



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

Inside this issue:

President's Report	3
Letter From the Editor	4
News From the Board	5
Training News	11
2019 Programs	13
Membership News	15
International News	18
Resources: Annotated Bibliography	25
Appreciations	27
Advertising/Classifieds	28
Next Issue	29

President's Message

Virginia Satir once said: Over the years I have developed a picture of what a human being living humanely is like. She is a person who understands, values and develops her body, finding it beautiful and useful; a person who is real and is willing to take risks, to be creative, to manifest competence, to change when the situation calls for it, and to find ways to accommodate to what is new and different, keeping that part of the old that is still useful and discarding what is not.

Please join us in celebrating our 20th Anniversary of the Satir Institute of the Pacific. It is a wonderful accomplishment that SIP has remained solid and stable in fulfilling the established Mission from 20 years ago. Who would have thought we would still be operating, achieving, educating, connecting, teaching and evolving? Let's honor and acknowledge Virginia Satir for her inspiration and wisdom. Let's honor our resonating with Virginia Satir's work, remaining inspired by her teachings and continuing providing her teachings. Remember she said: To be human is to be alive! She hoped and held the vision for World Peace. Virginia Satir believed World Peace begins at home. It begins with each one of us accessing, activating and applying the infinite resources within us to contribute to World Peace. 20 years later, SIP is still contributing to World Peace with dedicated, committed and loyal members. YOU are the drop of water in the wave of Peace Consciousness. Let's celebrate!

We have deep and profound gratitude for the founding members of our Institute, and all of their work, creativity and determination to SIP's Mission. Without them we would not be here today. We extend a heartfelt thank you to Kathlyne Maki-Banmen and John Banmen for creating the SIP Level One and Level Two curriculums and manuals. We are heartily grateful and blessed for our Board of Directors and the continued work with Cindi Mueller, our Administrative Assistant. We have been blessed with another year of hard working, creative volunteers, and loyal members. Their generous contributions and energy have carried and supported the work of our Institute this past year. Please join us in extending gratitude to everybody for all their hours of volunteering their life force energy. We want to welcome our newest board member, Shyann Vosper. Please welcome, Shyann, and celebrate her decision to join the 2019 SIP board of director's team.

We have continued to offer and facilitate successful, and inspiring programs. We have offered programs at new venues this past year due to changes at the Phoenix Center. We are grateful to all SIP trainers! And a big Thank you to all SIP members and new and past lovers of the Satir model for registering for SIP programs. Many of you have donated volunteer time to host Fireside Chats, sit on Committees, act as supervisors for programs, your personal items for SIP Program auctions and dollars to the SIP bursary fund. THANK YOU. Your generosity contributes to the education, healing and transformation of so many human and spiritual beings. It does take all of us do to our part in facilitating World Peace.

I would like to thank all of you for your support this past year. It has been an honor and privilege to provide leadership to the Board of Directors. I hope we will continue to enjoy a vibrant, enthusiastic, and evolving Institute.

Closing I would like to add one more Virginia Satir quote:



"I want you to get excited about who you are, what you are, what you have, and what can still be for you. I want to inspire you to see that you can go far beyond where you are right now."

Sincerely

Linda Lucas
President
Satir Institute of the Pacific

Letter From the Editor

Hello SIP members, friend and colleagues

Welcome to our first edition of 2019. You will find exciting updates from around the institute as usual. Plus we hope you will feel the excitement building from our recent AGM and 20 year anniversary celebration as we honor the current recipient of the Todd Clark “ Unsung Hero” award. Our members continue to spread the Satir Model around the world.

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

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

Board Members 2019/20

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—TBA

Directors at Large:

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

Shyann Vosper M.Ed RCC

Wisdom Box Editor - TBA

News From the Board

Thank to all who attended our AGM March 9, 2019. We had members and friends who came from far and wide to celebrate with us. Held at the beautiful Surrey Nature Centre, not far from the SIP office, we celebrated not only the past year but the past 20 years with connection, music, food and laughter, a meditation offered by Sharon Loeschen, reports from Directors, awards and tears of gratitude. Here is a little taste of our lovely afternoon.



Satir Institute of the Pacific (SIP)

Reflections on the Beginnings and Achievements in the first Twenty Years –

by Michael Callaghan

As presented at the SIP AGM on March 9th, 2019

What were the antecedents of the Satir Institute?

During the 1980's until her death in 1988 Virginia Satir held month long training events every year, known as Process Communities, when many participants met with her in Crested Butte, Colorado. Virginia founded two organizations: The International Human Resources Learning Network (IHLRN) in 1970 and in 1977 Avanta, now the Virginia Satir Global Network (VSGN).

The Avanta Office was located in Seattle during the 1990's. Under Margarita Suarez's leadership as Executive Director, it provided training programs and Annual Conferences in the Seattle area. There was an emphasis on presenting Family Reconstructions, notably those of Dr. John Banmen and Dr. Bud Baldwin, which is available on video, led by Maria Gomori. There was also the Training for Trainers program in Family Reconstruction. In 1996 there was the first Advanced Residential Program led by Dr. John Banmen held in Bellingham, a forerunner of SIP's Advanced Residential Programs.

In 1987 the North West Satir Institute (NSI) was founded by previous participants in the Process Communities, Modules 1 and 2, living in Washington State and British Columbia. This was the first Satir Institute. Members wanted to connect, deepen their learning and teach Virginia's ideas and hold meetings on both sides of the border. Dr. John Banmen, one of Virginia's closest colleagues, became the Director of Training. Training events took place in Washington and BC, particularly in Kamloops.

In 1990 there was a day conference at UBC shared by Dr. William Glasser, the founder of Reality Therapy, and Dr. John Banmen who spoke in the afternoon about bridging Virginia Satir's work in Family Systems Theory with Reality Therapy. One of the results was that Dr. John Banmen began to teach a Family Counselling Training Program using the Satir Model under the aegis of the Reality Therapy Association of BC. This led in the later 1990's to the NSI Level 1 and Level 2 programs in Vancouver.

Through all this activity and the increasing number newly trained Satir Therapists, it seemed that the energy in NSI had shifted and enthusiasm for the Satir Model had increased particularly in BC. There were also issues with resources etc. crossing the border and keeping financial accounts in two different currencies. In 1998 there was an agreement at the Board of the North West Satir Institute that the BC members would form their own institute and that NSI would distribute their library and financial resources with the new Institute.

The Satir Institute of the Pacific Northwest was registered as a non-profit society in BC in August 1998. The original signatories were: Dr. John Banmen, Michael Callaghan, Faye Ann Karasick, Kathlyne Maki-Banmen, Don Potkins and Susan Taylor. These six members together with Martin Bartel, Dara Rosenzweig, Mary Smith and Cathy Wilder formed the first Board of Directors. It was later registered as

Reflections on the Beginnings and Achievements in the first Twenty Years – continued

Early Years

In Sept 1998 SIP held its first Level 1 training program and Level 2 in Nov 1998 for those who had previously completed other organizations Level 1 programs. These and all other events were held in various locations and organized by volunteers for about the first ten years. A Board structure, committees, Three-year plans, annual Board Retreats, the first SIP website, the Wisdom Box, Fireside Chats, and Library etc. All gradually came into existence alongside many training opportunities. Membership criteria were set including a minimum of 60 hours Satir training. An Advisory Board of prominent professionals around the world was established to give credibility, recognition and advice to SIP.

Development and Resources

SIP's major resource is the commitment, energy and passion for the Satir Model of its members. SIP has produced 11 DVD's of live therapy sessions to aid peoples understanding and competence in using the Satir Model. Chinese sub-titles are being added to some of them. SIP has published several monographs and booklets including the popular "Process Questions". More recently saw the publication on the SIP website of an Annotated Bibliography of works related to Virginia Satir and the Satir Model in English from 1960 until 2016 which is currently being updated. SIP owns the 'Quebec Tapes' of the whole of a month-long program (amounting to about 120 DVD's) conducted by Virginia Satir in Montreal in about 1980. Excerpts have been occasionally shared with members and work is underway to produce three DVD's focusing on specific topics.

2007 saw several major developments:

SIP rented office space at the newly opened Phoenix Centre in Surrey and began using it for training programs.

SIP was now also financially capable of contracting with a part-time Administrative Assistant, Cindi Mueller who is still with us.

SIP also launching the Satir Journal with Dr. Stephen Bentheim as its first Editor. SIP published and printed 11 issues between 2006 and 2011 when it ceased publication. It was also made available through the EBSCO databases housed in Universities and colleges worldwide thus extending our readership in the academic world. It is still available on these databases and in 2018 received 4106 hits.

Training

Level 1 and 2 have remained SIP's core programs with both being developed over the years and presented in both weekend and residential formats. Locations have included several in each of the Lower Mainland, Vancouver Island, and the Interior. There have also been Level 3/two-day workshops, Special events, Master Classes and Training for Trainers programs. These training events particularly the more advanced ones have attracted not only participants from BC but from many countries around the world.

In turn SIP members from BC and elsewhere have presented various training programs in Africa, Asia, Australia, Europe, India, New Zealand and elsewhere for their own or other organizations. Many of these programs have sought recognition from SIP who has built a system of approving trainers and program content leading to SIP being joint signatories on participants completion certificates.

Reflections on the Beginnings and Achievements in the first Twenty Years – continued

Links with Other Organizations

As an institute SIP became an Affiliate of Avanta now the Virginia Satir Network and SIP members have served as Board Members, presented at conferences, co-operated on various projects, etc.

SIP has had active links with other Satir Institutes and recognized some of their members, as well as our own, for the pioneering contributions to the growth of the Satir Model and its use in their own communities and around the world through SIP's Leadership Award Program.

From the beginning SIP has had strong links with the International Family Therapy Association (IFTA). SIP members have been presenting at IFTA conferences for twenty years and assisted at the IFTA international Conference in Vancouver in 2012 sponsoring an evening event for Journal Editors. Several SIP members have also served on the IFTA Board of Directors.

Celebrating 20 Years

In closing I suggest we take a moment to think about and celebrate all, particularly:

- Our members of SIP by being part of us have all contributed to SIP's success
- Our 56 present and past members of the Board of Directors
- Our Committee Members
- Our Trainers and supervisors
- Our Wisdom Box Editors for 72 issues
- Our Fireside Chat Hosts
- Our Unsung Heroes and Heroines
- Our Writers and Task Group Participants
- Those who have given gifts of ideas, insights, and donations of all kinds
- Cindi Mueller, our beloved Administrator, who has put up with us for over ten years

The Future

I would like to add 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 we have 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 they were to those of us shepherding the Institute's growth in its early years?

Michael Callaghan

Founding President of SIP & currently Board Secretary

www.satirpacific.org

Todd Clark Unsung Hero Award

We are happy to announce that this years recipient for the Todd Clark Unsung Hero Award is Klaus Klein.



Klaus has been passionate about the Satir Model and spreading the work of SIP in all areas of his life. He has dedicated many, many hours over the years, and has served our institute in a multitude of ways.

He has been a supervisor in many programs, supporting the learning and growth of participants in Level 1 and 2 programs. Klaus has also volunteered many hours behind the scenes - whether it's picking up participants or supervisors from the airport and driving them to their hotel or program location, or going above and beyond in helping with the massive Costco food shopping prior to a summer intensive program. If help is needed and if Klaus happens to be available, he shows up.

Klaus was also one of the founding staff members and lead therapist of the Take a Hike program - an alternate school in Vancouver for students who were unable to be part of the mainstream school system for various reasons. He incorporated the Satir Model into the adventure therapy program and the way he and the teachers worked with the students and their caregivers.



Much of Klaus' contributions have been and continue to be done 'behind the scenes' and therefore he epitomizes the meaning of 'unsung hero.' Congratulations Klaus!



THE VIRGINIA SATIR GLOBAL NETWORK



Sharon Loeschen, President of VSGN, presenting Linda Lucas, President of SIP and Michael Callaghan, current Secretary and Past President of SIP, with an award congratulating the Satir Institute of the Pacific on 20 years of service.

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

Training News

Director of Training: Jennifer Nagel

This past year has continued to be full of new learnings and growth in the area of trainings and programs offered by SIP. We have offered and delivered a variety of programs to the professional community and have been trying out various new locations for our training programs as the facilities at Phoenix Centre have undergone significant changes this past year. I am beyond grateful to Cindi Mueller for her constant support in preparing all the registrations, administration, and preparation of equipment and materials for each program. I am also filled with gratitude for the support of the very dynamic and active training directorate committee, the board members, and the encouragement and support from the greater SIP community.



satir institute
of the pacific

Celebrations:

- We have delivered a variety of quality programs this past year with numerous trainers.
- Participants continue to come from all over the world to attend our programs. 8 countries were represented in the Master Class and 5 countries were represented in the Level 1 intensive this past summer. People came from: Canada, USA, China, Hong Kong, Korea, Taiwan, Thailand, Spain, Germany, Australia, and Israel.
- Several participants in the level 1 intensive from overseas and across the border found our programs via a google search for 'experiential training for therapists' or 'systemic therapy training' and then finding our website - showing that our website combined with google search engines are doing a wonderful job promoting SIP
- We are also celebrating the implementation of the Training for Trainers program.
- Celebrating the wisdom, creativity, and collaboration of our active training directorate committee as well as the overall connection and support of the SIP Board.

UPCOMING LEVEL 1 and LEVEL 2 TST PROGRAMS

This 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.

Level 1 TST (extended weekend format)

October 18 - 20, November 22 - 24, 2019 and January 23- 26, 2020

Location: Comfort Inn Surrey BC

Trainer: Linda Lucas

Please check out our website www.satirpacific.org for more information or email



Transformational Systemic Therapy Using the Satir Model

Level 2 July 10, 19, 2019

Level 1 August 1 - 10, 2019

Bethlehem Retreat Center
Nanaimo BC Canada

Transformational Systemic Therapy Level I

10 Day Residential Intensive ~ August 1 – 10, 2019

Bethlehem Retreat Center, Nanaimo, BC

Presented by:

Jennifer Nagel, MA, RCC

Individual Couple and Family Counsellor

Residential \$2997/ Commuter \$2097

60 Accredited CEC Hours Approved by the CCPA

Transformational Systemic Therapy Level II

For those who have completed Level 1

10 Day Residential Intensive ~ July 10 - 19, 2019

Bethlehem Retreat Center, Nanaimo, BC

Co-Presented by:

Anne Morrison, MSW, RSW

Linda Lucas, MA, LCPC

BC and International Satir Trainers

Residential \$2997/ Commuter \$2097

60 Accredited CEC Hours Approved by the CCPA

Other 2019 Programs

2-Day Programs: Applications of Transformational Systemic Therapy

Freedom Through Forgiveness

Location: Back to You Counselling and Wellness in Nanaimo

April 27 - 28, 2019

Trainer: Anne Morrison
2-day retreat

THIS PROGRAM IS FULL

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

1 more 2-day program will be planned for some time in the fall - TBA

COMING SOON

Renewing Your Spirit: A Restorative Retreat for Therapists

Nanaimo - Bethlehem Retreat Centre, Nanaimo, BC

A 6 -Day personal growth retreat for therapists, social workers, and anyone in a helping profession.

More information TBA

September 22 - 25, 2019

Be sure to check our website regularly for updates!



Call for Volunteers

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 Cindi at 604-634-0572 or email to admin@satirpacific.org

MEMBERSHIP NEWS

Director of Membership: Teresa McLellan

Hello all you wonderful SIP members.

You have probably already received your membership renewal notices in your inbox. Thank you to all who have promptly paid their dues. If you have forgotten you still have time. 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



satir institute
of the pacific

Teresa McLellan MAC RCC

Director of Membership

Satir Institute of the Pacific

Office: 604-634-0572

Email: admin@satirpacific.org

Membership Rates:

Clinical Members - \$75 per year

Professional Members—\$50.00 per year

Affiliate Members—\$25.00 per year

www.satirpacific.org/membership

or contact Cindi Mueller at admin@satirpacific.org

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

.....

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 admin@satirpacific.org

FRASER VALLEY COMMUNITY OF PRACTICE

The growing Fort Langley group has already met in January and March this year. Please contact Tricia Antoniuk at tricia@antoniukcounselling.ca for more information or to RSVP

Let's Connect!

Our next online gathering will be held May 26 at 7pm PST. 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 admin@satirpacific.org



satir institute
of the pacific

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; The next one will be Tuesday April 16, 2019

For More Information and to RSVP Contact:

Corrinna Douglas
1-250-299-4197

INTERNATIONAL NEWS

Linda Lucas taught a 10 day, Level one program at Christ University, Bangalore, India, to 60 senior, Master's level, psychology students in January. Students were excited, eager and committed to learning, practicing and growing with Transformational System Therapy, Satir's Growth model.



Dr Madeleine De Little Satir Therapy in Sand Tray level II in Thailand.



GREAT NEWS!

The Hong Kong Satir Center has submitted the article, “Effects of the Satir Model on Mental Health: A Randomized Controlled Trial” to the journal, Research on Social Work Practice and it was accepted.

In the study, the role of self-transformation, measured by the Perceived Self-Transformation Scale (PSTS-17), in the relationship between affects and mental health problems was examined. The findings support the effectiveness of the Satir Growth Model-based intervention. The Satir experiential workshop could bring about positive influences toward participants’ mental well-being and self-transformation, leading to an ameliorating of negative affect-induced mental health problems.

You are invited to browse it for more details:

<http://hksatir.org/wp-content/uploads/sites/41/2019/01/Effects-of-the-Satir-Model-on-Mental-Health-A-Randomized-Controlled-Trial-Accepted-2.pdf>

If you are interested in the Perceived Self-Transformation Scale (PSTS-17), please click below link for your reference. This is a validated scale, that measures the concept of transformation in the Satir transformational systemic therapy, and has been published on the academic journal, Contemporary Family Therapy, in 2018. It is a reliable and valid measure for the constructs of self-transformation in Chinese cohort in Hong Kong.

https://link.springer.com/epdf/10.1007/s10591-018-9477-7?author_access_token=hGLwosnXiWcjO3rAN_kY-Pe4RwlQNchNByi7wbcMAY71c4Xz_-bPCnb8FmCACgJJ5BCEacryO3Ys9S2Chjt7cjojIBdwufDLQa2j8ifHvKxEe_n6sftsbcchmi-kxm9usPWAiuXe106-USMkfcMHFw%3D%3D

For any enquiries, please feel free to contact the Hong Kong Satir Center at office@hksatir.org



香港沙維雅人文發展中心

MORE INTERNATIONAL NEWS

Thanks to Carl for sending in an article for us to share with you about his first experience with the Satir Model. Thanks also to Lisa for translating for those of us who do not understand Chinese.

The First Time I Met Teacher Banmen

Author: Wang Qiang, Carl, PhD, Hangzhou Satir Center, China

Translator: Lisa Shar, MBA, LoveGrow Consulting, China



The First Time I Met Teacher Banmen (November 29th, 2009)

**He told us,
Every life deserves to be respected,
Every child deserves to be appreciated,
Every family deserves to own the happiness!**

**He has helped thousands of lives to unfold,
He is Teacher Banmen,
The International Family Therapy Master of Satir Model,
An 84-year-old Young Man!**

I Decide To Become A Trainer Like Him

November 29th, 2009, it was the first day of Satir professional program, which also was the first day I met Teacher Banmen.

Luckily, the professional programs I learned were all led by Teacher Banmen himself. When Teacher Banmen's magnetic mid-bass voice with deep love and caring was spread to every corner in the room through microphones, everyone in the room felt tightly surrounded by it and I suddenly became aware of the being accepted, cared, and respected experience.

Teacher Banmen constantly used metaphors and humor in the programs, which often caused the participants to burst into laughter. People felt joyful from the inside, and I also experienced more relaxation, joy, freedom, respect and happiness. I had never experienced such kind of training programs and teaching style before this one. My body was telling me: "I really love this kind of learning atmosphere! I really love this trainer! I really love this program!" I immediately made a decision: "I want to become a trainer like Teacher Banmen!"

The First Time I Met Teacher Banmen con't

Author: Wang Qiang, Carl, PhD, Hangzhou Satir Center, China

Translator: Lisa Shar, MBA, LoveGrow Consulting, China

Do You Have Anything Important To Deal With?

We learned 23 beliefs of Satir Model on the first day morning. After Teacher Banmen gave the lecturette, he asked us to have group discussion and sharing. At that moment in order to have more clear understanding about one belief, I took out mobile phone and looked up the English word. The interpreter quickly came to me and asked: "Do you have anything important to deal with?" After I told her my purpose of using mobile phone, she returned to Teacher Banmen and talked to him. I saw Teacher Banmen looked at me and nodded with smiling face and appreciation and caring eyes. During the following group discussion, Teacher Banmen also actively paid attention to each participant's status and needs in the room. He was so concentrated, responsible and caring, who demonstrated and set a role model to the trainers. My heart was full of admiration and appreciation, which anchored my willingness to become a trainer like Teacher Banmen. I am eager from the inside to spread such love and caring to more people and help more people to have happiness!

I Am Only 39

This was the last day afternoon of the 15-day Level One professional program. Time ran fast, I experienced that I like to learn and immerse in this program. In the program, my biggest experiences were joy, confidence, comfort, ease and freedom. Near the end of the program, I raised my hand and wanted to share some of my experiences. Teacher Banmen invited me to sit beside him and handed me his microphone by himself. I shared my appreciation to Teacher Banmen, and my learnings and application about the iceberg. After I shared, Teacher Banmen said: "I like all what you have said except one word. I don't like the word 'old'. I am only 39."

When the first sun light in earlier morning enters into the window again, these three scenarios clearly come to me again, I experience the guidance of my life from Teacher Banmen again, I have more experiences about love, happiness, self-confidence, freedom, acceptance, affirmation, appreciation, curiosity, support...

For these ten years,

I devoted myself to the learning, application, research and spreading of Satir Model, and become the first batch certified Satir Model counsellor, trainer trained by Teacher Banmen himself in China. I am also the supervisor trained by Teacher Banmen.

I want to say,

Thank you, Teacher Banmen!

THANK YOU TEACHER BANMEN

for all that you have done for the Satir Institute of the Pacific and teaching the Satir Model around the world



THE INTERNATIONAL HUMAN LEARNING RESOURCES NETWORK

2019 is the 50th anniversary of IHLRN and we are hoping to have a large, diverse group of attendees who use Virginia Satir's work in many ways. To make travel as convenient as possible for the largest number, IHLRN will be held at the Dana on Mission Bay, San Diego California from Sunday Oct. 27, 2019 to Sunday Nov. 3, 2019. Please save the dates and join us if you can.

In creating IHLRN, it was Virginia Satir's intent to create a welcoming and inclusive community in which participants could learn from each other, from the experience of being in the group, and present new or original material AND be in a beautiful and inspiring setting. This week long meeting offers a unique opportunity for learning, sharing and fellowship in the Satir model.

Visit : **www.ihlrn.org** for more information

SAVE THE DATE

May 2020

Satir-EU Conference

in

Bratislava, Slovakia

Stay Tuned for more information



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 **March 2019**. The Satir Institute of the Pacific expresses our heartfelt gratitude to those who have helped to compile all this amazing material.

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

<https://satirpacific.org/wp-content/uploads/2019/03/2019-03-Annotated-Bibliography-Web-V4.pdf>

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

Regards, Cindi
Administrator,
admin@satirpacific.org



Saturday October 5, 2019

Simon Fraser University Downtown Campus

Trance and Trauma

Hypnosis skills for adaptive responses, safe relationships, co-creating resilience

Julie H Linden, PhD

julie@drjulielinden.com

Clinical hypnosis skills and principles provide a flexible and creative framework for assessing and treating the sequelae of trauma, which include anxiety, depression, and relational ruptures. This workshop will provide definitions of trauma, adaptation, hypnosis skills and trance within a psychobiological context. Through demonstration and practice it will illustrate the use of the therapeutic relationship between care-givers and care-receivers to create a climate for change, evoking and responding to the ingredients that lead to positive outcomes and shape resilience.

Julie H. Linden, clinical psychologist, is the past president of the International Society of Hypnosis (ISH). Both the beginning and end of her presidency were marked by the two largest scientific hypnosis congresses in the history ISH, with more than 2500 participants from 50 countries contributing to their success. She is also a past president of the American Society of Clinical Hypnosis.

Long before integrative medicine was popular, Julie was integrating hypnosis principles and skills into a wide range of areas. In medical settings she was an early (1975) pioneer of hypnotic pain management and facilitating healing in both acute care, e.g., burn patients, medical procedures, emergency room presentations, and preparation for surgery, as well as chronic illness care, e.g., kidney dialysis; oncology; cystic fibrosis, to name a few. In clinical psychology she has forged the path on the integration of play therapy, trauma and hypnosis.

Julie works with clients of all ages, and has contributed to the understanding of hypnotic work in a developmental framework. Her varied interests and writings range from children and adolescents; trauma, hypnotic sandtray; gendered hypnosis and feminist hypnotherapy; ego state therapy; hypnosis and the brain-gut connection; education and training in hypnosis; as well as hypnosis and leadership.

Passionate about hypnosis best describes Julie, as she enthusiastically travels the world, lecturing and training others on the enormous potential for healthy change when hypnosis is incorporated into one's health care practice.

APPRECIATIONS



A special thanks to all of you who have been a part (big or small, short or long) of the Satir Institute of the Pacific since starting in 1988. We truly appreciate all that you have done to keep us running so we can spread the work of the lovely Virginia Satir for many years to come.

THANK YOU!



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 admin@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. 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)

.....

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: inner-change@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 @ admin@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 or the Editor at admin@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

Distribution: Cindi Mueller, Administrative Assistant



satir institute
of the pacific

SEE YOU NEXT TIME