

Transformational Systemic Therapy

Level II

With Jennifer Nagel, MA, RCC
And
Linda Lucas, MA, RCC

satir institute
of the pacific

October 23, 24, 25, 2020
January 15, 16, 17, 2021
April 15, 16, 17, 18, 2021
8:30 am to 4:30 pm

This program is for counselors and therapists who have completed a Transformational Systemic Therapy Level I training program offered by the Satir Institute of the Pacific (or an equivalent program approved by SIP Director of Training) **who are presently working with clients in a counselling or helping role/position.**

The focus of the program is to improve participants' competence, congruence and confidence in doing transformational, experiential, systemic change therapy. The course leader will utilize lecturesses, small group discussions, structured exercises, demonstrations, experiential learning and skill practice sessions to assist participants to move their therapy into a positively directional, change focused, experiential process.

The emphasis will be on bringing about transformational change in individual therapy, couples therapy and family therapy. As well, some attention will be given to working with specific symptoms in therapy.

Participants will work in triads to practice different aspects of the program. As in the TST Level I training program, participants will use their own process of personal growth as the arena for their learning.

This program will include several voluntary therapeutic demonstrations with program participants.

This Program Will Help Counsellors and Therapists:

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

Program will be held at our office location of 20627 Fraser Highway, Langley

**60 CEC Hours
Approved**

TST Level II - Program Outline

Day 1 *The Satir Model A Review of Transformational Change*

1. Overview of the program
2. The process of transformational change
3. The essential elements of transformational change
4. The treatment plan: assessment
5. The treatment plan: goal setting
6. The treatment plan: interventions
7. The treatment plan: evaluation
8. Skill development

Day 2 *The Satir Model The Self of the Therapist*

1. The use of Self in therapy
2. The role of congruence in facilitating transformational change
3. Making contact with the person, not the symptom
4. Bringing hope into the therapy session
5. Finding resources in symptoms
6. Using Life Energy to stimulate growth
7. The role of intuition in therapy
8. Skill development

Day 3 *Transformational Change*

1. Changing the intrapsychic impact, not the event
2. Making therapy experiential and systemic
3. Experiencing yearnings as the precursor to change
4. Experiencing past, present and future impacts
5. Accessing sub-conscious impacts in the intrapsychic
6. Experiential change in the intrapsychic now
7. Experiential change in the interactive
8. Anchoring changes in past, present and future
9. Skill development

Day 4 *Transformational Change*

1. Making therapy positively directional and change focused
2. Using the meta-goals of therapy throughout the therapy process
3. Accessing positive intentions under dysfunctional patterns
4. Therapeutic goal setting as a collaborative process
5. Therapeutic goal setting as a focus for change
6. Resolving unmet expectations through the whole Iceberg
7. Skill development

Day 5 *Couples Therapy*

1. The intrapsychic / interactive dance
2. Making contact with both people
3. Assessing impacts, past and present
4. Moving from problem focus to disappointments to yearnings
5. Individual and couple goals for therapy
6. Increasing intimacy and positive connection
7. Resolving unfinished business and differences
8. Skill development

Day 6 *Couples Therapy The Ingredients of an Interaction*

1. The intrapsychic components of interactive reactions
2. Bringing the unknown into awareness during an interaction
3. The internal system: the dynamic sculpting of the ingredients of an interaction
4. Accessing the pathway for internal change
5. Skill development

Day 7 *Family Therapy*

1. The intrapsychic impact of family relationships
2. Making contact with the family members
3. Reframing the problems into positive possibilities
4. Appreciating positive intentions
5. Setting individual and family goals
6. The intrapsychic / interactive dance
7. Increasing connection and acceptance
8. Resolving unfinished business and differences
9. Skill development

Day 8 *Family Therapy Family-of-origin Issues in Present Relationships*

1. The role of family-of-origin issues in present family relationships
2. Sculpting family relationships, past and present
3. Transforming and reclaiming resources
4. Resolving unfinished business from the past
5. Integrating changes into the present relationships
6. Skill development

Day 9 *Therapeutic Issues Loss & Grief and Trauma*

1. The intrapsychic nature of loss and grief
2. Healing from loss; resolving grief
3. Reconnecting with Self, other and context
4. The intrapsychic nature of trauma
5. The stages of change: negative and positive
6. Reframing symptoms to solutions
7. Building resources and reconnecting with Self
8. Letting go of helplessness, pain, grief and fear
9. Anchoring empowerment and choice
10. Skill development

Day 10 *The Internal System Therapeutic Parts Party*

1. The philosophical underpinnings of the Parts Party process
2. The fragmented Self: externalizing the internal process
3. The use of metaphor as a change vehicle
4. Transforming internal resources and dynamics
5. Integrating resources into a cohesive whole
6. Review of the Satir Model and integrating learnings
7. Reviewing personal and professional growth
8. Triad work completion
9. Feedback, evaluation and closure
10. Celebration

Sponsored by the Satir Institute of the Pacific



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Program Presented by:



Jennifer Nagel, Registered Clinical Counsellor, MA, RCC has been doing training in the Satir Model with a diversity of groups including therapists, educators, school programs, community groups, at-risk adolescents, therapeutic programs, non-profit organizations and corporate groups. She obtained her Bachelor of Arts Honours degree in Psychology from Queen's University in Kingston, Ontario, and her Master of Arts degree in Counselling Psychology from the University of British Columbia in Vancouver. She has presented many workshops and training programs in Canada, China, and Kenya.

Jennifer is a member of the British Columbia Association for Clinical Counsellors, the International Family Therapy Association, the Virginia Satir Global Network and a Clinical Member of the Satir Institute of the Pacific (SIP). She is the Director of Training for The Satir Institute of the Pacific, a senior trainer and faculty member for the Banmen Satir China Management Centre, and the Director of Training for the Satir Marriage and Family Institute of Africa. Jennifer also works with individuals, couples, families and youth in private practice, and provides clinical supervision to other therapists. She is passionate about teaching Satir Transformational Systemic Therapy programs around the world.

www.jennifernagelcounselling.com



Linda Lucas, Licensed Clinical Professional Counselor, MA, LCPC, has extensive training in Satir Transformational Systemic Therapy. Linda is an enthusiastic, experienced trainer for professionals, teachers, educators, staff and families working with at-risk adolescents, attachment issues, addictions, couples, families, grief and loss, and self-care. She earned her Bachelor of Arts degree in Psychology from Sangamon State University, Springfield, Illinois, USA, and earned a Master of Arts in Human Developmental Counseling at the University of Illinois, Springfield, Illinois, USA.

Linda is President of the Satir Institute of the Pacific, clinical member of the Satir Institute of the Pacific, and a member of the Satir Institute of the Pacific Training Directorate. She is an approved senior trainer and faculty for the Banmen Satir China Management Center. Linda is a member of the Virginia Satir Global Network, the American Counseling Association, and Idaho Counseling Association. She provided Ethics classes for the Idaho Mental Health Counseling Association. Linda provides clinical supervision to addiction agencies, adolescent residential treatment centers, and works with individuals, families couples, and youth. Linda is a licensed clinical certified supervisor for Idaho licensed professional counselors. Linda travels throughout the world conducting Satir Transformational Systemic Therapy workshops and programs.

lindajane89@yahoo.com

Level II - Transformational Systemic Therapy

October 23, 24, 25, 2020, January 15, 16, 17, 2021 and April 15, 16, 17, 18, 2021

Held at CoWorks by Elevate 20627 Fraser Highway, Langley, BC V3A 4G4

Application

Name _____

Address _____

City _____ Province _____ Postal Code _____

Tel. (Res) _____ Tel.(Bus) _____

Tel.(Cell) _____ Email _____

Level 1 Completed (Date) _____

Occupation _____

Employer _____

<u>Fees</u>	<u>before Sept 10</u>	<u>after Sept 10</u>	Full Payment due with application, full refund if not accepted into program
SIP members	\$1400.00	\$1500.00	
Non-members	\$1500.00	\$1600.00	

Cancellation Policy: No refunds after September 25, 2020. Refunds minus a \$100 administration fee before September 25, 2020.

Send Registration Form to:

#201, 20627 Fraser Hwy,
Langley, BC Canada
V3A 4G4



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For Information and other assistance Contact the
Registrar: Cindi Mueller

admin@satirpacific.org

604-546-1539

www.satirpacific.org