



satir institute of the pacific

Our Vision Statement

We are a welcoming, intentional community committed to facilitating growth and transformation on a foundation of mutual respect and inclusivity. We are committed to personal responsibility, congruence, and integrity in the development of individual wisdom and leadership. We embody and promote these principles and concepts to achieve a world of harmony, peace and wholeness within, between and among all humanity.

Wisdom Box

The Newsletter of the Satir Institute of the Pacific connecting
members throughout the world

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President's Message

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

I want to extend deep gratitude to you for continuing to support the mission of Virginia Satir, and the Satir Institute of the Pacific.

So far the 2019 year has been one of inspirations, and changes. We have reason to celebrate a recent move to our new office. Our new space is located in beautiful, Langley, BC. Our new address is:

201, 20627 Fraser Highway, Langley, BC V3A 4G4

NEW PHONE NUMBER 604-546-1539

ALSO NOTE the email (satiradmin@shawbiz.ca) will no longer be active after August 31, 2019.

All emails will need to go to admin@satirpacific.org

Our new office space has a beautiful training space, with windows! and we are excited you will now have access to free parking, and walking distance to several restaurants when attending SIP trainings.

Please take a look at the upcoming trainings we are providing. Your support in passing the word on to others is essential for the continuing work of Virginia Satir. Please share your experiences, and encourage others to attend Satir programs.

We are offering a 4 Day/ 3 Nights Residential Healing the Healer Retreat, or Renewing Your Spirit: A Restorative Retreat, September 22-September 25th, on Vancouver Island. We would love to see you there!! It will be truly restorative and healing.

Also, note!! we are offering an inspirational 2 day program, FROM DISSONANCE TO HARMONY, Integrating Musical Interventions with Satir Transformational Systemic Therapy

Facilitated by BETH NEMESH, PHD, MT-BC, LMFT

VISITING INTERNATIONAL SATIR TRAINER FROM ISRAEL

Friday September 27 and Saturday September 28, 2019.

Treat yourself! Satir used to say, "The job of a therapist is to help people have stars in their eyes—to truly feel their own value!" In order to help people have stars in their eyes, we need to experience our magnificent life force energy surging through our SELVES! Recharge, and restore your sacred Self. Remember, you are a miracle and worthy of love.

I wish you peace, joy, inspiration, groundedness and the energy of connectedness as we come to the end of a beautiful spring and summer. I hope to hear from you and even better, see you soon.



Sincerely

Linda Lucas
President
Satir Institute of the Pacific



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of the pacific

Letter From the Editor

Hello SIP members, friend and colleagues

It has been a busy summer with lots happening around the institute since our last edition. We have had both level 1 and level 2 residential training programs at the Bethlehem Retreat Centre in Nanaimo this summer. Before that in May, some of our members were in China presenting at their International Conference. In addition to a board retreat back in April, a board meeting in June and putting on quite a few programs in the last few months, the institute (meaning mostly Cindi) has also found, organized and implemented a move to a new location.

I hope you have all been enjoying the weather and maybe even some much needed vacation time. I know I did. This edition includes some celebrations around programs, people and exciting events that have happened recently or are coming soon. The IHLRN conference is happening this November and the next Satir conference in Europe is March 2020.

We would love to hear about what you are doing. So please send me updates, pictures, news, articles, workshops, poetry, or 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



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

WE HAVE MOVED

We are so excited to let you know that as of August 15, 2019 we have relocated the SIP office to Langley. The SIP board is very excited about the new location which will offer a brand new training location right on site with plenty of free parking.

Our new address is:

201, 20627 Fraser Highway, Langley, BC V3A 4G4

Our NEW PHONE NUMBER is 604-546-1539

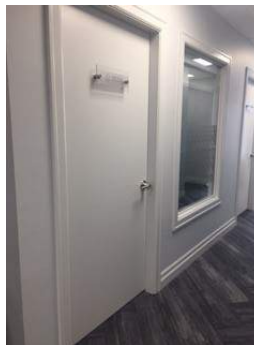
ALSO NOTE the email (satiradmin@shawbiz.ca) will no longer be active after August 31, 2019.

All emails will need to go to admin@satirpacific.org

For a virtual tour of the entire space click [here](#)

Thank you for your cooperation

Regards, Cindi Mueller
Administrator
Satir Institute of the Pacific



satir institute
of the pacific



Training News

Director of Training: Jennifer Nagel

UPCOMING LEVEL 1 TST PROGRAM

Transformational Systemic Therapy Using the Satir Model Level 1
With Linda Lucas and Dr. Carolyn Nesbitt

8:30 AM TO 4:30 PM

OCTOBER 18, 19, 20, 2019

NOVEMBER 22, 23, 24, 2019

JANUARY 23, 24, 25, 26, 2020



NEW LOCATION- COWORKS BY ELEVATE 20627 FRASER HWY, LANGLEY, BC V3A 4G4

Please check out our website www.satirpacific.org for more information or email Cindi at admin@satirpacific.org to register and reserve your spot.

2019 FALL PROGRAMS

Renewing Your Spirit: A Restorative Retreat—Healing the Healer

With Linda Lucas, Danielle Braun-Kaufman and Carolyn Goossen
September 22-25 at Bethlehem Retreat Centre in Nanaimo

Only \$835 for SIP Members
\$935 for non-Members

See poster for details

From Dissonance to Harmony

with Beth Nemesh, International Trainer from Israel

September 27/28

See poster for details

Renewing Your Spirit: A Restorative Retreat

Bethlehem Retreat Center, 2371 Arbott Road Nanaimo, BC Canada



4 Day/ 3 Nights
Residential
Healing the Healer
Retreat

**Sunday September 22 (1:00 pm) to
Wednesday September 25 (1:00 pm), 2019**

Facilitated by Linda J Lucas, LCPC, Danielle Braun-Kauffman, MFT, RCC and Yogi, Carolyn Goossen, TS-RYT500

Join us for a relaxing and uplifting 4 day getaway. Our retreat setting provides a beautiful, safe, serene, contemplative space for learning and renewal.

This personal growth retreat will focus on re-charging and reconnecting with the full flow of your life energy, along with nurturing, and cultivating the inherent resources of the SELF. Come feed and nourish your creativity, intuition, wisdom and compassion.

You will have the opportunity to learn and practice being more present with your Sacred Self, and the Sacred Self of others. This 4 day retreat will be filled with yoga, meditation, self-care, processing, personal growth opportunities, and creativity.

Starting at \$835

* Fees include accommodation, snacks and all meals (Value \$485)
Member and non member and early bird rates available

For More Information

604-546-1539

www.satirpacific.org

SATIR INSTITUTE OF THE PACIFIC PRESENTS

International Trainer
Beth Nemesh, PhD, MT-BC, LMFT

From Dissonance to Harmony

Integrating Musical Interventions
with Satir Transformational Systemic Therapy

September 27, 28, 2019

9:00 am to 5:00 pm

Prior knowledge of the Satir Model is
required with no need for previous
musical experience

The healing power of music can be traced from Shamanic ancient times to current music therapies. Contemporary neuroscience can now give us clear imaging and more explanations as to how music impacts our physical, psychological and spiritual wellbeing. Music bypasses habitual behaviors and internal censors. It taps into unconscious memories, offering new insights and a potential space for new awareness and change.

The goal of this experiential workshop is to familiarize professionals with the power of integrating music with Satir Transformational Systemic Therapy. Music is used to address personal and interpersonal goals. Musical interventions provide new skills which can be implemented in clinical work with individuals, couples and families. Music provides a relaxed and fun space for creative expression in the process of growth and change.

This 2-day musical workshop is a unique opportunity for personal and professional development. It provides professionals with an array of experiential exercises using musical instruments, recorded and improvised music, songs, and voice.



www.satirpacific.org
admin@satirpacific.org

Comfort Inn Surrey, BC
8255 166 Street, Surrey, BC

Reflections on Level 1

By Robin Beardsley

I just finished supervising and assisting at the Level 1 10 day intensive. I have been in this role many times, and each time brings new learnings and experiences. When I first heard of Virginia's belief " We are all a manifestation of the Life Force" over 25 years ago, I have to admit I wasn't quite sure what this was or meant.

As we journeyed through the level 1 together and experienced each day, I had no idea how the days would go, and trusting the process meant that my thinking and striving parts could relax more. We had moments of chaos and moments of joy, moments of deep connections and moments of inspiration. I experienced such pride, and inspiration in how we as facilitators/supervisors transformed and how the participants transformed in their way with each other and with themselves. They took the opportunities to take what they were learning and applied it in real time.

At our last small group circle, we realized that we came together as a group with a common theme of yearning to matter. There was a sense of permission to be ourselves during the program and we all experienced this sense of mattering to each other. I was experiencing what Virginia said so many years ago; we truly are unique and we truly are connected with and by this Life Force. Each of us brings something to this world and in being authentic while we explore and share our internal worlds we can experience ourselves and each other in new ways

This level 1, while intense, allows for deep learnings and connections. The environment with the lake and woods at Bethlehem Retreat Centre allowed for all of us to reconnect with nature while going through this transformation. I am feeling incredibly grateful to Jennifer, Julie and Danielle and of course to all of the participants without whom this would not have been possible I am taking with me a new found sense of confidence , competence and definitely congruence.

May you all be well

May you all feel peaceful

May you be love wherever you go

Robin Beardsley

Satir Transformational Therapy Level 1 10 day Intensive

Reflections on the Experience, by Will Thomas

When my coaching supervisor recommended this course, I was a little skeptical. She'd attended the program and had certainly shown me the benefits of the Satir model in our work together. But travel 7500 km to attend a course? I couldn't help but think, "Will I really be worth it?"

Oh boy. I'm sitting here now following the completion of this frankly extraordinary program wondering why I hadn't done this years ago.

It's hard to find the words to describe the depth and richness of the experience. The facilitator, Jennifer Nagel, modelled the process exquisitely at every step, supported by her brilliant co-facilitator and supervisors.

We learned the process and the model, through its own process and model. No finer proof of its efficacy. The weaving-in throughout of the teachings of Satir kept us connected to the source of this genius work.

Was it intense? Absolutely.

Was it the best learning experience I've ever had? Undoubtedly.

So what did I learn? I've been a therapist and coach for a long time, and yet there was not a day that went by where I wasn't stopped in my tracks and challenged in the most beautifully affirming way to "show up even better" for my clients and for myself. The safety that Jen established among us allowed us to dive deep beneath the oceans of our own lives and explore one to one, couples and family therapy through a beautifully crafted and experiential programme.

From the core model and its use in managing your own state as a therapist, to the breath-takingly organic process of the Iceberg for clients, it's been such a multi-dimensional journey. I have deepened my awareness of the pivotal pieces in taking my therapy practice to a whole new level.

I've come away with some of the most profound personal learnings I can recall. The shedding of skins and the mending of threads has left me stronger, more confident and standing in a beautifully fierce compassion.

Professionally, my practice has been both affirmed and at the same time elevated to a whole new level. The approach, which has been so elegantly modelled, has a flexibility which has allowed me to easily and effortlessly intertwine my existing modalities in counselling, hypnotherapy, Timeline Therapy, EFT and NLP.

As a group, we've laughed and cried in ways that have connected us to what it is to be human and what it means to serve from an authentically passionate place. We've made new friends from across the globe and we've reconnected to the joy and beauty of life in this magical lakeside setting.

Will Thomas

MEDITATION ON ENOUGHNESS

by Will Thomas

I was not enough

Nor ever could be.

Until my slow intentioned stillness

Grew gaps in my thought stream,

And the edges of I and Universe softened

Breathing me into a bliss so pure

That I sank softly

Into a feather pillow of my own enoughness.



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 604-546-1539 or email to admin@satirpacific.org

MEMBERSHIP NEWS

Director of Membership: Teresa McLellan

Hello to all you amazing and wonderful SIP members.

Welcome to all our new members this year or returning members from previous years. Thank you to all those members that have been with us a while. We appreciate your continued support and hope to stay connected for many more years to come. This section highlights our community of members and ways in which we try to stay connected. One of the ways in which the Satir Institute has stayed connected with members in the past was through our local fireside chats. These are informal gatherings of members to share their thoughts and work with others providing support and encouragement to each other. Please see our list of upcoming events which should all be starting up again in September.

Let us know if you have any other news to share with us. WE would love to hear from you.

Sincerely

Teresa McLellan MAC RCC

Director of Membership
Satir Institute of the Pacific
Office: 604-546-1539
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 a large group of people on Vancouver Island who meet twice a year at different locations usually Victoria and Cowichan. 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. Recently we have also added an online version of these “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, our Administrative Assistant, at admin@satirpacific.org

Stay Tuned for upcoming dates for Kamloops and Vancouver Island

Let's Connect Online!

Our next zoom gathering will be held Sunday September 22 at 7pm PST. We will send out an email invitation shortly. Let us know if you are interested ...

Space will be limited so RSVP and we will send you a link to join us 604-546-1539 or admin@satirpacific.org



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of the pacific

FRASER VALLEY COMMUNITY OF PRACTICE

The growing Fort Langley group is meeting regularly. They connect in the sandtray (see photos below) and depending on how many people show up they get to experience the power of metaphor and sometimes even a little transformation. Mostly it is a gathering of friends and colleagues sharing their personal and professional experiences with the Satir Model around the world.

The next gathering is scheduled for Thursday September 5 from 7-9 pm. Please contact Tricia Antoniuk at tricia@antoniukcounselling.ca for more information or to RSVP



***VANCOUVER
ISLAND SATIR
NETWORK***



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**

Please join Corrinna Douglas and Shyann Vosper who are hosting this event

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

STAY TUNED FOR NEXT DATE

For More Information Contact:

Corrinna Douglas
1-250-299-4197
corrinna@cordiscovery.ca



THE VIRGINIA SATIR GLOBAL NETWORK

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

Dear Satir Members,

NEW!!! SIP membership perk.

With your Satir membership you can now become a VSGN (Virginia Satir Global Network) member or receive the VSGN News Flash up to a \$100 value. All you have to do is contact Kim Hendron at VSGN office@satirglobal.org to let her know.

Remember you can become a VSGN member or just receive the News Flash or both.

Contact Kim Hendron, VSGN office@satirglobal.org

INTERNATIONAL NEWS

The 2019 China Satir International Conference



The China Satir International Conference was held on May 9-13, 2019 and was extremely successful. The first photo on the left is a picture of the 600 participants who were present at the conference. In addition more than 50,000 people watched online!

The second photo is of the Banmen Satir China Management Centre Faculty (minus Linda Lucas) who was honored for their contributions to furthering Virginia's teachings in China.

Eight international trainers from the Banmen Satir China Management Centre faculty (many of which are also SIP members) offered full-day trainings during the 2 day pre-conference, covering a multitude of topics such as: Grief and Loss (Linda Lucas, USA); Parents' use of Self (Jennifer Nagel, Canada); Sculpting in Therapy (Sok Fun Lam, Malaysia); Addiction (Teresa McLellan, Canada); Meditation (Carolyn Nesbitt, Canada); Happy Family (Marie Lam, Hong Kong); Congruence (Sandy Novak, USA); From Perfection to Wholeness (Anna Low, Singapore); Satir and Neuroscience in the Sand Tray (Madeleine DeLittle, Canada); The Trap of Happiness (Zhuozong Zhu, Taiwan); and The Integration of Peace Between Others and Self: The Connection and Application Between the Satir Model and the New Era (Lee Chung, Taiwan).

John Banmen addressed the conference attendees during the opening and closing ceremonies with the theme of moving from suffering to survival to owning and being responsible for our reality to creating our reality. Karin Tschanz (Switzerland) also presented a keynote address about Virginia Satir's personal history and how it influenced her work with families.

Throughout the conference there were 40 presentations from local Satir trainers in China. There was an energy of excitement, passion,



Honoring Nitza



There were peels of laughter and joy emanating from John Banmen's living room on the weekend of June 22nd and 23rd as a group of 10 Satir folks celebrated our dear friend, Nitza Broide-Miller: her life, her contributions to our Satir Institute of the Pacific and the healing and recovery she has achieved after a very difficult medical journey, over much of the last year. This invitation to come to Vancouver was the idea of John Banmen, and folks travelled from Vancouver Island and from all over the Lower Mainland to join her. The trip was a challenge for Nitza who travelled from her home in Palo Alto, California for the weekend; her first travel in over a year.

A highlight of our Saturday event was John interviewing Nitza about her life, and her career, which has spanned a number of decades and been ground breaking in so many ways. Fortunately, John's son, Jason, was able to provide the technical support to tape that interview, so we will have it to share with those unable to attend. The invite included an opportunity to drop by on Sunday as well, and Madeleine de Little was able to join Nitza then, for some more stories and memory sharing.

Her accomplishments include being a co founder of the first Dance Therapy organization way back, and an enthusiastic participant in the earlier days of Family Camp with Virginia Satir with her young son in tow. She was a pioneer in introducing Virginia Satir's work in Israel, and has taught in many countries throughout Asia during the last few years. Many of us felt we knew her quite well, through her participation in leading and attending workshops locally, and her attendance at several Masters Retreats, but she had some amazing stories from her life that were new to many of us and wonderful to hear.

We spent several hours together, including lunch, on Saturday, but a very special moment of the day was watching a DVD made by her friends and students from Israel, offering their tributes to her, including singing a song that was very special for Nitza.

It was truly a very special day for a very special friend who has contributed richly to our Satir Family; a day that left smiles and good memories for all of us who were able to join her, and, I know, for Nitza as well.

Submitted by Mary Leslie

Neuroscience and Satir in the Sand Tray goes to China

By Dr. Madeleine De Little

There are ten Satir trainers that regularly teach in China as part of the Banmen Satir China Management Centre. Five of these trainers began their learning of the Satir model through the Satir Institute of the Pacific. As part of the faculty I have the privilege of teaching Neuroscience and Satir in the Sand Tray (NSST) .

This July I began the first five days of a twenty-five-day NSST certificate program. All 30 participants in the training had Level 1 and 2 of the Satir Model and therefore have a solid grounding of working with the Iceberg. For many, learning to use the Satir model with figurines in the Sand Tray was brand new. Most of the participants committed time and finances to the first 15 days of this NSST certificate training, as a result of hearing about one other workshop that I did in 2018 and my presentation at the Satir Conference in Xian.

The five days was very intense for me and the participants. I weaved the theory of the latest neuroscience with many opportunities to put the theoretical learning in to practice (See Figure1 to the left). They learned how to ask Satir process questions in the metaphor and transform the defences of freeze (immobilized) and fight/flight (mobilized) within the sand tray.

In NSST the main departure from the Satir model is in working only with the embodied brain sometimes referred to as the right brain. This is done by working solely in novel metaphors that arise from the unconscious implicit bodily memories. These novel metaphors arise through the 'choice' and positioning of the figurines in the Sand Tray. I say 'choice' because these miniatures seem to resonate with the stored experiences, and they invite themselves to be 'chosen.' Externalizing these previously sequestered experiences brings about safe surprises of new information for the participants. They are then literally able to manipulate the figurines around in the Sand Tray and create a new way of being for themselves which they then internalise. (con't)



Neuroscience and Satir in the Sand Tray goes to China con't

Every day I did a demonstration and used the left brain technique. This is where I have a participant sit next to me and be my left brain. I articulate to them what my left brain is thinking. They can also ask me questions as we go (See Figure 2 to the left). This makes the demonstration more meaningful to the participants and takes away the apparent “magic “of the process.

The participants also learned quickly how to use their own sensations in their bodies to pick up on those of their clients and how to watch for tiny nuanced changes in facial and body gestures as the star made changes in the sand tray. They learned to be comfortable with silences.



Many of the participants had profound experiences over the course of the five days. One woman said, “I have found my Right Brain” and another had an intense bodily response that re-awakened a part of her that was deeply buried in the unconscious.

I am looking forward to returning to Chongqing for the second phase in October 2019. The group will continue to practice and build more and more on their skills so that they will eventually become competent NSST certified Therapists.

Madeleine is Counsellor for Children and Families in Private Practice and for Criminal Victims Assistance Program. She is an International Trainer in "Neuroscience and Satir in the Sand Tray: Transforming the Defences of Anxiety, Depression, Loss, Shame and Trauma," and a Faculty member of the Banmen Satir China Management Centre. Madeleine is the author of "Where Words Can't Reach: Neuroscience and Satir in the Sand Tray", 1st & 2nd Edition. She is a board member of the Satir Institute of the Pacific and as of September 5th, 2019 a Radio Host, on the Empowerment Chanel, VoiceAmerica "Where Words Can't Reach: Shedding Light on our Dark Side."



THE INTERNATIONAL HUMAN LEARNING RESOURCE NETWORK & THE VIRGINIA SATIR GLOBAL NETWORK COMMUNITIES

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.



Virginia Satir started the annual International Human Learning Resources Network (IHLRN) Conference 50 years ago. IHLRN and The Virginia Satir Global Network (VSGN) jointly sponsor this conference. Our communities warmly invite you to celebrate with us by attending this year's 50th anniversary conference.

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

Go to [IHLRN 50th Anniversary Conference Registration](#) to register online or print the registration paper forms, complete and mail to our Conference Coordinator M.A. Bjarkman's address on the registration form.

Or 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



PRESENTS

Julie H Linden, PhD

julie@drjulielinden.com

Trance and Trauma

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

on

Saturday, October 5, 2019

8.30 am – 4:30 pm

at

Simon Fraser University at Harbour Centre
515 W. Hastings Street, Vancouver, BC

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.

Eligibility: Open to members of regulated health professions including full time students, registered clinical counsellors, social workers and marriage & family therapists.

To register online: <https://hypnosis.bc.ca/training/upcoming-workshops/trance-and-trauma/>

FEES: Payable by e-transfer or by cheque

	Early-Bird	After September 9 th
CSCH Member	\$200	\$275
Non-Member	\$300	\$375
Full-time Student	\$150	\$200

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)

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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: 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



SEE YOU NEXT TIME