

LEVEL I

TRANSFORMATIONAL SYSTEMIC THERAPY

**10 Day Summer
Residential Training
Program**



satir institute
of the pacific

July 13 – 23, 2022

9:00 am to 9:00 pm

**Includes 12 hours of triad work
plus final assignment due after
program completion**

*With Linda Lucas, MA, LCPC, LPC
SIP Program Director*

Bethlehem Retreat Center
2371 Arbot Road
Nanaimo, BC Canada

Program includes Accommodation, meals and tuition for only \$3625.

Commuters stay also available (Residential highly recommended)

The Transformational Systemic Therapy (TST) Level I training program is for practicing counselors and therapists and for other helping professionals who are presently working with clients. The focus of the program will be using Transformational Systemic Therapy to bring about transformational change. The approach will be applicable to working with individuals, couples and families.

The course leaders will utilize lecturettes, small group discussions, structured exercises, demonstrations, experiential learning and skill practice sessions as part of the program.

The program will provide some hands-on skill development opportunities and participants will be required to work in triads between sessions, practicing some aspects of the program. Participants will also work with their own three generational family-of-origin maps to increase personal learning opportunities in applying a systemic, experiential therapy model.

The Transformational Systemic Therapy Model (TST) is unique in encompassing both the intrapsychic and interactive components of therapy. Much therapy of the past has been focused only on clients' behaviour, cognition or affect. This model is focused on bringing about change at the level of Being, as well as changes in doing, feeling and perceiving. The process taps the universal yearnings of individuals within their personal family and social systems and helps them work towards a sense of responsible wholeness. The process requires that the therapist has a high level of therapeutic competence and congruence.

TST processes are supported by recent therapeutic and neurobiological research. Evidence-based research supports therapeutic processes that are experiential, systemic, positively directional and change focused in providing neurological changes in clients. The model's focus on the congruence of the therapist is supported in research supporting how important it is that therapists provide the conditions for attachment, hope, positive possibilities and safety in order for clients to achieve deep and lasting change.

The experiential processes provided by the training program give participants the opportunity to have both personal and professional growth. The program will provide several therapy demonstrations and skill development opportunities.

STST Level I: The focus will be mainly on the theoretical base of the Satir Model and learning to bring about transformational change with individuals and couples.

STST Level II: The focus will be on skill development practice in bringing about transformational change in individuals, couples, and families

Program Outline

Day 1 The Satir Model: A Systemic Transformational Change Process

- i. Overview of the program
- ii. The neurobiological process of change
- iii. The Treatment Plan: assessment of the internal system; sympathetic and parasympathetic processes
- iv. Skill development

Day 2 The Satir Model: Towards Congruence

- i. The Treatment Plan: assessment through survival stances
- ii. Externalizing the internal coping process
- iii. Congruence as an alternate way of being
- iv. Essential elements for therapeutic change
- v. Triad group formation
- vi. Supervision group formation
- vii. Skill Development

Day 3 Satir's Three Generational Family Maps

- i. The Treatment Plan: assessment through family of origin maps
- ii. Creating family of origin maps
- iii. Reading family of origin maps - impacts
- iv. Accessing family coping and communication patterns
- v. Accessing family strengths and resources
- vi. Accessing unfinished business from the past
- vii. Skill development

Day 4 Preparing for Change: Therapeutic Goals

- i. The importance of collaborative goal setting in therapy
- ii. The four meta-goals for therapy
- iii. Final therapeutic (outcome) goals
- iv. Sessional goals: intrapsychic and interactive
- v. Incremental goals within the session
- vi. Skill development

Day 5 Preparing for Change: The Initial Interview

- i. The Treatment Plan: interventions and techniques
- ii. The role of the therapist
- iii. Making contact and building rapport
- iv. Assessing the presenting problem
- v. Focusing the problem into positively directional goals
- vi. getting a commitment for change
- vii. Accessing the client's internal processes through process questions
- viii. Bringing about transformational change through process questions
- ix. Anchoring changes in the intrapsychic and interactive systems
- x. The Treatment Plan: evaluation of change
- xi. Skill development

Day 6 Intrapsychic Change: Change from the Inside Out

- i. Changing the impact, not the event
- ii. Changing three types of expectations
- iii. Reframing perceptions
- iv. Owning and changing feelings: anger, hurt and fear
- v. Tapping the Life Energy through universal yearnings
- vi. Skill development

Day 7 Making the Covert Overt

- i. Bringing family rules to awareness
- ii. Surfacing the impact of family rules
- iii. Transforming the impact of family rules
- iv. Resolving internal conflict and integrating internal resources
- v. The Ingredients of an Interaction: The intrapsychic components of interactive communication
- vi. Resolving conflict in relationships
- vii. Skill development

Day 8 Working with Couples

- i. Couples: intrapsychic and interactive systems
- ii. Couples: power and control
- iii. Couples: improving intimacy
- iv. Couples: resolving differences
- v. Couples: resolving impacts from the past
- vi. Couples: what the research says
- vii. Skill development

Day 9 Working with Anger in Therapy

- i. Understanding anger therapeutically
- ii. Understanding anger experientially
- iii. Resolving anger and connecting to Life Energy
- iv. The role of forgiveness in therapy
- v. Skill development

Day 10 Transformation and Integration

- i. Review of the Satir Model and integrating learnings
- ii. Reviewing personal and professional growth
- iii. Where to from here?
- iv. Triad work completion
- v. Feedback, evaluation and closure
- vi. Celebration

Program Text: *The Satir Model: Family therapy and beyond.* Satir, V., Banmen, J., Gerber, J., and Gomori, M. (1991). Palo Alto, CA: Science and Behavior Books, Inc. (available on the first day of the program)

Additional reading: *The New Peoplemaking*, Satir, J. (1988). Palo Alto, CA: Science and Behavior Books, Inc.

This Program Will Help Counsellors and Therapists:

1. learn to make contact and build rapport with clients to stimulate their healing energy
2. understand and incorporate the basic therapeutic belief system of the Satir Model
3. use experiential process throughout their therapy sessions
4. surface and identify clients' communication and coping patterns
5. prepare clients' family of origin maps (genograms) and surface dysfunctional personal and family dynamics
6. sculpt relationships among family members and bring automatic coping patterns into awareness
7. transform clients' problems into positively directional goals
8. learn the Satir process of therapeutic change through mindful process questions
9. help clients access, accept and utilize their internal strengths and resources
10. transform family rules that diminish clients' self-esteem
11. help clients raise their self-esteem and increase their choice-making possibilities
12. map the internal processes of clients and help them access and change their behaviours, feelings, perceptions and expectations
13. help clients reduce the impact of past events and negative experiences
14. help clients integrate and maintain their changes
15. become more effective counselors / therapists in using the Satir Model

WHO SHOULD ATTEND?

The following professionals are invited to attend:

Marriage and Family Therapists	Psychologists	Nurses
Psychiatrists	Family Physicians	Clergy
Social Workers	Child Care Workers	
Mental Health Counsellors / Therapists	Addictions Counsellors	
Instructors of family studies and family therapy		
Counsellors working in Private Practice, Schools, Hospitals and Social Agencies		
Other helping professionals as approved by the Director of Training		



Linda Lucas, Licensed Professional Counselor, MA, LCPC, has extensive training in Satir Transformational Systemic Therapy. Linda is an enthusiastic, experienced trainer and provides trainings 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 in Springfield, Illinois, USA, and earned a Master of Arts in Human Developmental Counseling at the University of Illinois, Springfield, Illinois, USA.

Linda is Director of Programs with the Satir Institute of the Pacific, Clinical member of the Satir Institute of the Pacific, a member of the Satir Institute of the Pacific Training Directorate, and a trainer for the Institute. She is an approved senior trainer and faculty for the Banmen Satir China Management Center. Linda has a private practice providing clinical supervision, and therapy to individuals, families, and couples. In addition, Linda provides Soul Contact/past life regressions. Linda travels throughout the world conducting Satir Transformational Systemic Therapy workshops and programs.

Linda Lucas, LPC
lindajane89@yahoo.com
linda@lindalucasounseling.com

Level I - Transformational Systemic Therapy Summer Intensive
July 13 – 23, 2022 9:00 am to 9:00 pm held at Bethlehem Retreat Center Nanaimo, BC
(*Residential Participants check in July 23rd at 3:00pm, Program Starts at 5:00pm)
Application Form

Name _____ Male _____ Female _____

Address _____

City _____ Province/State _____ Country _____ Postal/Zip code _____

Home Phone _____ Bus / Cell Phone _____

Email _____ Commuter _____ Residential _____

N.B. This program is for helping professionals who are presently working with clients

Professional Position _____

Employer _____

Residential* \$3625 CDN (\$3725 after May 16, 2022)
Commuter** \$2675 CDN (\$2775 after May 16, 2022)

Inclusive of tuition, Program manual and either dorm style Residential or Commuter Stay

Participants will live in a residential setting at Bethlehem Retreat Center or commute daily with program running approximately **9am to 9 pm** each day with 2 free afternoon/evenings (July 17, 20, 2022). Program starts at 5:00 PM July 13th, ends 5:00 pm July 23rd.

*Residential includes lodging (Dorm style with Individual bedrooms and shared washrooms), breakfast, lunch, dinner, and snacks (30 meals). Residential Participants check in Wednesday July 13th at 3:00pm. The program will start at 5:00 pm (Dinner will be provided July 13th). **This option is strongly recommended.**

**Commuter includes 10 lunches and 8 dinners plus snacks. Program starts at 5:00 pm on July 13th.

\$1000 Deposit in CDN Funds due upon application with the balance due by May 16, 2022. Full refund if application not approved. If you cancel after June 10, 2022 there are no refunds, but you may transfer the balance of your registration less deposit to another TST Level I program within the next 12 months. Cancellation prior to June 10, 2022 is subject to an administration fee of \$100.

Cheques, Credit Cards, Money Order, Wire Transfer, email transfer or PayPal in Canadian funds only,
Payable to: Satir Institute of the Pacific



satir institute
of the pacific

Send Registration
Form to:

20627 Fraser Hwy
#201
Langley, BC
V3A 4G4

For Information and other assistance
Contact the Registrar: Cindi Mueller

admin@satirpacific.org

604-546-1539

www.satirpacific.org