

Summer
2021

WISDOM BOX

The Satir
Institute of
the Pacific

Newsletter

INSIDE THIS ISSUE

In Virginia's Words

President's Message & The richness of experience that the President of SIP: Michael Callaghan brings to the board

A new book is born

Letter from the Editor

Membership News

Training Updates

Satir Related Resources

Research News

Vancouver Island Satir Winter & Spring Gathering

Question Corner

Community News

Volunteer Opportunities

Births, Deaths, Marriages

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 Director

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



One of the Pre-Socratic Greek philosophers, Heraclitus in the 5th-century B.C.E observed “everything flows, everything changes.” SIP has always experienced this ebb and flow of change. Sometimes it has seemed positive when we have experienced success, sometimes negative when we have struggled. We have always emerged from this process of change, perhaps a little stronger, to a new status quo and moved on.

The foreign element presented by the Covid-19 epidemic has presented SIP with an unprecedented challenge in the magnitude of its impact. All our training events, in-person Board and committee meetings, Fireside chats and other member activities came to a halt and consequently, our income dropped to almost nothing. Despite many efforts, we were unable to access any government financial assistance to cover our rent, staffing costs and other expenses. The pandemic has also impacted the personal and professional lives of all our members in many different ways, particularly our ability to meet together in person. In other words, we were all in the chaos stage of Virginia Satir’s process of change.

Our greatest new learning as we emerge from this state of chaos has been to explore the power of the internet both to connect with each other and use it as a new way of teaching the Satir Model. The Institute has successfully held many committee and Board meetings by Zoom, focusing on promoting Institute activities and taking care of financial and business issues. A major step in connecting members around the world was the initiative spearheaded by Linda Lucas and Jennifer Nagel to set up a weekly community meeting on Zoom.

Presidents message continued

This took the form of a meditation, a reading, a brief teaching piece and an opportunity for the group to connect in triads, reflect and share their experience using a Satir lens of living through the impact of the pandemic. Closer to home in BC, Fireside Chat or similar groups also began to use Zoom to maintain their connections. using Zoom presented a major challenge and involved developing whole new curricula and teaching techniques. We have successfully held a new course online called Foundations Part A and Part B. This has attracted people from both BC and other parts of the world who would probably not have been able to come to our in-person Level 1 programs. There have also been other shorter programs.

As the number of new Covid 19 infections begins to drop and the number of people fully vaccinated rises here in British Columbia, the Satir Institute of the Pacific will continue to incorporate and add these new learnings into its activities as it moves to a new status quo.

A priority is to provide opportunities for members and others to once again meet in person for various activities beginning in the Fall. These will include both training opportunities and Fireside Chat meetings in person.

We are offering a Sand Tray workshop with Madeleine De Little, which we hope will appeal particularly to our Professional and Clinical members for whom we have not been providing many training opportunities during the pandemic. There is also an in-person Level 1 with Jennifer Nagel. Fireside Chat groups, committees and the Board are also beginning to look at how they can perhaps use a combination of both online and in-person meetings in the future.

The future remains somewhat uncertain as we collectively and cautiously as an Institute and the wider community learn some of the lessons from the pandemic and figure out a new, but ever-changing, status quo. The paradigm of the Satir Model of Change has given us a way forward as we emerge from the pandemic.

Michael T. Callaghan
July 11th, 2021

Dr Gilles Beaudry



I had the privilege of meeting with Gilles Beaudry over zoom to learn more about his contribution to the Satir Model and how it has impacted him personally.

Gilles has been a student of the Satir Model for many years. He worked in schools as a school counsellor and then returned to university to become a therapist. His motivation was to learn how to work with adults as he felt that parents were undermining his work with children. His journey of formal education gave him two master's degrees and a PhD in Counselling Psychology. Upon his return to Winnipeg, Manitoba he went to the Interfaith Institute of the University of Winnipeg for more supervision. It was here that he was assigned Maria Gomori as his supervisor who strongly encouraged me to attend Virginia's month-long training in Montreal, Quebec.

Gilles describes his time in this retreat as "a beautiful month." As a bi-lingual French/English speaking person he was invited to translate for Virginia. So, for a whole month, he stood next to Virginia, (who always taught standing all day long), literally holding her hand. He said that he would squeeze her hand gently when he needed her to stop talking in order for him to translate. In addition to being the translator, he was also an active participant in all of the triad and group work. Gilles says this experience changed his life as it "Helped me to discover who I am ... And to this day. I'm thankful to her for that experience."

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Interview with Gilles Beaudry continued

Gilles describes Virginia as a "workhorse" as they worked from 9 am until 11 pm with only Saturday afternoon to Sunday noon off." Gilles says it was beautiful because "she came from the soul and that's where she spoke from." Gilles also took a lot of training with John Banmen when he was teaching in the states & in Vancouver. Gilles told me that John has the tapes from the Montreal month-long workshop and so his (Gilles's) voice is on it translating for the participants.

Gilles describes this time with Virginia as amazing especially as it was the last course that she taught before she was diagnosed with cancer. He describes how on the very last day she said "I'm tired. Let's go home." Gilles describes Virginia the person as "totally congruent and so present but she could be short with people, but that it was okay because we needed to learn how to respond to that kind of attitude I'll never forget, we worked hard but, she had a way of helping us."

About 10 years or so, Gilles began to focus on developing the spiritual side of the Satir Model and now he runs a group who meet four times a year for a whole day to assist them to find their "Spiritual point." He works with nurses up in the north of Manitoba and helps them to find peace through meditation or mindfulness. Because of the need to be careful around the word spiritual or meditation with some Employee programs, Gilles describes publicly what he does as a "loving-kindness, mindful exercise" in order to connect with Self. This loving-kindness mindful exercise has 3 parts:

The first part is to experience the pain, the stress and the suffering. Gilles says that when our hearts are open, we can warmly embrace whatever arises in our experience with gentleness and care. Kindness manifests as Love. The second part is helping the client/participant realize, that "common humanity provides a sense of Connection because when we remember that everyone experiences pain and that no one leads a trouble-free life, we don't feel so alone. And then the third part is bringing in self-compassion. Gilles uses mindfulness which gives us a "perspective that is needed to be Present with What is rather than contracting in fear or shame." He asks his clients/participants: "What is it that you would like to hear or be whispered in your ears." He invites them to go inside and see what image comes up. Some images that arise are of the ocean, or of loving self. In this way, Gilles says that people tap into their own wisdom. He invites his people to say: "May I accept who I am at this time. May I continue giving myself, compassion. May I feel safe and secure and comfort in what I am experiencing. May I be healthy. May I live with peace." He invites the participants to put their hand on their heart and experience their own self-compassion.

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Interview with Gilles Beaudry continued

When in this place, Gilles says that people have access to their inner strength and inner wisdom. Gilles says he trusts his own inner knowing and can see the persons light shining the light from his own heart. This work that Gilles describes, melts away the coping stances as they move towards congruence. According to Gilles, having self-compassion triggers something in the brain that brings you more empathy. He goes on to say, "When we can simply 'Be with' ourselves as we are, soothing and validating our pain, we handle difficult moments with greater ease. By radically accepting ourselves and opening to the pain of life with tenderness, it doesn't hurt so badly. Research shows that self-compassion allows us to cope with emotional difficulty, without being overwhelmed, helping to prevent Anxiety, Depression Shame....and a host of other negative outcomes. And because the warmth of tender self-compassion feels good, it also increases positive outcomes of Happiness, Hope, and Life-Satisfaction."

Gilles is also involved in Pranic healing which uses energy to help clients recover from a variety of problems. In this way, he uses his energy to heal others. He describes the "I Am" as his energy of SELF which can tap into our universal yearnings to move the client from "surviving to thriving." In addition, he uses Tantra with groups of people to facilitate their sexuality in a different way.

On a personal note, Gilles shared with me that in studying the Satir model he was able to give himself permission "to be different and to allow myself to experience the beauty "(of who I am). When he doubts himself or his work Gilles told me that he brings into his being, self-compassion and he says to himself "May I give myself permission to accept who I am. Yes, I am a beautiful caring sensitive person myself, and to accept it. so that I can become stronger and stronger."

Finally, Gilles wants all the Wisdom Box readers to remember to "Trust in the not knowing and we have our own inner wisdom to follow."

Interview on zoom

July 13th, 2021

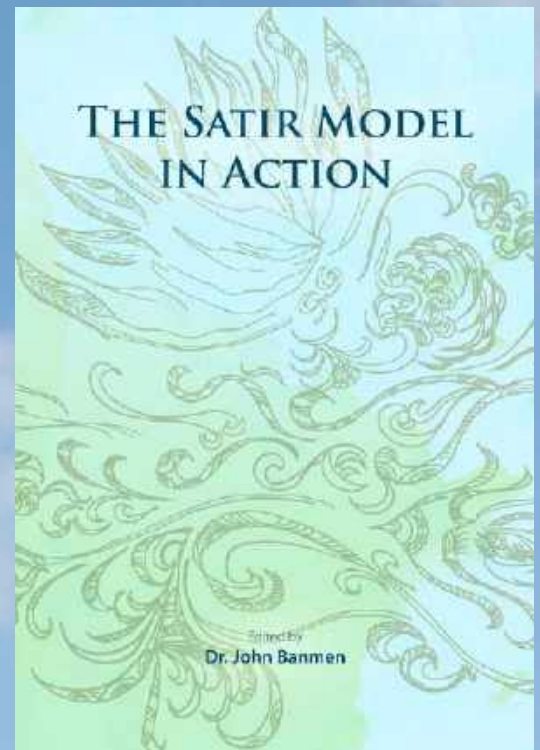
Madeleine De Little

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,

Heatwaves, Covid, Mosquitoes: Nothing can stop the production of the Wisdom Box! Its' been a busy time for some of our members as they continue to adapt their work with clients and in teaching. In this edition of the WB, we highlight Gilles Beaudry. I interviewed him over zoom and was so delighted to hear about his way of using the Satir Model. We also have new information about trainings, more questions from John Banmen and some reflections from the Vancouver Island Satir Group.

mdelittle@gmail.com

Madeleine De Little, Editor of the Wisdom Box



MEMBERSHIP NEWS

We are always looking for new and creative ways to grow our membership and build community. Over the past year and a half, although we have been very excited to welcome in new members and welcome back returning members, we have also experienced a dip in our overall membership numbers. That said, we would like to hear from you!

Are there additional ways we can support you as a valued member of the SIP community? Perhaps help you facilitate your own community of practice gatherings/fireside chats with other interested SIP members in your community (in-person or online). Would you be interested in being a part of a book club as a leader and/or participant exploring the world of Virginia Satir and others furthering her work? Do you have friends and/or coworkers that you think may be interested in learning more about SIP and ideas how we can connect with them?

We look forward to hearing from you!

Contact: Shyann Vosper (Shyann.vosper@gmail.com) or Cindi Mueller (admin@satirpacific.org)

For more information about membership visit: 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.



Vancouver Island Satir Gathering by Wendy Lum



On Saturday, July 10, 2021, the Vancouver Island Satir gathering met on Zoom, facilitated by Anne and Wendy. Attending were Albert, Andrew, Barb, Christine, Maxine and Sylvia. Maxine shared her beautiful voice with guitar and three songs that deeply moved our group. We shared our responses to this song, shared our activities, lives, challenges, yearnings and summer plans.

"Our quarterly gatherings are a soft place for me to land. A place to be myself, connect, and share in the wisdom and authenticity of others in our community." "What I'm always present to at these gatherings is acceptance, connection, compassion and love." "Slipping into each others company, the comfort and softness of a favourite, old worn jacket, sharing the beauty of self; that which nurtures our spirit's, the synergistic effect of shared awareness, tender emotions, the love in the room for the path shared." "I feel I am at home in this group. So grateful." "I feel blessed to be a part of the Satir Community. There is an abundance of wisdom and kindness shared."

[My soul was stirred by the beauty of the song "Lay your burden down" I responded by sharing "my burden" of feeling "inadequate" as I often struggle to find the right words, or scattered in my thoughts. That morning Spirit had conspired to remind me of the meditation that I had read that morning. It was about a cracked pot. A water-carrier had two large pots that he carried across his neck on a pole. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. The cracked pot was ashamed of its own imperfection and spoke to the water-carrier by the stream: "I want to apologise to you Because of my flaws, you don't get full value from your efforts." The carrier said to the pot, 'I have always known about your flaw, so I planted flower seeds on your side of the path, and you've watered them. For two years I have been able to pick these beautiful flowers to decorate the table.']

One of the song lyrics really seemed to fit our COVID times:

"Light Of A Clear Blue Morning" - Dolly Parton

It's been a long dark night

And I've been a waitin' for the morning

It's been a long hard fight

But I see a brand new day a dawning

I've been looking for the sunshine

You know, I ain't seen it in so long

And everything's gonna work out just fine And everything's gonna be all right That's been all wrong

'Cause I can see the light of a clear blue morning I can see the light of a brand new day
I can see the light of a clear blue morning And everything's gonna be all right It's gonna be okay

It's been a long, long time

Since I've known the taste of freedom

Those clinging vines

That had me bound, well I don't need 'em

I've been like a captured eagle,

You know, an eagle's born to fly

Now that I, I've won my freedom

Like an eagle, I am eager for the sky

'Cause I can see the light of a clear blue morning I can see the light of a brand new day
I can see the light of a clear blue morning Oh, and everything's gonna be all right It's gonna be okay

I can see the light of a clear blue morning I can see the light of a brand new day I can see the light of a clear blue morning Oh, and everything's gonna be all right Everything's gonna be all right, Everything's gonna be all right. It's gonna be okay

<https://www.youtube.com/watch?v=3BaVb8LT0oU>

MORE SATIR RELATED RESOURCES

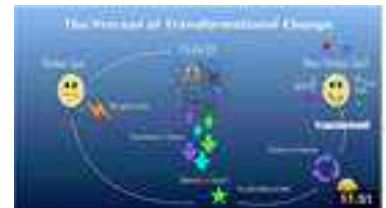
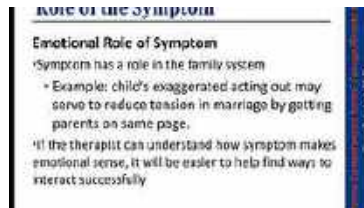
Visit:

<https://satirpacific.org/online-links/>
and/or our Youtube Channel

Meditations



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



Foundations Part 2

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

Level 2 Satir Transformational Systemic Therapy, Summer Intensive

July 13, 2022 - July 23, 2022

Bethlehem Retreat Center, 2371 Arbott Road, Nanaimo, BC V9R 6S9

Level 1 Satir Transformational Systemic Therapy, Summer Intensive 2022

August 10, 2022 - August 20, 2022

Bethlehem Retreat Center, 2371 Arbott Road, Nanaimo, BC V9R 6S9

Introduction to using Neuroscience, with the Satir Model in the Sand Tray

In-person Workshop at Co-Works in Langley, BC

**Thursdays: October 28th, November 4th November 18th December 2nd
9-4 pm**

Dr Madeleine De Little

From the Director of Training

What a ride this has been! As we see the end of the pandemic insight (for those of us in North America who are fortunate to have access to vaccines) I am amazed at the gifts that have been given to SIP in the midst of a time of struggle and loss. Before the pandemic, we would have been adamant that teaching online is not compatible with this model. Now, due to circumstances beyond our control, we have developed online training called Foundations Part A and Part B that allows us to teach this model to people all around the world without them having to travel to Canada. Did Virginia have a hand in this?

Jennifer Nagel, Linda Lucas, and Anne Morrison have worked hard to develop and adapt the curriculum so that it can be taught online. This has been a time of learning as we go, and we have received lots of appreciation and positive feedback.

We will continue to offer online training since we now see how valuable this is. And we are grateful to be able to offer in-person training once again. We are starting with an in-person Level 1 which begins in October. Madeleine De Little will also offer in-person Satir in the Sand Tray training in the fall. And we are planning ahead for in-person intensives at Bethlehem Retreat Centre in Summer 2022. See the courses above and visit our website to register.

We are open to proposals if members would like to teach a course for SIP. If you need more information, please contact SIP for details.

I send peace and gratitude to all of you for supporting us in this training and for keeping the spirit of Virginia's work alive.

**Tricia Antoniuk
Director of Training**

The Question Corner
by
John Banmen

*If you are the solution, what are the problems for you to solve?
Post pandemic time opens the doors to a new effort to help
people become happier, healthier and more successful.*

- 1. How to be a better parent (Operate in Iceberg III, minimum).*
- 2. How to be a better couple: reducing differences and building harmony.*
- 3. How to overcome depression and anxiety.*
- 4. How to be a better, happier, relevant teacher.*
- 5. How to be a better, happier, relevant worker.*
- 6. How to overcome addiction, gambling, internet, etc.*
- 7. How to be happier, healthier and more successful in your professional role, such as counsellors.*
- 8. How to reduce stress in stressful circumstances.*
- 9. How to cope better with ones' illness, such as cancer, diabetes, etc. etc. (your list, without being an M.D.).*
- 10. How to reduce the impact of growing Alzheimer, Dementia (without being an M.D.).*
- 11. How to build a deeper meaningful life without religion, Iceberg IV and V*

12. How to handle loss, especially death, through healthy grieving.

13. How to deal with modern pressures of change successfully.

14. How to help families deal with suicide (maybe part of #12 above).

15. How to help parents help teenagers be happy AND successful.

16. How to be happy and healthy in today's world, moving from Iceberg II to Iceberg III.

17. How to help teacher help students lead a meaningful life (at least Iceberg II to Iceberg III).

18. How to have a meaningful life post pandemic, beyond pleasures and possessions (Iceberg III and Iceberg IV). Resolve shallow living.

19. How to utilize, harness, integrate Chinese cultural, philosophical values and teachings into modern day living using the Satir Model (Iceberg IV and Iceberg V).

20. How to raise the Happiness Quotient of (Chinese) working women.

21. How to help the massive elderly move beyond survival to a meaningful ending.

22. You can add your own list of possibilities. This list might encourage and stimulate you to do more with the Satir Model.

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



COMMUNITY NEWS

Request for Proposals

The Satir Advisory committee and the Board of the VSGN are pleased to announce that the Request For Proposals is now available on the VSGN website under the Anti-Racism Initiative tab. The intent is to solicit proposals from the Satir community to make an impact on Systemic Racism using the Satir Growth Model.

Please visit the VSGN website (www.satirglobal.org) if you wish to receive more information about the Request for Proposals, the tutorial on how to make a proposal, and who is eligible. There is also information on ways to contribute to these projects. With both small and large contributions from our Satir community and circle of influence, along with a large donation from a major private donor, we hope to raise at least \$200,000 to help fund or partially fund these projects. More information will be available about the qualifying projects in the fall.

Kind regards, Pat Bragg

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. The fee is \$150/hour for supervision. Inquire about reduced fees for certain circumstances. Supervision is 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

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 or Visit 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

OTHER TRAINING OPPORTUNITIES

Online Foundational Certificate

in

Using Neuroscience and the Satir Model in the Sand Tray

12 sessions between April-November 2022 (no July or August)

In Cooperation with Singapore Satir Centre

More details coming soon

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

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

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





OBITUARY

Dr. William Curtis Nichols Jr. April 16, 1929 – June 19, 2021, Athens, GA—

Dr. William C. Nichols, Jr. passed away June 19, 2021, at the age of 92. He was born on April 16, 1929, in Fayette, AL to Eva Hargett Nichols and William Curtis Nichols, Sr. As a long-time therapist and educator in the fields of Marriage and Family Therapy (MFT) and Clinical Psychology, he was a leader in establishing standards for the practice and advancements in the organizations that represent MFT. Dr. Nichols started the journal for the American Association for Marriage and Family Therapy (AAMFT) and continued to edit multiple journals throughout his lifetime. His professional career included full-time teaching at the University of Alabama-Birmingham, Samford University, the Merrill-Palmer Institute, and Florida State University, and adjunct or visiting positions at several institutions, including UGA.

