I continue to be thrilled by the wide and powerful impact Satir had and continues to have on people throughout the world. I meet with people from all walks of life, and so many people seem to know about Satir and her work. So many attended Satir's workshops, and /or read her books. I am delighted and inspired to be a part of Satir Institute of the Pacific's Mission providing and promoting Transformational Systemic Therapy as a healing and growth process contributing to Peace Within, Peace, Between, Peace Among. Don't we need this now in a very big way?

Satir Institute of the Pacific will be holding our Annual General Meeting, March 9th, from 1:00 pm to 5:00 pm at the Phoenix Center, Surrey, BC. We will be celebrating our 20th Anniversary and conducting our Annual General Meeting. We invite you to join us, and celebrate our many accomplishments from the past 20 years. We will have cake! We are a non-profit organization and we have consistently worked and manifested our financial needs allowing us to continue promoting the beautiful, spiritual, deep, healing work of Virginia Satir. This would not have been possible without you, and your support. I am deeply grateful to you. Thank you!!

We will have several Board of Director openings come March 9th, 2019. I invite you to consider yourself or a colleague to stand for one of the openings. Directors often get their yearnings met through board meeting connections, our annual weekend board retreats and weekly connections as we do the work of SIP. We work, contribute, brain storm, enjoy creative processing, singing, drumming, all as we manifest SIP's many needs. In Barak Obama's eloquent, heart-felt tribute to George H.W. Bush, he stated 'public service is a noble, joyous calling'. Join us! Be inspired! Grow! Discover and activate more of your resources with us! We are here to support you on your journey of Becoming more fully Human and Spiritual.

I wish you a safe, and joyful, holiday season. I hope to see you soon!

Warmly,



Linda Lucas
President
Satir Institute of
the Pacific



Letter From the Editor

Hello SIP members, friend and colleagues

Welcome to our holiday edition of the Wisdom Box. You will find exciting updates from around the institute as usual. Plus we hope you will feel the excitement building for our AGM and 20 year anniversary celebration. We hope you can join us. We have included nomination forms for the Todd Clark Unsung Hero award and for the board. Also included is all our upcoming trainings and membership gatherings.

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!

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



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 - Rebecca Denham

Directors at Large:

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

Lyla Harman, BSW, MSW, RSW

Corrinna Douglas, MCP, RCC

Wisdom Box Editor - TBA

News From the Board

Twentieth Anniversary of the Satir Institute of the Pacific

Twenty years ago on August 12th 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

SAVE THE DATE

SIP - AGM

Saturday March 9, 2019

Location to be announced

Connecting

20 year Anniversary Celebration

Annual General Meeting

including

[Todd Clark Unsung Hero Award](#)

Announcement of Directors

Committee Reports

Come join us and connect with fellow members

satir institute
of the pacific



YOU ARE INVITED

We're having a party



Connecting
20 year Anniversary Celebration
Nominations for the Board

[Nominator form](#)

[Nominee form](#)

[Todd Clark Unsung Hero Award](#)

Annual General Meeting



Potential New Board Members

SIP will have 3, three-year term vacancies for the board years 2019 - 2022 plus a one year and a two year term for new Directors.

If you are interested in joining the board or have somebody you would like to nominate, please fill out the nomination form [here](#) and submit to Cindi at satiradmin@shawbiz.ca by February 8, 2019

Satir Institute of the Pacific Board of Directors Job Description

SIP Board of Director Job Summary:

The Board of Directors is chosen to manage the Satir Institute of the Pacific, an incorporated non-profit Society in British Columbia and a registered Charity with Revenue Canada. It has the power to act for the Society except where the Articles of Incorporation of the Society say that a decision must be made at a members' meeting. The board must act within all legislated and contractual requirements. It must obey all resolutions passed at members' meetings. The board can only act legally after a decision has been made within an adopted procedure for decision making. The directors must act at all times in the best interests of the Society as a whole, so as to preserve its assets, further its interests, and promote the purposes for which it was formed.

Reports to: The Membership

Source of Authority: The Board of Directors is elected at the Annual General Meeting by the members of the Society.

Term of Office: Directors are elected for three years, with a staggered system of term completion, and cannot sit as a director of the Society for more than three consecutive terms. Following the completion of a director's third term of office, he/she must step down from the Board for a minimum of one year.

Composition: The Board of Directors has up to 9 elected directors. If not holding an elected position the following are also ex-officio members of the Board: Past President for a one year term; Director of Training, appointed by the Board; Director of Membership Services, appointed by the Board; Director of Marketing, appointed by the Board. The Board of Directors may number up to 13 directors in total.

Satir Institute of the Pacific Board of Directors Job Description con't

Key Duties and Responsibilities:

1. Attend all Board meetings. 2. Prepare for meetings by reading relevant minutes and reports. 3. Respond to emails requesting decisions or input within 72 hours. 4. Keep in touch with general needs and concerns of all aspects of the Institute's operations. 5. Remain up to date with relevant legislation and policies. 6. Accept responsibility for specific tasks as assigned from time to time. 7. Participate on at least one committee of the Board. 8. Attend the annual retreat.

Financial Responsibilities:

1. Understanding financial implications of her/his decisions and recommendations to members. 2. Monitors expenses and income. 3. Approve annual budget. 4. Conduct periodic evaluations of the Institute's operations with a view to improvement. 5. Recommend the appointment of an auditor.

General Responsibilities of the Board of Directors as a whole include:

1. Promoting the mission and vision of the Institute 2. Ensuring the Institute carries on all its activities within the requirements of all applicable legislation, policy and agreements 3. Developing all Institute policy and ensure all policies and bylaws are either properly enforced or amended 4. Ensuring long-range program planning and financial forecasting is in place 5. Taking responsibility for the overall financial stability of the Institute 6. Ensuring adequate financial controls are in use and that financial records are up-to-date and accurate 7. Ensuring the re-generation of the membership and the Board of Directors 8. Providing guidance to the of membership in the selection of energetic, qualified and effective Directors 9. Appointing committees to carry out ongoing operational tasks, procedural functions, and recommendation of policy 10. Hiring competent staff/contractors and audit and support their performance 11. Keeping in touch with the needs and concerns members, training staff/contractors, volunteers and training participants 12. Reporting regularly to the membership on the activities of the Board and the affairs of the Institute 13. Implementing a system of evaluation of the Institute's activities.

Todd Clark Unsung Hero Award

Call for Nominations

The Unsung Hero award was first made at the SIP AGM in 2003. It was renamed the Todd Clark Unsung Hero Award to honour Todd who passed away in 2005. Todd was a valued member of our Institute and spent much of his time volunteering for the Institute and other organizations.

Do you know a member of the Satir Institute of the Pacific who works for the benefit of all of us, selflessly and often quietly in the background, not seeking recognition for themselves, but exemplifying Virginia Satir's work of "peace within, peace between, peace among"?

The Unsung Hero Award has been designed to recognize and honour individuals who have provided exemplary service or made significant contributions to the Satir Institute of the Pacific. The Award is intended for members within a variety of capacities, and from diverse settings, in order to locate deserving members whose service might otherwise be missed.

Award Criteria:

Recipients of the award will be members of the Satir Institute who are not Directors of the Board.

They will have demonstrated selfless giving of themselves, their energy, their time, and their creativity.

They will have offered their help of their own volition without looking for reward or recognition.

They will be people who enrich the lives of those with whom they come in contact.

Nomination process:

Please forward the names of nominees to **Cindi Mueller** satiradmin@shawbiz.ca

Please give your reasons for nominating the person (s) and give examples or anecdotes.

Deadline for nomination submissions: **Friday February 8, 2019**

Selection Process

The Award Coordinator, the Director of Membership, and the Board of Directors' Past President, will review all nominees and make recommendations for Award winners to the Board. Up to 3 Unsung Heroes awards will be presented at the Institute's Annual General Meeting **Saturday March 9, 2019**. Special plaques will be created for those being honored. Please send in your Unsung Hero Nominee by **FRIDAY February 8, 2019**.

Profiles of each year's Unsung Heroes will be included in The Wisdom Box Newsletter.

CONGRATULATIONS

to all our previous Todd Clark Unsung Hero award winners

2005 Warren Tan for profile see Wisdom Box Summer 2005 (on SIP website)

2006 Colleen Murphy for profile see Wisdom Box Winter 2006 (on SIP website)

2007 Pauline Mullaney & Hugh Morrison for profiles see Wisdom Box Fall 2007
(on SIP website)

2008 Kathlyne Maki-Banmen for profile see Wisdom Box Summer 2008 (on SIP
website)

2009 No award given

2010 Marie Lam & Wendy Lum for profiles see Wisdom Box Summer 2010 (on SIP
website)

2011 Linda Prochaska for profile see Wisdom Box Summer 2011 (on SIP website)

2012 Madeleine De Little for profile see Wisdom Box Summer 2012 (on SIP web-
site)

2013 Sibel Erenel for profile see Wisdom Box Summer 2013 (on SIP website)

2014 No award given

2015 Anne Morrison for profile see Wisdom Box Summer 2015 (on SIP website)

2016 Linda Lucas for profile see Wisdom Box Summer 2016 (on SIP website)

2017 Mary Leslie for profile see Wisdom Box Spring 2017 (on SIP Website)

2018 No award given

Training News

Director of Training: Jennifer Nagel

UPCOMING LEVEL 1 and LEVEL 2 TST PROGRAMS



Level 1 in SURREY, BC (Currently running)

Location: at the Phoenix Centre & Comfort Inn

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

Trainer(s): Jennifer Nagel

Level 2 Transformational Systemic Therapy Using the Satir Model

March 14 - 16,
April 25 - 28,
May 23 - 25, 2019

Where: 535 Tranquille Road
Kamloops, BC
9:00 am to 5:00 pm

with Jennifer Nagel, MA, RCC
Individual, Couple and Family
Counsellor
SIP Director of Training

Pre-Requisite Level 1

This program will help Counsellors and Therapists

- Use their Self in a competent, confident, congruent and creative way throughout the Satir therapeutic process.
- Make therapy experiential, positively directional, change focused throughout each aspect of the therapeutic process.
- Make the therapy process systemic, working on changing the intrapsychic within the context of interactive relationships and changing the interactive from the intrapsychic changes.
- Tap clients' Life Energy as the stimulus to growth and transformation.
- Help clients access their subconscious processes and bring them into awareness.
- Re-frame symptoms into solutions and find the positive resources in symptoms.
- Help clients access, accept and utilize their internal strengths and resources and to increase their ability to own their internal processes and increase their choice-making possibilities.
- Collaboratively work with clients to set positively directional therapeutic goals in both intrapsychic and interactive systems.
- Facilitate bringing about transformational change and anchoring and integrating the changes.
- Help couples and families connect in an accepting way and resolve differences.
- Appreciate their own personal and professional growth process

10 days of training \$1500
Sponsored by the Satir Institute of the Pacific

For more Information
www.satirpacific.org
604-634-0572

2019 Programs

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.

2-Day Programs: Applications of Transformational Systemic Therapy

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

Location: Sweet Dreams Luxury Inn

Part 1 October 27, 28. 2018

Part 2 March 30, 31, 2019

With Dr. Madeleine Delittle

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

Use of the Body in the Therapeutic Process

Location: Sweet Dreams Luxury Inn

Feb 23-24, 2019

Trainer: Anastacia Metcalf

2-Day program

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

Freedom Through Forgiveness

Location: Back to You Counselling and Wellness in Nanaimo

April 27 - 28, 2019

Trainer: Anne Morrison

2-day retreat

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

Be sure to check our website regularly for updates!



The SIP Board of Directors welcomes Rebecca Denham as its new Marketing Director. Rebecca comes to us with 20 years of experience in counselling and non profit management. As a SATIR practitioner, humanitarian and deeply passionate person, Rebecca is an excellent fit for the role.

We are thrilled to have Rebecca on the Board.

Rebecca is requesting some volunteers so if you are interested or know anybody that may be able to help, here are a few areas that SIP Marketing needs committee members for:

- a. **Social Media support:** this volunteer would assist by helping us create a google account, google ads, support with SIPs face book and Instagram posts.
- b. **Access marketing support:** this volunteer would help us by creating a list of social work and educational resources already exist that SIP can advertise through. Sites would include Red Book and other Mental health resource sites.
- c. **Grant Writer:** this volunteer would assist by searching for grants that SIP is eligible for and working with myself and the Board to apply for specific grants.

If you are interested in volunteering or know anybody who might be, please call Rebecca or Cindi at 604-634-0572 or email to satiradmin@shawbiz.ca

We would like to extend a special **THANK YOU**
to **Corrinna Douglas** for all her hard work as
Director of Marketing over the last 2 years.

It has been such a pleasure to work alongside Corrinna who has been marketing director for the past 2 years. Corrinna has shown so much enthusiasm and dedication while she has been Marketing Director. With her unwavering determination, energy and creativity in organizing, Corrinna brought people together from all over the world to celebrate Virginia Satir and to host the International Satir Conference. What a success! Corrinna's grace and warmth in all that she does, is evident as soon as you meet her. She is genuine and her passion for Satir's work is seen by the many projects she participates in and her invaluable ideas and recommendations to continue to grow! As Marketing Director Corrinna has supported the Institute through paint night fundraisers, building the website, marketing SIP at conferences, collaborating with membership, starting a Fireside Chat in Kamloops, marketing Level 1 in Kamloops, and doing training! Corrinna's passion and vision are inspiring and she is always inspiring others!

**Thank you for all the time you have put in and hard
work you have done!**

Submitted by Denise Wynne and supported by the entire board at SIP

MEMBERSHIP NEWS

Director of Membership: Teresa McLellan

Hello all you wonderful SIP members.

Happy Holidays!



You have probably already received your membership renewal notices in your inbox. Fees are due

January 1, 2019. We look forward to another great year of connecting and sharing with you all.

Please do not hesitate to contact us if you have any questions, suggestions or are interested in helping out with local membership events and activities.

Sincerely

Teresa McLellan MAC RCC

Director of Membership

Satir Institute of the Pacific

Office: 604-634-0572

Email: satiradmin@shawbiz.ca



Membership Rates:

Clinical Members - \$75 per year

Professional Members—\$50.00 per year

Affiliate Members—\$25.00 per year

www.satirpacific.org/membership

or contact Cindi Mueller at satiradmin@shawbiz.ca

More Membership News

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 new 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 videochat so have been keeping our numbers limited while we experiment with this format

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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 or Cindi Mueller at satiradmin@shawbiz.ca

The Vancouver Island Satir Network

Wendy Lum graciously opened her home in Victoria on Saturday, September 29th, 2018 for a Fireside Chat. Our group was small (Mary, Maxine, Sheahan), but the warmth was wonderful, and the smallness helped add intimacy to our time together. I always leave those fireside chats inspired and enlivened and this gathering fully embodied both of those qualities. As we talked together, we were reminded that it is the shared commitment and setting time aside to meet that brings value, and less so, the numbers of folks who come. It was so good to share our questions, and excitement and to meet others using Satir’s teachings in very creative ways. Each brought their own unique histories with Virginia Satir and the Satir Institute of the Pacific. An afternoon very well spent, catching up with old friends and meeting new ones! The spring gather will be later announced, most likely hosted by either Anne or Lyla!

Written by Mary Leslie

Let's Connect!

We have had another successful online membership gatherings via Zoom on October 27, 2018. Our next one will be held in January or February. Exact date TBA ... Let us know if you are interested ...

Space will be limited so RSVP and we will send you a link to join us 604-634-0572 or satiradmin@shawbiz.ca



Satir Fireside Chat

Connection, Growth, Community



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

**This evening is an opportunity to meet other therapists,
learn and deepen the Wisdom of Virginia Satir and consult in
a safe loving environment**

Please join Corrinna Douglas who is hosting this event

Where: The Happyness Center #203 - 242 Victoria St., Kamloops,

When: Every 3rd Tuesday from 7:00 to 9:00 pm

For More Information and to RSVP Contact:

Corrinna Douglas

1-250-299-4197

corrinna@cordiscovery.ca

FRASER VALLEY COMMUNITY OF PRACTICE

Our small but growing group in the Fraser Valley met a couple times this fall- Here is a taste of what we did in the sandtray.



In September, 9 of us gathered to share in the sandtray experience.

From left to right: Madeleine, Kara, Sandi, Carolyn, Moira, Tricia, Denise and Danielle

Then in November 7 more of us met to connect and share

Starting in front with her back to the camera is Denise, then from left to right is Sandi, Madeleine, Sue, Moira and Tricia.

Teresa is taking the photos in both.



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 January 17 from 7-9 pm. Please contact Tricia Antoniuk at tricia@antoniukcounselling.ca for more information or to RSVP

INTERNATIONAL NEWS

Have you registered with Virginia Satir Global Network to receive their newsflash? Below is an example of some the amazing stories they share



THE
VIRGINIA SATIR
GLOBAL NETWORK

The photo and testimony was sent in to VSGN by their new affiliate, Satir Institute of Nairobi, Kenya. They are the first Satir institute to be established in Africa!

“We are delighted to be affiliated with them and grateful to Jennifer Nagel and Linda Lucas from the Satir Institute of the Pacific working with Amos Alumada from Nairobi to make this happen.”

Amos, the leader of the institute, sent in this beautiful testimony from Dorothy Booker about the impact of the training she received through the institute.

My involvement with the Satir Model developed when the welfare management team at James Finlays Limited realized that many couples were having challenges in their marriages. Consequently, we planned to train our welfare staff in couples' therapy in order to better equip them with skills to deal with issues affecting couples. I decided to attend the (Satir Institute of Nairobi) training at the Pan Africa Christian University in Nairobi with my husband.

Personally, the training turned out to be more of a self-discovery journey for me. The model opened up a totally new dimension of thinking in my mind. For the first time I realized that even though I was working with others trying to help solve relationship and marital problems, deep within myself there were things that I needed to work on in order to be congruent and effective. This self-discovery came from reflections on my personal iceberg experience. Gradually going through my feelings, thoughts, perceptions, looking at my expectations of others, their expectations of me, my expectations of myself, my yearnings, and knowing who I am helped me to understand myself better. This has formed a solid foundation which provides me with guidance whenever I need to make important decisions.

I have since learned the use of self in helping others solve their problems. I invite my clients to understand that positively directional goals must start within them by allowing themselves to change and not seeking to change the other partner or person.

I now feel better equipped and empowered.

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

International Human Learning Resources Network

Virginia Satir's IHLRN was here in Canada

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

October 14-21, 2018

Victoria, B.C., Canada



In October, I had the honour and privilege of attending one-day of the week long ILHRN - International Human Learning Resources Network conference in Victoria. Joanne Kennedy, president of ILHRN greeted me with a warm welcoming smile. She introduced me to numerous participants who all had a beautiful glow within and around them – I quickly got the sense that everyone who already had 5 days of growing, learning, and being together were connecting to their inner SELF.

I was not surprised to learn that ILHRN is an organization that Virginia Satir begun in 1970 to foster human growth, community and development by means of a conference. Of course Virginia did!! After our breakfast over-looking the Victoria harbour, we migrated to the conference room where over 90 participants were in circle dancing in unison. After morning greetings, warm hugs and sharing great anticipation of the day, we checked in using Satir's temperature reading: appreciations, new information, puzzles, requests, and ... hopes anyone?

The open-university format allows participants to create their own program e.g. sign up for a session of the day and/or facilitate a workshop topic that integrates the Satir Model. The costs of the conference are purposely kept to a minimum to include as many people as possible. Sponsorships and continuing education credits are available. I love the simple foundation that everyone has something to give and receive. I'm looking forward to next years 50th anniversary ILHRN conference in San Diego October 2019! And hope to see you there!

Visit <http://ihlrn.org> to learn about LHRN

Attended and submitted by Lyla Harman





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.

[This Photo](#) by Unknown

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.

RESOURCES

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)".

Regards, Cindi

*Administrator,
satiradmin@shawbiz.ca*

CLINICAL HYPNOSIS SKILLS FOR HEALTH PROFESSIONALS

Fundamentals, Levels 1 and 2
Clinical Hypnosis Training Workshop
March 9th and 10th, 2019
9:00 am – 4:30 pm

Simon Fraser University
at Harbour Centre
515 W. Hastings Street,
Vancouver, BC
Segal Conference Rooms 1410-1430



How can we, as health professionals, facilitate positive change that lasts? The key is clinical hypnosis: the language of change. During this two-day workshop, you will learn from our experienced teaching faculty how to enhance your therapeutic relationship with your clients and prime them for success using the unique skills of clinical hypnosis.

Take this opportunity to expand your psychotherapeutic horizons in enjoyable interactive sessions with your colleagues. Come to this workshop to recognize the subtleties of your own subconscious mind in a safe and collegial learning environment, supported by our experienced teaching faculty.

Clinical hypnosis is a powerful therapeutic communication which is founded on solid evidence-based science. We invite you to bring an open heart and mind to experience just how effective clinical hypnosis can be for your clients.

Training Scope:

This two-day workshop is divided into two separate streams based on your prior experience using clinical hypnosis.

Fundamentals Level 1 will provide practical training in the fundamental components of clinical hypnosis for clinicians new to hypnosis, as well as those wishing a refresher program. Demonstrations and practice sessions will provide sufficient training for those who wish to integrate hypnosis to their therapeutic skills.

Fundamentals Level 2, taught simultaneously, will provide more experienced professionals with training and practice in advanced techniques and in the application of hypnosis to specific areas of practice:

- Pain and anxiety management
- Communication and rapid inductions in emergency medicine and dentistry
- Adolescent and pediatric hypnosis
- Life threatening and chronic illness

Eligibility: This workshop is open to members of regulated health professions including full time students, registered clinical counsellors, and marriage and family therapists.

Teaching Faculty:

Elaine Drysdale, MD, Psychiatrist
Kourosh Edalati, MD, Child and Adolescent Psychiatrist
Leora Kuttner, Ph.D. Pediatric Clinical Psychologist
Mavis Lloyd, Ph.D. RCC
Saul Pilar, MD, General Practitioner

Bianca Rucker, RN, PhD, Marriage & Family Therapist
Lance Rucker, DDS, Professor Emeritus, UBC Dentistry
James Stabler, MSW, RCC, Cognitive Behavioural Therapist
Harry Stefanakis, PhD, Psychologist
Davidicus Wong, MD, Family Physician

FEES: *Early-Bird deadline is February 15, 2019*

CSCH Member	\$345 (Early-Bird)	\$395 (after February 15th)
Non-Member	\$445 (Early-Bird)	\$495 (after February 15th)
Full-Time Student	\$245 (Early-Bird)	\$245 (after February 15th)

Register:

To register online --- <https://hypnosis.bc.ca/training/upcoming-workshops/clinical-hypnosis-skills-for-health-professionals/>

GREETINGS



**Wishing you all a joyous and peaceful
holiday season!**

**Happy New Year and best wishes in 2019
from all of us at SIP to all of you and your
families.**



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 satiradmin@shawbiz.ca

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 satiradmin@shawbiz.ca. 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 (Dimensions)

w Half page — \$25 (Dimensions)

w Quarter page — \$12 (Dimensions)

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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 or the Editor @ satiradmin@shawbiz.ca

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 or the Editor at satiradmin@shawbiz.ca

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

Distribution: Cindi Mueller, Administrative Assistant



satir institute
of the pacific

SEE YOU NEXT TIME