

Spring  
2021

# WISDOM BOX

The Satir  
Institute of  
the Pacific

*Newsletter*

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## IN VIRGINIA'S WORDS

- We must not allow other people's limited perceptions to define us.
- Problems are not the problem; coping is the problem.
- Adolescents are not monsters. They are just people trying to learn how to make it among the adults in the world, who are probably not so sure themselves.
- So much is asked of parents, and so little is given.

# PRESIDENT'S MESSAGE

## 2021/22 Satir Board Members

Michal Callahan: President  
Tonda Chin: Secretary  
Tricia Antoniuk: Training Director  
Shyann Vosper: Membership Secretary  
Madeleine De Little: Research Chair  
Corrinna Douglas: Member at Large  
Frankie Lee: Member at Large  
Linda Lucas: Member at Large  
Amanda Poffenberger: Member at Large



Those of you who attended our first and hopefully last pandemic AGM, as well as those who received the written reports, will know how hard many members have worked to not only maintain the viability of the Institute but also to explore new directions and expand new ways to fulfill the Institute's purposes.

In some ways, COVID can be seen as a gift. It has forced us to develop new online core programs like the Foundations Part 1 and upcoming Part 2 Programs, as well as shorter online programs. I would like to thank all involved in making this happen, particularly our trainers who have worked extremely hard to develop and deliver these programs. These have proved to be successful in attracting people who would probably be unable to attend our regular in-person events but have raised questions about the need, value, and centrality for in-person connections in our training.

As we watch videos and learn from Virginia Satir, we see that personal connection at many levels is at the heart of her interactions with others. The challenge for the Institute continues to be, how can we keep those many levels of personal connection alive, when physical isolation and distancing remain a priority. As we approach our second year of doing things differently, we are hopeful that, in the not too distant future, we will be able to meet again in person for training, Fireside Chats, other events, and day-to-day social interactions. (Continued on page 3)



**The president's message continued...**

At the recent Annual General Meeting, important changes were made to our membership structure and criteria. The need for change has been apparent for some time and became particularly evident during the pandemic as more people connected with the Institute but did not qualify for membership. The objective of the new category of General Membership is to make membership more accessible to those who support the purposes of the Institute and would like to become more involved. Members may then choose to become eligible as Professional or Clinical members by taking training, including Level 2.

I would like to mention some changes to the Board: Frankie Lee, a long term SIP member, has been elected as a welcome addition to the Board; Tonda Chin has stepped down after four years as Treasurer and is our new Secretary; Linda Lucas has taken on the vacant role of Program Director; Madeleine DeLittle, after a break of some years, has again taken on the role of Wisdom Box Editor; the positions of Treasurer and Resource Director remain unfilled at present.

There are always opportunities for members to contribute in many formal and informal ways to the success of the Institute. The Institute depends on individual members stepping forward and offering their particular talents in large or small ways to the running of your Institute. Actively contributing to the success of your institute and the wider Satir community brings many unexpected connections and rewards.

Michael Callaghan, President

**The richness of experience that the President of SIP, \_**  
**Michael Callaghan brings to the board**

Two themes have been intertwined during my professional career initially in the UK from the late sixties to the early eighties and then later in Canada. The first has been as a counsellor, the second is involvement in the management of charitable organizations. In the UK in various positions in the Inner London Probation Service and a Social Service Department, I worked with children and adults coming through the courts, prisons, mental health, and child care systems. The second was my involvement as a Board Member in the management of a number of charitable organizations providing halfway houses for ex-offenders. This enabled me to develop a relationship with Broadmoor, one of the two or three secure Special Hospitals in the UK for the criminally insane, and supervise and assist a handful of serious offenders reintegrate into the community after more than a decade of confinement in a closed community. (continued on page 4)

Continued from page 3...

Among the books, I brought with me to Canada were by William Glasser and Virginia Satir. Their significance would emerge later. I ran a halfway house for four and a half years for the John Howard Society for Federal Day Parolees. While there I began to study Reality Therapy. I then moved into the field of addictions with the provincial government, first as a counsellor in a detox facility, then as an Area Manager in the Fraser Valley. One day I had a phone call from Michael Wilson who wanted advice about a crisis at a small support recovery house in Surrey. I suggested he call it Phoenix, a symbol of rising from the ashes. It flourished and eventually, he built the first of two new buildings where for over ten years SIP had its first office. My last six years with Alcohol and Drug Program were spent at the central office in Victoria as a Program Consultant. In the mid-nineties, I also managed some fifty contracts with agencies providing Needle Exchanges and HIV/AIDS Programs around the Province.

My involvement with Satir began in 1989 when William Glasser spoke at UBC about Reality Therapy and Control Theory in the morning and John Banmen gave a talk about Virginia Satir's work in the afternoon. Shortly afterward John, a former President of the Reality Therapy Association of BC (RTABC), began offering what has become Satir Level 1 and 2 under the auspices of RTABC. I took these courses and later became an intern in some of them. I was also fortunate to be able to go to Crested Butte for a Chemical Dependency workshop, the last year Avanta held courses there. I also went to several Family Reconstructions hosted by Avanta and various other presentations including the first Advanced Training week held in Bellingham. I found the Satir Model particularly effective in my work as a counsellor in Detox and used it in different ways in my later roles.

I became a Board Member of the North West Satir Institute and then a Board Member of Avanta (now VSGN). While President of the North West Satir Institute, it was decided that the members living in BC would separate from those in Washington State and form our own Satir Institute. Thus the Satir Institute of the Pacific was born in 1998 and I had the honour of being its first President. Gradually I saw the role of the SIP Board of Directors was to provide a multi-faceted vehicle for bringing people together to experience, learn, teach, provide resources, and develop the Satir Model in BC and beyond. Over the next twenty years, members of the Satir Institute of the Pacific have become the major source in the development and provision of training in Satir Transformational Systemic Therapy around the world.

**Michael Callaghan President, Satir Institute**

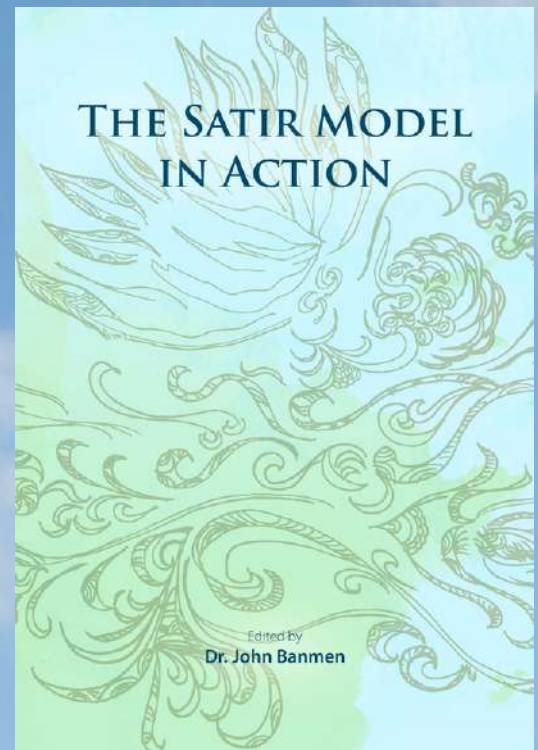


A new book is born:

"The Satir Model in Action"

A collection of Satir Journal Articles

Edited by John Banmen



## LETTER FROM THE EDITOR

Dear Satir Institute of the Pacific (SIP) Community of Support,

Ten years ago I was the editor of the Wisdom Box. Again I return to taking on the task of connecting all of you to each other. Times have changed as I am now able to embed videos and mp3 audios of our members all over the world. I want to thank all the contributors in this edition: John Banmen, Tricia Antoniuk, Michael Callahan, and Shyann Vosper, and Wendy Lum. Please do send me feedback, articles, and reflections to [mdelittle@gmail.com](mailto:mdelittle@gmail.com)  
Madeleine De Little, Editor of the Wisdom Box



# MEMBERSHIP NEWS

We are excited to launch our new Satir Institute of the Pacific Membership structure that was voted on and approved at our AGM this past March 2021. The catalyst behind the changes was a desire to cultivate an even more inclusive membership structure while maintaining the requirement for Satir training in the Professional and Clinical membership categories. Moving forward our membership categories will be as follows:

**General Membership:** open to individuals who participate in Introductory sessions, Community Support Meetings, Workplace workshops, Special Events and Training Programs of less than 120 hours, organizations or members of the general public who support the Vision and Mission statements of SIP.

(Annual Fee: \$30.00 CAD)

**Professional Membership:** open to those who have completed 120 hours of approved Satir Training including SIP's Level 2 or equivalent training from other Satir Institutes.

(Annual Fee: \$60.00 CAD)

**Clinical Membership:** open to those who have completed 120 hours of approved Satir Training including SIP's Level 2 or equivalent training from other Satir Institutes. Additionally, a graduate degree and membership of a Professional organization are required.

(Annual Fee: \$100.00 CAD)

We are hopeful that with these changes we will continue to grow our membership; welcoming new and returning members to engage with each other as part of the SIP Community.

If you have any questions or would like to learn more about the benefits of membership: Visit: [satirpacific.org/](http://satirpacific.org/) Or Contact: Shyann Vosper ([Shyann.vosper@gmail.com](mailto:Shyann.vosper@gmail.com)) or Cindi Mueller ([admin@satirpacific.org](mailto:admin@satirpacific.org))

## SIP'S Mision 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.





# MORE SATIR RELATED RESOURCES

*Visit:*

<https://satirpacific.org/online-links/>  
and you tube

## *Meditations*



## *Interviews*



## *Teachings*



**Also... Buy past issues of the Satir Journal**

**Order any three Journals for \$20 includes shipping**



## **Upcoming Trainings**

**For program descriptions visit:**

[satirpacific.org](http://satirpacific.org)

### **A Spiritual Solution for the Pain of Anxiety and Depression**

May 14, 21 & 28, 2021

Anne Morrison & Linda Lucas

Offered online

### **Introduction to STST**

June 19, 2021

Linda Lucas & Anne Morrison

Offered online

### **Foundations Part 2**

August 28-29; September 25-26; October 23-24; November 20-21, and December 11-12, 2021

Jennifer Nagel & Linda Lucas

Offered online

### **Introduction to STST**

September 11, 2021

Jennifer Nagel & Tricia Antoniuk

Offered online

### **Foundations Part 1**

October 15,16; November 5,6; December 3,4, 2021; January 14,15; February 11,12, 2022

Linda Lucas & Anne Morrison

Offered online



## The Question Corner by John Banmen

Socrates, our Greek philosopher, years ago would spend much time asking people questions. Virginia Satir, a direct descendant of Socrates, according to my narrative, would also often ask countless questions. Why not keep the tradition alive and allow me to ask some questions too.

Questions like “Who Are You?” Or “ How do you experience yourself right now?” Would you answer from a sensory perspective? From a feeling/ emotional perspective? From a cognitive perspective? Could you answer the question holistically? What if I want my answer to come from a spiritual perspective? When I ask myself “how do I experience myself, it gets a little complex. Who is the “ I “ who is experiencing myself? Who is having all these experiences like depression, anxiety, fear, anger? Can and will “ I”, whoever I am, take charge of my experiences?... One more question, how does the Satir Model answer these questions in the present? See you next time with my new set of questions.

John Banmen



## **Research into the Satir Model**

We are carrying out a research pilot study. 20 therapists who primarily use the Satir Model in therapy in English are currently asking their adult clients to fill out the pre and post-surveys as to the changes they (the client) have experienced due to their counselling. These surveys are anonymous and there is no reference to the name of the therapist. The results of the survey will be analyzed in August. The full survey will begin in the fall of 2021 with more therapists.

Once this adult client survey is completed in 2022 we will roll out another survey for the parents of children who receive counselling primarily based on the Satir Model. If you would like to be involved in having your adult or parents of your child clients be part of this survey please contact our Research Chair: Dr.Madeleine De Little, [mdelittle@gmail.com](mailto:mdelittle@gmail.com)





## Vancouver Island Satir Winter Gathering



Welcome to 2021! On January 16, 2021, we had the pleasure of connecting through Zoom during COVID social isolation restrictions. In attendance were Anita, Barb, Diane, Judi, Julie, Leslie, Maxine, Mary, and Wendy. Wendy offered a meditation for reflecting upon hibernation, stillness, quietness, spaciousness, serenity, freshness beauty, magical moments, and nature imagery. Individuals shared their lives, experiences and time flew by!

Here are comments from some of our participants. "Great connection and grounding." "The Winter Satir Vancouver Island gathering warmed my spirit! We shared our experiences of living during the time of COVID, we listened to a poem, we celebrated with a song (thanks Maxine!), and offered reflections on the work of Virginia Satir. Listening and learning from this wonderful gathering of folks left me feeling refreshed and renewed." "I was amazed at how intimate our discussions were." "It was refreshing to share deep authenticity, support, caring, and genuine warmth."

## Vancouver Island Satir Winter Gathering... continued from page 10

Taking time to gather, sharing our individual experiences through our Satir lens, and building community is a truly worthy offering. We are holding one Vancouver Island gathering per season each year, so only four chances to connect in this wonderful way!!!

What seeds were planted in the fall or winter, and now are beginning to bloom? What is springing up for you as the flowers begin to rise up? What senses will you tune into in order to expand your sense of aliveness, clarity, and presence? How can you bring more light into your lives? How will you nurture your soul and spirit as longer days are upon us? Bring your reflections, thoughts, memories, or moments to sharing, poems, and announcements!!!!

Look forward to connecting!!!

Anne and Wendy

### The Vancouver Island Satir **Spring** Gathering

The Vancouver Island Satir spring gathering met on Saturday, April 10 through Zoom. Anne and Wendy hosted. In attendance: Anita, Donna, Julie, Leslie, Maxine, Leona, Mary. We had a wonderful gathering; experienced a spring meditation, and warm, thoughtful sharing. Our photo above shows each of us caught in deep in thought! Our group comments in reflection:

“A breath of Spring, expanding, warm and nourishing”, “ I am safe here.” “These gatherings have been especially appreciated during COVID. The ease of meeting by zoom is also welcome, as no matter where it is held, I normally have to drive close to an hour one way.” “Standing in the midst of mighty trees, no more need to hide to feel safe, I am safe, and connected.” “A gathering of kindred spirits in a sacred virtual space. I felt deeply connected to the wise women who attended and grateful to be guided by Virginia's work. Thank you, Anne and Wendy!” “A feeling of coming home.”

We look forward to our Vancouver Island Satir Summer gathering; Saturday, July 10 from 9:30 - 11:00 am. Hold that day, join us in community **and receive some personal nurturing and friendship!**



# Interviewing Our Satir Elders

SIP would like to invite a few of you to connect with and interview some of our dear Satir elders, preferably on video. We want to hear and keep their stories about their time with Virginia and their work using the Satir Model. If you would like to be involved in this project please contact Cindi at [admin@satirpacific.org](mailto:admin@satirpacific.org)



# COMMUNITY NEWS

And the Award goes to ...

Our very own Research Chair, Dr Madeleine De Little is the recipient of the prestigious, "Canadian Counselling and Psychotherapy Association 2021 Counsellor Practitioner Award."

This award is given every 2 years and the candidate must "demonstrate excellence in leadership as a practising counsellor; Illustrate competence in counselling and effectiveness of both skills and service; be involved both within and outside the work community to promote counselling; represent the optimal model of a caring person and professional whose knowledge, skills, and talents are valued by clients and colleagues." Congratulations!!

For more about this award go to

<https://www.langleyadvancetimes.com/community/fort-langley-counsellor-recognized-nationally-for-therapy-developments/>

# COMMUNITY NEWS

- 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](mailto:br@biancarucker.com) or Visit: [www.biancarucker.com](http://www.biancarucker.com)



# COMMUNITY NEWS

- 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 the 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](mailto:innerchange@shaw.ca) or Visit [www.innerchange.ca](http://www.innerchange.ca)
- Dr. John Banmen, R.Psych, RMFT is reopening his private practice in Delta for counselling and supervision after spending most of his last 10 years in Asia. For more information and appointments please call 604-591-9269

## VOLUNTEER OPPORTUNITIES

The SIP Director of Membership, Shyann Vosper, is searching for individuals interested in volunteering their time to form a Membership Committee to help build SIP membership and create opportunities for engagement. If you are curious to learn more about this opportunity, please email: Shyann at [shyann.vosper@gmail.com](mailto:shyann.vosper@gmail.com)

## ADVERTISING OPPORTUNITIES

We want to let you know members can advertise for free in this newsletter. This includes professional related items such as office rentals, items for sale, equipment needs, supervision etc. That said, 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) to [admin@satirpacific.org](mailto:admin@satirpacific.org)

The Wisdom Box is also accepting classified ads and regular display advertising from nonmembers. 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](mailto:admin@satirpacific.org)

If possible, please forward information, articles and display advertisements via e-mail attachment (in Word for Windows format), camera ready.

### Display advertising rates:

- Full page — \$50
- Half page — \$25
- Quarter page — \$12





## **Playful Dyads**

research & learning forum for therapists

**<https://www.playfuldyads.org/>**

- We invite you to come and learn about the Creativity Centered Practices that have been evolving for over a decade.
- What does clinical work feel like as you and your client attain playful and dyadic engagement?
- Strategies for cultivating feelings of safety together so that enactments make creative turns.
- Building the long arc of transformative and integrative change one session at a time.

**A forum for therapists of all traditions and academic training to engage in participative research and learning.**

**Sign up for an online replay of a session with Dr. Madeleine De Little, Linda Chapman, and Dr. Lynda Philips in April with guests Dr. Teri Marks-Tarlow and Dr. Alan Schore commenting on the presentations.**



## Births, Deaths & Marriages



Gloria Taylor died on her terms, in her way, with the help of the MAID program, peacefully on March 8, 2021, surrounded by her family. Gloria was born in Sudbury in 1938. She graduated as an R.N. from Toronto East General Hospital in 1960. She later moved to Waterloo in the late 1970s and obtained her B.A. from Wilfrid Laurier and her M.A. from California Family Studies Centre/UFC Davis Centre. She worked at Interfaith Pastoral Counselling Centre in Kitchener where she taught, managed a family counselling practice, and became a Supervisor. She also taught MSW students about Virginia Satir, Family Reconstruction, and Family of Origin at the School of Social Work at Wilfrid Laurier University. She left Interfaith and started her private family practice through Lifestreams in 2001 and continued to work in private practice until most recently when her health precluded her from continuing further.

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Gloria Taylor continued.



She will forever be remembered fiercely in the hearts of her family, friends, clients, co-workers, and for the outstanding contribution, she made in the field of marriage and family therapy. She was a leader in the Family Therapy world and worked tirelessly furthering the message of Virginia Satir and her work in Family Reconstruction and the Satir model. Her work changed people's lives. Gloria brought herself wholly and completely into the therapeutic process teaching her students and clients about family, love, compassion, mercy and forgiveness. Her insights, sense of humour, and love of her work touched people around the world. She travelled to Israel, Hawaii, U.S.A., and Cuba teaching psycho-therapy. In the latter part of her career, Gloria travelled to China where she taught students about Virginia Satir, Family of Origin and Family Reconstruction. It was one of the most rewarding chapters in her life. She modelled courage and independence, fought for the underdog, loved humour and left a lasting impression on the therapy world and the people she touched. She will be greatly missed and, as she said herself shortly before her passing, "I liked it here, lived hard, loved hard and will miss it." Details of a future gathering in Gloria's honour on or close to her birthday in August will be announced by her family at a later date.