



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

We are all experiencing the effects of the spread of COVID-19 as it changes many aspects of our daily activities and of course it is affecting the Satir Institute of the Pacific. Many of us are experiencing concerns about our own health, the health of our loved ones, our jobs, our homes, our financial situation, our food and medical supplies and our social connections, etc. We also have more time on our hands free from the usual daily tasks. What it is not changing for us are the gifts and insights into the human experience that we have received from Virginia Satir and our understanding of the Satir Model as it has developed. The challenge in these difficult times is to continue to let these gifts shine forth as a bastion of light and authenticity in our behavior towards ourselves, those close to us and the wider community.

After the AGM on March 7th your Board of Directors for 2020/21 consists of Michael Callaghan (President), Tonda Chin (Treasurer), Linda Lucas (Secretary), Tricia Antoniuk (Director of Training), Corrinna Douglas, Madeleine DeLittle (Research Chair), Amanda Poffenberger, and Shyann Vosper. There is one vacant Director Position on the Board for a one year term, which we would like to fill.

We were hoping to meet together for our first meeting of the new Board at the Board Retreat scheduled for the beginning of April. This has now been cancelled due to the Covid-19 outbreak. We have put on hold all 'Introduction to the Satir Model' sessions planned for April and May and also the 'Forgiveness Workshop' also due to take place in May. We are giving full refunds.

At the moment we are still hoping to hold our two residential workshops, the 'Applications Workshop' in July and the Level 1 in August. I would encourage those of you who are interested in attending these events to contact Cindi, our administrator, and either register or state your interest if they go ahead. In the event of cancellation we will give full refunds to those who have paid.

Fireside Chat hosts might like to set up Zoom meetings so that participants can see each other, check in, connect and support each other during this period when we cannot meet face to face. This can be arranged through Cindi using SIP's subscription to Zoom.

Cindi is now working from home and has the office computer with her as CoWorks has closed for the time being. She will return emails or messages left on the office telephone number.

Obviously as a Non-Profit Society and registered Charity, largely dependent on our income from Training Programs, Membership dues, Book and DVD sales, there are financial concerns. I would like to assure members that from my perspective, although our funds are limited, the Institute has reserves which should be sufficient to carry us through this period.

This is a challenging time for the Institute and all of us at a personal level. I hope you all stay healthy and know that we and our wider communities all have the resilience to go through this change process and come out stronger when it is over.



Michael Callaghan
Current President
Satir Institute of the Pacific

Letter From the Editor

Hello SIP members, friend and colleagues

This will be my last wisdom box newsletter with you as I step down from my position as Director of Membership and thus the “temporary” wisdom box editor. It has been an honor to serve you all over the past 3 years in this position. I have heard positive feedback from you about my contributions here and I thank you for that. I look forward to new creative and inspirational contributions from others as I continue my membership with SIP but step back from this role.

This issue is a little different than usual in light of the current health concerns around the world, as many of our in person programs and events have been cancelled. I want to send light and love to everyone as we all stay connected in heart and in mind. Blessings to you all in the form of peace, good health, and hope in these unprecedented times

May you all be safe
May you all be happy
May you all be healthy
May you all feel connected.



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

We would love to hear about what you are doing. So please continue to send 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! Teresa McLellan MACP RCC

Board Members 2020/21

President - Michael Callaghan, RTC

Secretary – Linda Lucas, MA, LCPC

Treasurer – Tonda Chin, MS, LPC, RCC

Director of Training – Tricia Antoniuk

Director of Membership - TBA

Director of Marketing—TBA

Directors at Large:

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

Shyann Vosper , MEd RCC

Corrinna Douglas, MACP, RCC

Amanda Poffenberger, MA, LMHC

Wisdom Box Editor - TBA

Can we pause for
a
Moment
of
Silence...

For all who may be struggling right now?

News From the Board

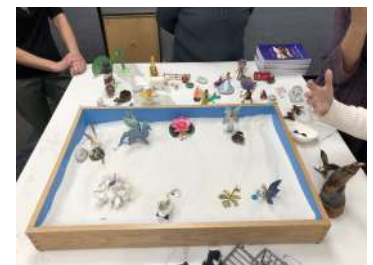
The Satir Institute of the Pacific held their Annual General Meeting Saturday March 7 at CoWorks in Langley. It was the first to also have members join by Zoom. Thanks to all who participated



This year there have been a number of vacancies on the Board and the seven current members who have volunteered their time, skills and resources to carry the Institute forward deserve special thanks together with Cindi Mueller, our Administrator. In the coming year we will miss Jennifer Nagel as Director of Training, and Teresa McLellan as Director of Membership, who are retiring as Board Directors. Jennifer will remain active in a Training capacity for the Institute and Teresa has offered to complete this issue of the Wisdom Box. Tricia Antoniuk, Corrinna Douglas and Madeleine DeLittle have returned to the board with three-year terms and Amanda Poffenberger, our newest addition, is joining SIP with a one year term. These wonderful individuals will be joining Michael Callaghan, Tonda Chin, Linda Lucas and Shyann Vosper whose terms continue as your Board of Directors for 2020/2021. There still remains a vacancy for a one-year term which we would like to fill.

Congratulations to Michael Callaghan on being elected President while Linda Lucas moves to Secretary and Tonda Chin remains the Treasurer for another year.

Thanks to Madeleine for a presentation of Neuroscience in the Sand Tray with all the most current research supporting the Satir Model.



Training News

NEW Director of Training: Tricia Antoniuk



Let's welcome Tricia as our new Director of Training

Another major change currently underway is in the mandate of the Training Director. Although Jennifer Nagel, our Training Director for the last 3 years, has been supported by an active and effective training committee, it has become obvious that the role and range of responsibilities of this position is too much for one person. The training committee is proposing a new division of responsibilities to take effect immediately, which we hope will move SIP forward to become more efficient and effective in enhancing the Training Programs, provide more consistent follow-up supervision opportunities, and add focus to the development of much needed new written and electronic resources.

This New Restructuring of the SIP Training Department includes:

♦ Director of Training

Oversee, assist and advise the training committee and other training directors below

♦ Resources

Organize and oversee resource development for training, marketing and institute purposes

♦ Programs

Organize and coordinate training programs (budgets, contracts, venues, etc)

♦ Trainer Development

Develop and oversee human resources. mentoring, supervision and certification

Let us know what you think, if you have any recommendations or are interested in being a part of this new development. We welcome your input!

Currently Scheduled 2020 Training Programs

In these uncharted waters of the COVID-19, we will be monitoring all our programs and whether it is safe to hold them. At this time, we have already decided to postpone our Intro Sessions on April 8, 30th and May 2, 4, 6th and our Forgiveness workshop May 30, 31. As things continue to change on a daily basis, decisions will be made later as to when it is possible to run these programs.

At this time we will continue to take registrations for our summer intensive programs but will refund full payment or deposit if we need to cancel the event. If you are registered and have any concerns about attending, please let us know and we will do our best to either alleviate your concerns or refund your money. If you are considering taking these programs but waiting to decide please forward your interest to Cindi at admin@satirpacific.org so we can keep track of those who are considering it.

SUMMER RESIDENTIAL PROGRAMS

Advanced Applications of STST: Intensive

July 16 - 24

At Bethlehem Retreat Centre, Nanaimo BC

Facilitated by Linda Lucas and Jennifer Nagel



Level 1 STST Intensive

August 10 - 20

Also held at Bethlehem Retreat Centre, Nanaimo BC

Facilitated by Linda Lucas and assisted by Tricia Antoniuk

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



MORE Training Programs

2020 FALL PROGRAMS

Level 1 STST

September 19, 20, October 17 - 18, November 21 - 22, January 30 - 31, 2021, March 6 - 7, 2021

Held at Langley - Co-Works

Trainer: Jennifer Nagel and assisted by Corrinna Douglas

Yoga, Trauma and the Satir Model

October 23 - 25

Held at Langley - Co-Works

Trainers: Danielle Braun-Kauffman and Carolyn Goossen



Level 2 STST

October 2020 - April 2021

Phase 1: October 23 - 25, 2020 Phase 2: January 15 - 17, 2021 Phase 3: April 15 - 18, 2021

Held at Langley - Co-Works

Trainers: Linda Lucas and Jennifer Nagel

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



Call for Volunteers

The institute is always looking for volunteers with special gifts and talents. If you have some free time and would like to help up out on some projects, please contact Cindi at 604-546-1539 or email to admin@satirpacific.org. Below are some examples of things that are currently needed ...

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.

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.

Library: this volunteer would document and categorize the materials we currently have in the office available for members, possibly even developing a usable system for access and distribution

MEMBERSHIP NEWS

Hello to all you amazing and wonderful SIP members.

This will be my last wisdom box newsletter with you as I step down from my position as Director of Membership and thus the “temporary” wisdom box editor. It has been an honor to create this document with all you wonderful people in mind, working hard to share the spirit of SIP and create a welcoming, supportive community over the past 3 years.

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 as friends, peers and colleagues. As many of these in person gatherings cannot be held right now, we encourage any of you to organize an online meeting

Continue to let SIP know if you have news to share. WE would love to hear from you.

Sincerely

Teresa McLellan MAC RCC

Satir Institute of the Pacific

Office: 604-546-1539

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



satir institute
of the pacific

More Membership News

SIP usually hosts 4 different community gatherings for our members. We have a large group of people on Vancouver Island who have met twice a year at different locations in Victoria and Cowichan. We also have had a smaller Kamloops group. For more information please contact Corinna Douglas at 1-250-299-4197 or corrinna@cordiscovery.ca. The last in person gathering in the Fraser Valley had been held in Fort Langley. Please contact Tricia Antoniuk at tricia@antoniukcounselling.ca for more information. Recently we have also added an online version of these “fireside chats” to connect with our members around the world. We have been using Zoom technology to videochat so have been keeping our numbers limited while we experiment with this format.

Thank you to all who have consistently hosted these informal gatherings and made connecting in person possible. We encourage you to continue meeting online where possible.

If you are interested in hosting an online meeting for SIP members or anybody interested in learning more about the work that we do, please contact Cindi Mueller, our Administrative Assistant, at admin@satirpacific.org

Let's Stay Connected!





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

INTERNATIONAL NEWS

Using Satir & Ba Duan Jin to Help People in Lockdown Period to Experience Inner Harmony and Health Author: Lisa Shar

When I write this article, I am continuously staying at home to contribute my effort to stop the spread of novel Coronavirus as other normal Wuhan citizens do. In the past 50 days we have experienced lots of chaos we have no experience before. We suddenly shift our attention from enjoying Happy Spring Festival to fighting with novel Coronavirus outbreak. Our emotions like the roller coaster, fast up and down, which also like the ocean waves, layers over layers, very complicated. Most of the people hold the fear, anxiety, sadness, anger, helplessness, tiredness, loneliness in their body...

In this disease crisis, many people need help, many people/organizations offer the voluntary help. I asked myself, "what can I do to help people to live happier and healthier in this crisis if I can offer some help? I have a sense that people need more simple and easier way to do and experience the quick effect. I remember the famous words from Chinese medicine, "Strengthen the healthy Qi then eliminate pathogenic Qi". In China we have a very famous traditional movements for health, called Ba Duan Jin, which has simple steps and is easy for people to practice. Many Chinese know it and also practice it, however most people practise it as general broadcast gymnastics. Actually, it is simple and profound. It's not only to exercise the muscles, but also the organs, inner body systems, Qi and beyond. The meaning of Qi is similar as word "life force energy" in Satir. I have already practiced Ba Duan Jin integrated with Satir and experienced physically and mentally well. Can I try the online training to lead Ba Duan Jin integrated with Satir to help people to get beneficial to their physical and mental health?

With my family's support I started to lead online training at home since Feb 20th, 2020. 2 courses a day, half hour each. I absolutely know that this is not closed learning/practice group, because people who want to join to practice are welcomed. And people can make their own choices to join the practice or not at any time. They are responsible for themselves. People can join with Satir or Ba Duan Jin background or without. The core of this program is to help people to come back to their center, to the present, to connect with their own life force energy through accepting their body movements, emotions and other parts of iceberg. Using Satir is really very helpful for people to connect the life force in Ba Duan Jin practice. Every practice we started from connection, greeting by my voice, responding by the words from participants. People are invited by preparing their physical space to make sure their exercise space is available and safe, preparing their non-physical space including they may see some movements from family members or hear some sound during their practice, just being aware instead of being triggered, preparing their body to experience stable as a tree, grounded and also relaxed, preparing their inner self, willing to take this 30 minutes to love themselves fully. The 30 minutes including connection and preparation, standing meditation with dynamic themes, then practicing Ba Duan Jin movements. The meditation part is mainly about breathing practice, connecting with inner light, experiencing the exist healthy energy, making choice about taking in and letting go, experiencing trust within and trust between, appreciating family members, Preparing for the hope/new life... During the practice of Ba Duan Jin movements, people are invited to experience coming back to the center, preparing for next step with accepting, being curious about the changes of the body including muscles, organs and energy, enjoying the loving movements instead of focusing on the limbs movements, experiencing the rhythm of body movements and the beauty of movements in the home context, anchoring many kinds of beautiful energies from universe to Dan Tian...

The health practice is still continuing, many people including my family members participate 1 or 2 times a day, they told me through their verbal or non-verbal expressions. Their stress/anxiety, body and emotional pain have been reduced a lot. They feel more stable and grounded, have more inner peace and experience their body becoming more flexible and lighter. They are beginning to use to and love the ending words.

I am lovable! I am unique! I love myself!

Happy Family • Happy Life

“Happy Family • Happy Life Advanced Forum” was held successfully in Hangzhou Satir Center (Karl (Wang Qiang), the founder of Hangzhou Satir Center, China)

November 20-24, 2019, Hangzhou, the "Happy Family • Happy Life Advanced Forum " was held successfully under the lead of the International Satir family therapist Dr. John Banmen. He was invited by Karl (Wang Qiang), the founder of Hangzhou Satir Center, and warmly welcomed by nearly 200 participants.

During the five-day workshop, by regarding "happiness" as the core, Dr. Banmen started from personal internal growth, then went deep into the improvement of interpersonal relationships such as parent-child relationship, husband-wife relationship, mother-in-law daughter-in-law relationship and colleague relationship, to achieve the ultimate ideal of family happiness and social harmony.

During the workshop, Dr. Banmen interviewed couples, teenagers and sisters respectively. The best part in this five-day workshop is when Dr. Banmen invited 10 couples to join a group therapy workshop together. Through deep interviews, Dr. Banmen connected each couple's inner desire, helped these husbands and wives to gain more awareness of themselves and their companions. This is also a good couple interview example he showed to all the other students, which would lead more couples and families to the way to happiness.

Dr. Banmen also cares a lot about everyone's learning and growth. When he saw the teaching assistant team is learning and sharing with each other, he is always willing to joining the team, listening to their sharing, giving them care, support and love.

Photo 1. Dr. Banmen with
Karl (Wang Qiang), the
founder of the Hangzhou
Satir Center





Photo 2. A teacher full of care, love and compassion. Photo 3. Dr. Banmen is holding a group therapy workshop for 10 couples.



Photo 4. Dr. Banmen with all workshop participants.



Photo 5. Dr. Banmen and the teaching assistant team.



Photo 6. Dr. Banmen is listening to teaching assistant team's sharing.



Photo 7. Dr. Banmen is signing on an Iceberg Model Poster for his students.

"My Honor"

Author: Xiaolan Ma Translator: Lisa Shar

In the afternoon,
A beam of light shone into my heart,
It was warm, warming my heart,
So hot, so persistent,
Melt my 40-year frozen ICE,
This beam of light turned into hot blood,
Penetrated all the cells,
Suddenly, my tears ran down,
My body and mind released,
I grow again!

~ ~ ~

Be grateful for the meeting of lives,
Be grateful you and myself!

Xiaolan Ma is a student of Satir Transformational Systemic Therapy level One led by Linda Lucas in Hangzhou, China. She was a star and joined a deep transformational process in phase 2 in Dec 2019. She continued her process in same night and wrote the poem "My honor" with great gratitude.

Neuroscience and Satir in the Sand Tray News (NSST)

Dr Madeleine De Little

In a nut shell, NSST takes the Satir model and applies it to children and adults by using TST through the third party of figurines in a sand tray. As research is clearly telling us now, we cannot transform trauma through talking about it. We have to use the embodied right brain and creativity to access the sequestered



Figure 1 A participant looking to see which figurines are "asking to be picked"

parts of us that have become dissociated because of trauma

Although I started to develop this approach 20 years ago it is only in the last five years has it become popular with psychiatrists, pediatricians, therapists, child psychologists in a number of countries in the world and here at home in Canada

So, who better to train than the Adolescent Day Treatment team (ADTP) at Surrey Memorial Hospital along with some staff from the Suicide Prevention Education and Counselling team (SPEAC); the staff at the Phoenix Drug & Alcohol Recovery & Education Society in Surrey, and the British Columbia Play Therapy Association (BCPTA). It was an absolute privilege to work with all of these front line workers who work everyday with clients who are trying to cope the best way that they can, but which has in the past (and for some in the present) almost killed them.

It was so lovely to return to Phoenix Centre where the Satir Institute of the Pacific (SIP) had an office there for ten years. Many of you will have attended your Level 1, 2 trainings and a variety of workshops there. (of note the room where we mostly did the trainings was being used as a shelter from the freezing temperatures for 30 homeless folks, so this NSST training was carried out in the basement). The dedication that the Phoenix staff have to their residents is very impressive. There is a commitment from the staff that goes beyond their various roles and duties.

The ADTP team and SPEAC, all came to the Fort Playroom and spent the 2 days learning how to help the 'shutdown adolescents' that come to the unit express the internal world through the metaphors of the figurines. Our very own Denise Wynne from SIP set this up and they now have a sand tray and figurines on the unit.



Figure 2 Phoenix Centre Staff learning how to use the sand tray so they can use it with their clients

Neuroscience and Satir in the Sand Tray News (NSST)

Dr Madeleine De Little (con't)

The BCPTA was held at UBC Robson Square but unfortunately it was in the theatre. So, we had to set up 14 sand trays on the sides of the auditorium. The participants were uncomfortable sitting on carpeted steps but in no way did it deter them from experiencing the power of accessing the images of the embodied mind through the vehicle of the figurines. The BCPTA board were absolutely wonderful in the organising, supporting me and meeting all my expectations.

Then I went to China to continue with the last five days of the first phase of the NSST certificate program . Well I never actually got there of course, as the co-ordinator had to cancel it due to the COVID-19 and the subsequent restricted movement within the country. Our holiday in Bali was to follow the teaching in China, before continuing on to Singapore to work with Anna Low's NSST committee and do further training. So, we left for Bali, which of note is a very long way. To get there we had to go through Hong Kong which was a sea of face masks even then at the beginning of February. Two days into enjoying the sounds and sights of the jungles of Bali, we heard that our Singapore workshop was cancelled due to them not being allowed to meet in large groups. So, we came home again via Australia to avoid most of the impacted areas. I have been talking to the organisers and participants in both countries and they are holding up. In China with John Banmen and Julia's help, they have created a public welfare project of "There's no emotion in the epidemic, but there's emotion in people; psychological assistance gives real feelings". They provide, says Ada from Chongqing, "the first-line medical staff, police, social workers, and people in isolation at home with love, companionship and support of decompression. In this public welfare project, there are: daily meditation, reading together, daily practice, online courses and other written works, audio courses, real-time live broadcast, community interaction and other forms of guidance, hoping that more people will experience happier, healthier and more successful using the Satir model."

We might need more of this as the nervous systems of the planet heighten.

Hopefully in June as the virus recedes, I will present "The Neuroscience Behind What Virginia Satir knew Intuitively" at the European Satir Conference in Bratislava in Slovakia. (This is the same presentation that I gave at the SIP AGM in March, 2020). Amongst those presenting you may know from Canada and the USA: John Banmen, Jennifer Nagel, Sharon Loeschen, Steven Buckbee and Walter Zand and probably others that I will meet up with when I arrive. This is a huge undertaking by all the wonderful committed members of the board of the Inštitút Virginie Satirovej, Slovakia. I will report back to all you readers on this wonderful time on the banks of the Danube.

Until then, wash your hands and love each other (not necessarily in that order)



The conference is held in collaboration
with the STEP Academy



HOME

INFORMATION

REGISTRATION

PROGRAMME ▾

ACCOMMODATION

PARTNERS

SATIR IN EUROPE

From symptom to healthy balance within, between and among

June 10 – 12, 2020

hotel Bratislava Seberinovo 9, 821 03 Bratislava, Slovak Republic

POSTPONED

HONORARY PRESIDENT OF THE CONFERENCE

Dr. John Banmen, R. Psych., RMFT, Canada

DIRECTOR OF THE CONFERENCE

PhDr. Hana Ščibranyová, Slovak republic

INVITED GUEST SPEAKERS

Sharon Loeschen, MSC, LSCW, USA

Dr. John Banmen, R. Psych., RMFT, Canada

Prof. Walter F. Zahnd, USA

Steven Buckbee, LMSW, LPC, USA

Michael Dupont, LMSW, LPC, USA

Dr. Madeleine De Little, PhD, RTC, MTC, RCS, Canada

For registration or more information check out the website [https://
www.satirineurope.com/en/information/](https://www.satirineurope.com/en/information/)



International Human Learning Resources Network

IHLRN

SAVE THE DATE

**INTERNATIONAL HUMAN LEARNING RESOURCES NETWORK
2020 CONFERENCE**



For more information please check out their website at www.ihlrn.org or [click here](#)
or or contact Conference Coordinator M.A. Bjarkman at mabahp@aol.com



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

Other Satir-Related Technological Resources

Where Words Can't Reach: Shedding Light on our Dark Side Voice America Empowerment Channel Radio Show



Not only is the host one of our own members Dr Madeleine Delittle but many of her guests are also members. Click below to learn more about shame with Madeleine, Danielle Braun-Kaufman, Sharon Loeschen and Teresa McLellan plus many others

<https://www.voiceamerica.com/show/3908/where-words-cant-reach-shedding-light-on-our-dark-side>

The Self Connection Podcast with Sharon Loeschen & Tim Sitt

This is a podcast about personal transformation as it relates to mental, physical and spiritual well-being. The conversations are inspired by the work of Virginia Satir, the famous family therapist. Again many speakers or guests on this show are long time members of SIP or VSGN.

Check out these great episodes below:

<https://www.freedomtomovegroup.com/tscp>



EVEN MORE Resources

Substance Use Disorders. Process Use Disorders. Mental Health Disorders. 'The Satir Model' can help!



Jim Edwards, a long time spiritual guru, counselor with Edgewood, and member of The Satir Institute of the Pacific shares how he has used the 'Personal Iceberg Metaphor' of 'The Satir Model' to help him and many of his patients navigate the seas of recovery.

Click [here](#) to access the video

If you are interested in more resources about Addiction and the Satir Model, check out **THE ADDICTED MIND** podcast by VSGN member Duane Osterlind with some of our other SIP members Teresa McLellan, Stephen Buckbee and Tim Sitt



<https://theaddictedmind.com/episode-3-the-journey-from-addiction-to-connection/>

<https://theaddictedmind.com/episode-7-the-satir-model-and-addiction-with-steven-buckbee/>

<https://theaddictedmind.com/episode-66-creating-positive-self-connection-with-tim-sitt/>

APPRECIATIONS



THANK YOU
Virginia!



DID YOU KNOW

that members can advertise for free in this newsletter. This includes professional related items such as office rentals, items for sale, equipment needs, supervision etc. However, we do reserve the right to not publish any article or advertisement that is not in keeping with the tenets of the Satir Model. Please forward any brief personal advertisements via e-mail attachment (in Word for Windows format) for the Editor at 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: innerchange@shaw.ca or visit www.innerchange.ca

Employment Opportunity

ASSOCIATE WANTED: SOUTH SURREY BC Bonnie Mason & Associates Counselling Inc.

Bonnie Mason & Associates Counselling Inc. has been in operation since 1999 and continues to expand. Currently we are seeking part time associate(s) to join a well respected, compassionate, ethical and highly competent team of therapists. The practice services individuals, couples, adolescents and children. This is a contract - based associate position starting part-time 1-2 days per week for 10-15 clients that can grow into full time. Associates fees are 70/30 in the favour of the therapist. The position will mostly involve services

provided for children ages (4-12) and adolescents. The position may involve some adult work. Hours have some flexibility, given the position involves children and teens after school hours and some Saturdays may be required. This is an excellent opportunity to join a solid practice and expand your skills in an environment that prompts wellness and growth.

EXPECTATIONS OF CANDIDATES:

- Master's level professional designation with membership and current liability insurance
- Registered Clinical Counsellor, Registered Marriage & Family Therapist, Registered Play Therapist or Master's Level Social Worker
- Work experience and volunteer experience in counselling will all be considered.
- Strong ethical awareness
- Ability to work independently as well as working as part of a clinical team
- Experience with diverse populations and a range of therapeutic issues, which may involve:
 - trauma, anxiety, depression, separation & divorce, behavioral issues, parenting concerns and developmental issues. EMDR training with children would be an excellent asset to bring to the clients of the practice but not necessary in order to apply.
- Participation in ongoing professional development and clinical supervision
- Direct training in play therapy
- As a member of the counselling team you will be provided with support/consultation

CONTACT INFORMATION:

Please forward a statement of interest and CV to Bonnie Mason & Associates Counselling Inc. Via: e-mail to bonniemason99@shaw.ca. The ideal candidate for the position is someone who is interested in a long term associate relationship with the practice.

Please visit www.bonniemasoncounselling.ca for details on the practice. Applications will be received until the position is filled.

Thank You, Bonnie Mason, MA, RCC, RMFT Clinical Member & Approved Supervisor

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 at 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



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SEE YOU NEXT TIME