

WISDOM BOX

Winter Edition, 2021

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IN VIRGINIA'S WORDS

- 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.
- Life is not what it's supposed to be. It's what it is. The way you cope with it is what makes the difference.



From the Editor

This edition of the Wisdom box is somewhat of a departure from previous editions. The Satir Institute of the Board has awarded Dr John Banmen the title of "Training Director Emeritus" and subsequently, this edition has been devoted primarily to him.

I had the honour of interviewing him and the transcript of our session together is in this edition of the Wisdom Box.

Michael Callaghan has written up a short biography of John's involvement with the Satir model and Pat Bragg, Jim Edmondson and Christopher Ng have written their reflections on the impact of the Satir Model on them both professionally and personally.

In addition, the Vancouver Island group share the time that they have spent safely together over zoom.

Please consider contributing to our Spring edition on any experience, training, re-connections that you are involved in. One paragraph or less is always welcome.

Dr Madeleine De Little

President's Message - November 2021

During the pandemic, one of the positive outcomes has been the development of our online training programs that have enabled more people to participate from their homes in BC and beyond without the cost of time and travel. However, there is a significant experiential element in Satir Transformational Systemic Therapy. Thus a significant challenge has been making the online programs truly experiential. In-person training naturally contains this vital experiential element.

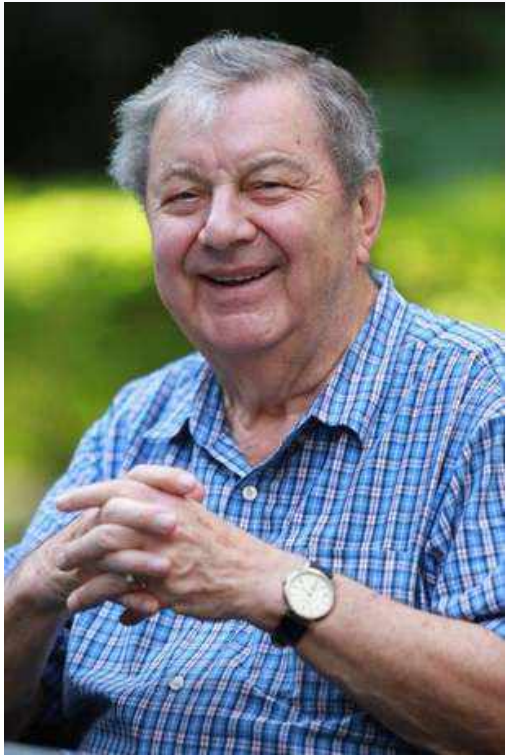
As 2021 draws to a close it has still seemed unwise for SIP to promote events where members of SIP and others meet in-person for Training Programs, Fireside Chats, Clinical Evenings, Board and Committee Meetings as well as Social Gatherings. Perhaps the most significant loss for members has been in-person contact with other members, particularly for those who have not been able to participate in the various online offerings. One of the major tasks for the next year will be to rebuild opportunities for members, both new and old, to again meet in person. At the same time, we need to be mindful that membership criteria have widened with the new General Membership category. The Board and particularly Shyann, our Membership Director, will need help and ideas about how to revitalize SIP membership activities so that they truly reflect and embody our Vision Statement/ This affirms who we strive to be, as we all contribute to fulfilling SIP's Mission. It is worth reminding ourselves of this statement:

Vision Statement

- We are a welcoming, intentional community committed with energy and passion to growth, change and transformation.
- We create a foundation of mutual trust built on love, honesty, support and inclusivity.
- We offer an affirming environment that releases wonder, creativity and connection to the universal source and divine wisdom.
- 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.

Michael Callaghan
President,
November 2021

Dr John Banmen - Training Director Emeritus



The first time Dr John Banmen met Virginia Satir was in Manitoba, Canada in June 1970. He began helping professional therapeutic practitioners in the Satir Model with Virginia Satir at the annual month-long Process Communities she held at Crested Butte, Colorado in the 1980s. This led him to become Training Director of the first established Satir Institute. It was called the North West Satir Institute with members in Washington State and British Columbia. In 1998 he was one of the founding members of the Satir Institute of the Pacific and became its first Director of Training, developing and teaching programs and mentoring Trainers for the next fifteen years.

In the meantime, John had begun his lifelong mission of bringing Satir Training to many parts of the world including South America, Europe and many countries in Asia. This has resulted in students from around the world coming to the Satir Institute of the Pacific Intensive Residential Programs and members of the Institute in BC becoming trainers in many of those countries as well as India and Kenya. In later years, John has concentrated his efforts in China where he has built up a large network of Institutes, trainers and training programs.

Dr John Banmen - Training Director Emeritus continued

Virginia Satir said that John was the person who understood and conceptualized what she did intuitively leading to their collaboration with Jane Gerber and Maria Gomori in the publication of *The Satir Model, Family Therapy and Beyond* in 1991. The book remains the seminal source for understanding the framework of the Satir Model. John's encouragement, mentorship and coaxing has enabled many colleagues in BC and around the world to publish articles in the Satir Journal (2006-13) and in several books that he has edited *Applications of the Satir Growth Model* (2006), *In Her Own Words...Virginia Satir* (2008), and *Satir Transformational Therapy* (2008). More recently he has published a third book of *Guided Meditations and Inspirations by Virginia Satir* (2020) and co-authored with Sharon Loeschen a book entitled, *Simple but Profound: Sayings of Virginia Satir* (2020).

It is now over thirty years since Virginia Satir died in 1988 and her legacy lives on today in Universities, Training Institutes, Counselling Centres and Therapists offices in many parts of the world. The Satir Model is not static, its core values are being developed and adapted to fit many different contexts. This is in no small measure due to the work and efforts of Dr John Banmen and those he has trained to continue this important work.

The Satir Institute and its members are grateful for the many different gifts he has given each of us and wish to honour him with the title of 'Training Director Emeritus'.

Michael Callaghan
President

Interview with Dr John Banmen

Training Director Emeritus

of the

Satir Institute of the Pacific

Madeleine:

What have you been doing since Covid began?

John:

Since COVID, I couldn't go anywhere and basically, couldn't see anybody either. So, I went on a heavy reading spree, and I tried to read every Satir book that had been written. However, the more I read, the less I knew, because I discovered or experienced that there's deeper stuff there. And like, Stuart Piddocke who knew the Satir model book said many years ago, that the "Satir model is deceptively simple."

Madeleine:

I thought that it was Virginia that said that.

John:

No, it was Stuart Piddocke. I have it in writing. ... My thinking is that if it's deceptively simple, then I want to find out what it is. I've been looking at how the Satir model has grown over time and I see certain categories within the Satir model. For example, at the Mental Research Institute (MRI) the Satir model at that time was about communication along with Gregory Bateson and others. So, the Satir model became a communication model. Then it moved more towards validating the humaneness. But then validation wasn't enough because we would validate the wrong things. For example, like we're greedy, we're jealous, we're negative. So, then Satir said, "We need to change things. We need to change how we experience ourselves, who we are." So, we learned a lot about change but there was still something missing. For me, it is the spiritual dimension.

In the Iceberg, we had put down the SELF as an "I am" so I am questioning whether there is a spiritual part to the Satir model? I see four domains to the Satir Model: There is the bio part which is the body that Satir acknowledged many, years ago and way ahead of her time. She already knew about positive energy from Seligman. And because she was a social worker, she had the social part. The social part is sometimes referred to as the family, but I think social is much better in terms of using the term social. The fourth part is spiritual.

So that's as far as I think, the Satir model meant in her times, but before she died or after she died, we found one sentence in her little notebook. Here she mentioned about a fourth birth or consciousness. She had been talking about first birth with the sperm and egg and then second birth when you come out of the womb, and third birth when you become a choice maker. She saw that there was a fourth birth of being consciousness. So, what I want/need to do is to expand that whole fourth domain or that whole consciousness as being the underpinnings of the Satir model.

Rupert Spira talks about consciousness as the manifestation of life itself. Some see it as God. I think that we must really stretch our imagination to expand our understanding of God, to it being life. Satir talked about growing into something. So growing things means a manifestation, or put it another way, from formlessness to form. So, consciousness is the formless of all of us, manifesting in human form. So, we need to look at meditation and the Harvard system of relaxation or we could use mindfulness. That would be another way of meditation that's very popular, or we can look at when we have a peak experience in meditation, or we become one in consciousness. To put it simply we would disappear. We will be one. Budha knew this all along

Dr John Banmen continued...

He said, there is no self at the end. It's just a oneness. It's all one. We're all one in that level. It is just consciousness. Now the Hindus believe the opposite, in that one, becomes everything. So, in Hinduism, they believe that they are the ocean in a drop. Whereas in Buddhism, their belief is that they melt or merge into the ocean. The ego disappears and goes into the whole. So, as you can see, I have been moving from duality to non-duality in terms of the fourth birth. We talk about relationships in human form, like peace within that is 'I'm in peace with myself. When there is peace between, there is a relationship with other. Peace of mind has had a deeper level where there's just peace, there's no between.

Satir said that we are divine in human form. We are a manifestation of a life force in human form. So, it is in some of the early Christian writings as I understand it, we would try to belittle the human form. We say okay, this is sin or bad. And instead, we just have to be praying. We must leave all these worldly things alone. But I see it as that we are all one at different levels of vibration. At a human level, we can vibrate at a certain level. Emotionally we can vibrate at a different level. And in this spirit and life force, we could vibrate at another different level. And then the final level is oneness. So, when some people say Buddhism is you become nothing, it sounds so terrible, but really it is everything and nothing at the same time.

Madeleine:

What does this all look like in the therapeutic setting?

John:

My focus is on how do we experience ourselves? I see it as a continuum from people who are very sick, or to use the Buddhist term they are "suffering". When we are suffering, we are disconnected from our source, from our essence. Our clients are totally disconnected from the "I am" and they might not even acknowledge or even believe it. So central to therapy is that the therapist would be connected with their life force so that they would be in a higher level of vibration. They would be in touch with their life force, but their client vibrates in a very disconnected, rough kind of sick way. I call that state 'Iceberg one' where they are disconnected with their life force, struggling, and they're static. The therapist's work is to try to bring them into a higher level of vibration into what I call 'Iceberg two', or another way of saying that is they are in survival. They're either surviving at the level of not having enough food, or the emotional level or at the mental level. They're in survival mode and have a sense that there's more life energy for everything. However, the therapist's work is to help them to do more than just survive. To help them to become more responsible. So, to help them become more responsible, they must learn certain things and they have to take charge and be aware. Yes. In hindsight, that is what Virginia Satir called the third birth, to become in charge. So, 'Iceberg three' to me is third birth. The client becomes in charge of their feelings they have more power, they are more responsible. However, is that where therapy should stop?

I'm now helping my clients to become responsible at their inner level, their relationship level, and maybe also at an energy level. In the old days, this would be called a religious experience. At this level, we can create our reality. Now the person who is very good at this is Joe Dispenza. Dispenza talks about my 'Iceberg four' and how to create your own reality, by adding an energy level, so that healing can take place. We can tap that system, that life energy that is growth based to heal our body. We could look at some larger things, like reversing diabetes or how cancer and heart attacks can be avoided.

Dr. John Banmen Continued...

In 'Iceberg five' you now are in direct connection with the universe. You could have glimpses of that experience, the peak experience which Maslow so beautifully wrote about, or through meditation. If you push it to the end, that's when you experience that oneness. And some people could experience that for a matter of seconds and even days. For example, saints are in that state all the time. I would say I've met three saints in my whole lifetime. And they radiate what I would say is love. So, when you are in this state of oneness, there would be a feeling of sacredness, holiness, the state of love.

So now, when I look at the Satir model I see four domains. These are the bio, psycho, social, spiritual domains, but underneath it is consciousness. So, consciousness is the basis of the Satir model and spirituality is one manifestation of that consciousness. The four would manifest in different forms. The body is in a different form of consciousness, and it vibrates at a different level of energy. That's compatible with quantum physics. It's just energy vibrating.

Madeleine:

So, what do I think still needs to be done in the Satir model?

John:

One of my colleagues said the first thing we want to do is to say that the Satir model is not just a family therapy model. We want to take it beyond the family therapy model and beyond the psycho, bio, psycho, social levels. I think we need to recognize that we have a jewel that most of us never realized we had, and we can explore it and we can be using it and we can become it and then once we do that, we can then teach it to others.

The second thing that we need to do is to take the Iceberg and make sure that that the body is included. We have already done it here in BC Canada, but it is missing in some other areas. We also need to know what the "I am" is.

When I was at Satir's house in 1983 working on the Iceberg, she said to me, that the self means so many different things to different people and that could be misconstrued. She had a Christian background, which I have too but I also have a Hindu background. Together we decided to call it what others had called it. Moses asked what he should say to the Israelites who He is and God replied, "I am, who I am." Many of the mystics have used that word in the past. In this mystic form of 'I am' it's not I'm not John, I'm not this, I'm not that, I am just 'I am.' Hinduism has the same thing, 'Thou art'. So, we decided at that time to put the 'I am' in the Iceberg instead of just the self. So, part of what needs to be done is we need to recognize that the 'I am' wasn't just a name it is a special meaning of the essence, the life force that we're talking about.

We teach the Iceberg linearly, but Satir was a systems thinker, and the Iceberg is a system. So, if you look at it linearly, then we are in trouble. It's an interactive system all the time but the drawing of the Iceberg doesn't express this. So, at Level one training people learn the Iceberg in a linear way. And then they start applying it linearly and they don't move from the linear learning of it to the systemic application. And that's a very big shift. It's quite restricting the way it seems to be being used. Students of the Satir model need to learn that this is an interactive process. Students of the Satir model must learn all those parts of the Iceberg and then use it systemically. The Iceberg is complex as it is three dimensional where each element has a depth to it.

Also, you can think and feel at the same time, right? When I teach, I write down: I think, I feel in a circle and it goes around: I think, I feel, I feel I think. Either can go first. It goes both ways because our experiences are not one-directional. They are multi-directional. So, I do think that we need to teach more about the systemic aspect of the model. We are so caught up in the linear Aristotelian kind of logic, that we haven't moved to Korzybski systemic thinking. He wrote the book Science and Sanity in 1923 and he came up with the whole idea of the systemic system. So Satir read that book in high school, and she wanted people to read it. I know three people that have read it.

Dr. John Banmen Continued...

Madeleine:

What about the teaching of the Stances?

John:

I don't particularly like them anymore. As well as the four well known coping stances which are based on survival, there is also the narcissistic personality which is a way of surviving where there is just SELF. The narcissistic way of coping is way out of tune and the individual is so far removed from their essence. The Divine is so small, that you might not see it.

The other stance is when only the other exists. An example of this is where participants in a cult surrender their whole self to the leader. I would like to add at least those two stances as a way of surviving. Remember the stances are not personalities as in, "I am a placator, I am a blamer." If you make it a personality, then that's who you are. The stances can be used more as an assessment tool, and as a body awareness tool.

As well as the Iceberg I am also looking at the Mandala and the Parts Party and other sorts of techniques that we can integrate. The Mandala is for me a manifestation of different energies. So, if we look at the centre of the mandala which is the 'I am' then you experience yourself in these different forms. And you're experiencing your eight parts: Emotional, Sensual, Nutritional, Interactional, Contextual, Physical, Intellectual, and Spiritual. You notice the Mandala has the spiritual part and the centre is the SELF or 'I am'. The meaning I make of this is that the spiritual element manifests itself in all these eight forms.

I want to see that this is another way of trying to understand a part of becoming more human. Virginia had a very different understanding of a human. She would say, "if you're human, you are living in yourself, you are divine, you are manifesting life energy, and you are the divine." I see the Mandala as a beautiful way of expressing that we are manifesting ourselves in different energies.

Madeleine:

Do you see the Self the same as Essence?

John:

Well, that's where the confusion came along. There are too many SELVES. There's the higher self, the lower self and true self, the false self-etc. That's why Virginia didn't like the word just self because it could mean so many things. And the way some trainers talk about it they use it as Ego. So, we must be careful. So, when you talk about the self, then you might need to say, what self are you talking about? If you add an adjective I would say, are you talking about the sacred self? We have got to sort that out because the word self is contentious as it has different meanings. What if we used another word? I would call it the 'me'. The me is how I experience myself. The me can be where we feel sorry for ourselves, pity and being a victim. It's all about me, me me, me. That would be what people call the SELF. But when we talk about who you are, we're talking about the 'I am'.

Madeleine:

Do you have any regrets or any hopes and wishes back looking forward?

John:

Sometimes I wish I wouldn't have been so eager to go and travel to all these countries so I would have more time to spend on the Satir model. I would have taken time off and spent much more time on this a long time ago. Virginia always talked about how she would live to 125 and so we were in no hurry to interview her. She liked my questioning and had we known we would have recorded a lot more, with the promise that we would not release it years later. For example, when she was talking about channelling, she would say "you know sometimes. I don't think it's me at all, I'm just channelling it, but don't write that down". At that time, she would have been embarrassed.

Dr. John Banmen Continued...

Madeleine:

If we were to imagine what she'd be thinking about the Satir model in the world today, what do you think she'd be thinking?

John:

I hope she would have been able to be more explicit at the level of energy. I think that we have gone beyond process in the Satir model. We have gone through the Satir model at different levels. The first level is the informational level that we don't do too much of now. The second one is the process level. And we were pretty good at that, I think. And then there has got to be meaning. And I think we are putting the meaning part more into the foreground. By that, I mean what is the meaning of life. The next level is that we're looking at energy. We've gone beyond meaning to energy. In other words, meaning is person-specific, and energy is universal. And then finally, we are into oneness. So, I think we're moving the Satir model. I am certainly moving from the process level too. We haven't done much at the energy level that really fits well with Chinese culture. We can connect with Chinese culture at the energy level, and then maybe one day we will be able to say, "We are one."

My concern is that we're going to miss the next wave {of psychotherapy}. We will miss this round where the Satir model should be in the centre of the "process wave" that is happening currently in psychotherapy. There are very few people like you that are there and talking about it and teaching it and experiencing it. There's not enough of it there to make the Satir Model the process centre of psychotherapy.

1 <https://www.goodtherapy.org/famous-psychologists/gregory-bateson.html>

2 <https://ppc.sas.upenn.edu/people/martin-ep-seligman>

3 <https://rupertspira.com/>

4 <https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>

5 <https://www.moms.com/know-dr-joe-dispenza-know-thyself/>

6 https://www.biblio.com/book/science-sanity-introduction-aristotelian-systems-general/d/347520786?aid=frg&gclid=CjwKCAiAvriMBhAuEiwA8Cs5IVb7yuADwz_bmy225FKnWNFwWDhTJcM3sskdk6iyfSO-zSSvfrcvLBoCP88QAvD_BwE

REFLECTIONS ON THE IMPACT OF THE SATIR MODEL PROFESSIONALLY AND PERSONALLY

The Victim Judge

by Pat Bragg

The biggest impact of the Satir Model came as a result of learning about accepting myself; who I was really when I wasn't either placating or blaming, or trying on the other coping stances- which I could be also very good at. In the first training I attended, over 20 years ago, Maria Gomori shared a metaphor of me as a judge- sitting high on a bench, wearing a long black robe, overlooking others in the courtroom, passing judgements on who was right or wrong, good or bad, friend or foe. I was horrified! I was carrying the weight of what I had seen as a betrayal- my ex-husband took up with and married my best friend of 20 years. They expected me to accept this and like it, but I was hurt angry, devastated and could not accept it. I took it as a personal betrayal, made sure that everyone I talked to, including my kids knew how bad these people were and how much I had been wronged. I stuck a knife in myself for years as a result.

When Maria asked us to look at our family rules in place in our families growing up, I came up with page after page of rules. I stayed up late into the night listing off all the things we were taught to do and not do, to be a good person. And everywhere I looked, evidence appeared to show that many rules had been broken. This seemed to confirm my right to judge them, blame them for my hurt.

The next day when we learned how to change the rules into guidelines- to release the prison doors of iron-clad rules that had no leeway, no compassion, no humanity- a crack opened for me that these rules of behaviour that governed my thinking were not universal and didn't have to be followed all the time- by me or anyone else. In fact, the behaviour by my ex and my ex-best friend had nothing to do with me. My feelings were my own and I was entitled to them, but judging other people or expecting them to live by the same values I have would lead to constant disappointment. There is a big difference between acknowledging feelings of hurt and judging others as "bad".

And perceiving oneself as the victim. This was something I really hated. During the workshop with Maria, the participants keep choosing me to play roles where I was always the "victim". I hated it but could do it so well. I realized that the story I would tell people as I got to know them was about how I had been betrayed, victimized, hurt by these people who'd supposedly loved me. They would feel sorry for me, side with me, blame my ex and my ex-best friend, have sympathy- even empathy. I was convincing and it was easy to see who wore the black hats in this story. But I hated the feeling of being a victim. When Maria gave me the idea that I could change that- by changing the story I presented to people, I tried it and was no longer asked to play the role of a victim. I started to catch myself making judgements all the time (including of myself, of course) and started to let go of the judgements I made all the time. Or if I couldn't honestly let them go then accept myself for having the judgements and not judge myself in the process. What a huge and life-changing lesson! Simple yet profound.

I continue to work on judgement every day. It comes easily to me still, especially in this day and age where it is far.

Pat Bragg

Reflections On The Impact On Me Of The Training In The Satir Model Both Professionally And Personally by Christopher Ng

John's impact on me personally and professionally has been great, deep and lasting. Personally, I have become a more caring, more congruent and happier person, husband, father and Catholic Christian.

Professionally, I was transformed from a secondary school teacher of history and religious studies to a Satir teacher, counsellor, trainer, doing the helping professional work that I love and enjoy, giving me a meaningful and purposeful untiring retired life. In the Satir perspective, personal growth and professional growth go hand-in-hand supplementing and enhancing each other. My experience with John and learning from him demonstrate the truth of that Satir perspective.

Over the 36 years since 1985, I have known John as a world-class psychologist dedicated to the deepening and broadening of his understanding, use and teaching of the Satir Model and propagating it with a sense of vision and mission in Asia, particularly in Hong Kong, Taiwan and the Mainland China.

During 1985 PC-5 Module II, Au Chak Kwong and I invited Virginia Satir to come to Hong Kong to start the Satir process training of family therapy. We felt that the Satir way of family therapy would fit well with the Chinese culture, which was based on the family, rather than the individual. The Chinese term for country or nation is made up of the two Chinese characters, 國 (country) and 家 (family). The term literally means "a country of families". This is the uniqueness of Chinese culture. Our care and love for our people and our country motivated us to invite Virginia Satir, who discovered the universal human process within the family systems.

Divine providence has its own plan. Instead of Virginia herself, it was her golden Triad, John, Maria and Jane, (JMJ), who were supposed to be the forerunner of Virginia, but they turned out to be the designated Satir "missionaries" to China. I must express my heartfelt gratitude to JMJ for their long-term dedication to promoting the Satir Model among the Chinese people.

Once I heard John say, "What if I fell in love with China!" I did not, then, understand what he really meant. But I became so worried because I took it to mean that he might one day fall out of love with Hong Kong and would soon stop coming. Time proved me wrong. Now I know John loves the Chinese people, whether they are in Hong Kong, Taiwan, or mainland China. I am sure that all the Chinese Satir friends love John as much, too. The Mandarin love song "The Moon Represents My Heart", sung by Satir friends to John on many occasions and John enjoyed our singing very much, manifests our mutual deep love more than words can say.

Christopher Ng continued

I appreciate John for his caring, generosity, support for my personal and professional growth. He did it persistently in a loving way that spurred me to work on growth. From time to time, John gave me a gift book with a written message in an inner page to goad me on.

In one book John wrote, "Dear Christopher Ng, Over the years, I have suggested that you change your perception of age and energy to be more energetic and positively moved. When in January 2002, I asked you what you had done with your Summer Advanced Workshop learnings, and you did not even remember your "homework", I was discouraged and disappointed. Nevertheless, I still hope that you could change your level of energy. I suppose time will tell. All the very best regardless of what you will do or not do. Love, John Banmen." I felt embarrassed for disappointing John. As a result, I resolved to keep on learning and growing. Though my process is slow, I keep it going ever since because John's message meant a lot to me.

Knowing that I was a committed practising Catholic, John gave me a book in September 2003 by John Shelby Spong, "A New Christianity For A New World", with these words written on the inner page, "Dear Christopher, I hope this book speaks to you. I enjoyed reading my copy. I sure hope to see a lot of you when I come to Hong Kong in late October. Regards, John Banmen." How caring John is for me! I am still much concerned about learning how I can manifest my Catholic Christian faith to fit in with the changing social and political milieu and the world trend.

When I retired from secondary school teaching in September 2006, John gave me another book with another message written on the inner page. "Dear Christopher, May your retirement give you the time and energy to read and study the religious and spiritual aspects of life as well as live it. John Banmen." What a timely supporting and encouraging message for my growth! I am still paying a lot of attention and spend a lot of time in these aspects of life, putting more effort into living it rather than getting more knowledge and talking about it.

In February 2021, John wrote to enquire about me, "I often wonder how you are. what you are doing and what you are personally working on." This time, I felt the significance and weight of these questions much more than I did before. I postponed my response to John because I wanted to give him a true picture rather than a polite, social response. That means I have to look at myself and my life squarely and honestly first, acknowledging to myself how I am, what I am doing and what I am personally working on right now. Then I want to share with John more openly, honestly and congruently. I hope to benefit and be encouraged by John's response.

Christopher Ng continued

All this shows that John is much concerned about my personal growth toward an ever deeper level of congruence--- a more harmonious flow of loving energy from a loving self in tune with the universal life force or energy. This does not mean that John has less concern with my professional growth. It only means that the congruent use of self is the most important tool in influencing another life for transformational change and healing.

In an email in September 2017, John wrote to me, among other things, "You have received one of the very best training opportunities in the world over a 30-year period. Surely you know the answers to most of your questions." I totally agree with John's view of me. However, with years of experience, I am convinced now that to know the Satir Model good enough to use it in counselling is one level. Whether one can use the Satir Model in a Satir way to bring about change and transformation in the process within the iceberg systems and in between two icebergs' systems is quite another level. This delicate, intimate work requires not only knowledge and skill, but more so a congruent self meeting and influencing another not so congruent self leading the client to be more congruently in charge of his/her life.

Without John and Maria Gomori, I can never have become the person that I am and a Satir teacher, counsellor and trainer. Without John, I could not have really understood the essence of the Satir Model, which is "deceptively simple". I may have learned only the theory and the form of working, but not the process and the essence of change and transformation. To share what I have learned from John professionally over 30 years will require another article. Thank you for making time to read my sharing in this one at this moment in time.

© Christopher Ng for the Wisdom Box of SIP, November 2021

satir institute
of the pacific

How the Satir Model has impacted my professional and personal work.

There is absolutely no doubt that my time as a student of Dr John Banmen, learning the Satir Model, changed not just my professional work, in the middle of my career as a school counsellor, at an essential, core level but also my personal life, similarly in a deep way. The Level 1 and 2 training emphasized the experiential and the modelling - learning by doing. A good start! Then the basic Satir Model concepts, that we dived into, resonated with my view of the world but, more than that, moved it forward and put beautiful candles around that view. Probably the biggest examples were; The problem is not the problem and the Iceberg Metaphor. These confirmed my disappointments with the limited and prevalent Behaviour Modification approach being promoted in the school system at that time and gave me permission to do what I had been doing intuitively but in a disorganized way - now working systematically with the deeper levels of self below the waterline of the Iceberg. Another big breakthrough that affected every area of my life was honouring my intuition particularly around people (my clients, my family) and my facial and body sensations and expressions. In addition, the Satir Model language, that Dr John Banmen introduced us to, changed everything: Being more attuned with clients; working better with parents; talking about those clients in School-Based Team meetings and helping shift everyone's perspective from the relatively blind alley of Behaviour Mod, and just working through problems and issues with family and friends.

What a wonderful updraft of rich and resonating language and ways of 'being with other'. Just writing about it now makes me understand how big again in core confidence and ability the Satir Model has given me. And I realize now that Dr John Banmen did the ultimate teaching job of humbly stepping aside and welcoming Virginia's presence into our midst. The final chapter of this story was the last 5 years of my school counselling and 2 years of private practice when I incorporated into my work Dr Madeleine De Little's Neuroscience and the Satir Model in the Sand Tray. More of that perhaps another time.

Jim Edmondson RCC

MORE SATIR RELATED RESOURCES

Visit:

<https://satirpacific.org/online-links/>

and you tube

Meditations



Community Meetings



Teachings



Also... Buy past issues of the Satir Journal

Order any three Journals for \$20 includes shipping



Upcoming SIP Trainings

For further information on program descriptions
satirpacific.org

Satir Transformational Systemic Therapy (STST) Introduction Session

Saturday, January 29, 2022, 9:00 am to 12:00 pm (Pacific Time)

Zoom Online

with Linda Lucas, MA, LCPC, RCC and Anne Morrison, MSW, RSW

Foundations of Satir Transformational Systemic Therapy Part A

March 19, 20, April 9, 10, 30, May 1, 28, 29, & June 18, 19, 2022

9:00 AM TO 2:30 PM PDT online

45 CEU's of online training

(5 Saturday/Sundays over 5 months)

"THE POWER AND THE POTENTIAL"

Join Linda Lucas and Anne Morrison at one or all of our 3 Day Wonder Programs

Fridays April 22, May 13 and June 3, 2022

The Satir Institute is proud to present a trio of one-day programs which you can register for as a group or pick individual ones that fit your interests. All programs are designed to help you delve into your inner worlds and clear what might be keeping you from experiencing true inner peace. Join Linda Lucas and Anne Morrison as they guide you through processes that will enable you to feel freer, more confident, and grounded in your own beautiful essence.

*This is a personal growth program open to anyone who would like to enrich their life
experience with more inner peace*

SIP Trainings Continued

Level 1 Satir Transformational Systemic Therapy Summer Intensive Retreat

July 13, 2022 - July 23, 2022

Bethlehem Retreat Center

Level 2 Satir Transformational Systemic Therapy Summer Intensive Retreat

August 10, 2022 - August 20, 2022

Bethlehem Retreat Center

Foundations of STST Part B

**August 27, 2022 - November 27, 2022
Zoom - Online**

Level 1 Satir Transformational Systemic Therapy In person Workshop

**September 16, 17, 18, October 20, 21, 22, 23,
November 18, 19, 20, 2022**

9:00 am to 5:00 pm

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

Overview of the Research in China on the Satir Model

Authors: Dr Karl, Wang Qiang, Dr Wu Yanxia, Translator: Lisa Shar

With the increasing spread and application of the Satir Model in China, more and more scholars are interested in the related subject research and the research results are becoming more abundant. To better guide researchers to carry out the research work of the Satir Model, the head of the Scientific Research Department of the Banmen Satir China Management Center organized a team to retrieve and summarize the research results of the Satir Model, aiming to guide the majority of Satir Model Lovers to better apply and study the Satir Model, and help more people to be healthier, happier, and more successful.

We retrieved on China Knowledge Infrastructure (CNKI) with the keyword "Satir". By the end of August 2021, a total of 169 journal articles and 91 master's theses were retrieved.

In all the articles, from the perspective of research methods, 27% are theoretical studies and 71% are empirical studies.

In the empirical study, 39% are group interventions. 30% are case studies, and 2% are investigation studies.

From the perspective of the research objects, in the empirical study, that college students were chosen as the subjects in 65 articles; the primary and middle school students or their families were chosen as the subjects in 62 articles; the patients were chosen as the subjects in 38 articles; the medical staff was chosen as the subjects in 6 articles; in addition, kindergarten teachers, the elderly, psychological counsellors, children, left-behind women, female offenders, parents of children with autism, and preferential treatment objects and so on as subjects in 19 articles.

The current research covers a wide range, including interpersonal relationships, self-esteem, parent-child relationships, mental resilience, internet addiction, academic burnout, stress, aggressive behaviour, mental health, etc.

From the statistical analysis of the existing research articles on the Satir Model, the application and research of the Satir Model are more and more welcomed and valued by people. We look forward to conducting more extensive and in-depth theoretical and empirical research in a wider range of fields in the future.

~~Authors, Dr Karl, Wang Qiang, Dr Wu Yanxia are from the Scientific Research Department of the Banmen Satir China Management Center. BSCMC the Scientific Research Department is under the supervision of Dr John Banmen and is dedicated to reporting the application and research results of the Satir Model from domestic and international, guiding researchers.

Note from the editor, The visual graphics have been omitted due to constraints of size.

An Overview Research of College Students as Subject in China on the Satir Model

Authors: Dr. Karl, Wang Qiang, Dr. Wu Yanxia, Translator: Lisa Shar

College students are the key population for research in the field of psychology. The college period is the transitional stage for college students to integrate into the real society from their student days. It is also a rapid development stage for the growth of cognitive and behavioural abilities, and it is a critical growth stage for life. At this stage, it doesn't only need to learn and master the ability to build good interpersonal relationships, but also have the pressure of learning professional knowledge and completing academic requirements, as well as to further improve personality characteristics. Based on the articles review of the research results of the past 20 years (1998-2018) by Chinese psychologists, we can think that there is more research on Chinese college students' mental health and related fields, mainly focusing on their interpersonal relationships, coping styles, social support system, etc. and the effect of their interactions.

The researchers of the Satir Model have also done a lot of research on the mental health, interpersonal relationship, and social adaptation of college students.

The head of the Scientific Research Department of the Banmen Satir China Management Center organized a team to retrieve and summarize the research results of Chinese college students intervened by using the Satir Model, aiming to further promote and guide researchers to carry out the research about promoting the mental health of college students by using Satir Model, guide the majority of Satir Model Lovers to apply and study the Satir Model, promote the mental health and personality improvement of college students, and co-create a harmonious and happy campus.

Among the 260 research articles retrieved on China Knowledge Infrastructure (CNKI) with the keyword "Satir", those with college students as the research object accounted for the largest proportion, with 66 articles in total, accounting for 25% of the total. From the research of Satir Model, the group of college students is the most concerned by researchers.

Among the 66 articles with university students as the research object, 65 are empirical studies and 1 theoretical review.

In a summary analysis of 47 group psychological intervention articles, it was found that there is more research on the interventions of interpersonal relationships and self-esteem. Among them, there are 20 research articles on interpersonal relationship interventions, accounting for 43%, 10 research articles on self-esteem interventions, accounting for 21%. The rest of the research articles cover topics related to college student's mental health, the meaning of life, level of self-acceptance, level of self-congruence, self-identity, self-disclosure, self-differentiation, adaptability, subjective well-being, psychological resilience, psychological capital, and learning state. career planning, inferiority complex, etc.

Note from the editor, The visual graphics have been omitted due to constraints of size.

Vancouver Island Satir Winter Gathering



Our Vancouver Island Satir Gathering (Fireside) met on Saturday, Oct 23, 2021. In attendance were Anne, Anita, Christine, Julie, Mary, Maxine, Sylvia and Wendy. Christine read a lovely Satir meditation which allowed us to drop inside and hear Satir's sensitive spirit that moved throughout the meditation. Anne shared her tender writing, which set the tone for our fall gathering. Sylvia shared an autumn poem by Joyce Rupp. We shared our current life experiences and how we are impacted by this beautiful fall season. Warmth, laughter, companionship, connections were shared in a spirit of support. We look forward to our next winter gathering which will be on Saturday, Feb 5, 2022, from 9:30 – 11 am. Please consider joining us in the New Year! Anne and Wendy

THE BLESSINGS OF FALL

By, Anne Morrison

A Gift to the Vancouver Island Satir Model Gathering group
For our Autumnal Seasonal Gathering

Fall has arrived! A time of letting go; being awe-struck by the beautiful, changing colours as our lovely trees and plants begin to shed their leaves into the earth, to burrow and re-generate through all the transitions of the season – getting ready to cocoon in winter's arms and then new growth emerges from the transitions! This is a time to reflect and remember: what does Life mean to us at this stage of our lives? How does Autumn help you go deep inside to unearth what gives your life meaning? What are you harvesting through this transition time? What is treasured? What images come up with you as you behold the golden, warm oranges, red, russets and changing greens of the season? How is Fall helping you to deepen who you ARE at your beautiful essence, that unique footprint that you leave on this earth with every season?

Autumn,
the season of vulnerability,
when the great arms of oak
stretch their summer leaves
to the wild October winds.

all that has been life and green
is stripped from strong trees,
and the tall wide branches
seem to be deathly wounded.

across the lawns layers
lie the near-dead leaves:
onto the forest floors, they fall
as if to say: "all is lost."

this is the season of vulnerability
when trees open wide to wounding,
when all the summer security
is given away to another season.

wiser are the trees than humans
who clutch small arms around self,
shielding their fragile hearts
and stifling future springtimes.

from Fresh Bread
And Other Gifts of Spiritual Nourishment
Joyce Rupp (1997)

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





SATIR INSTITUTE OF THE PACIFIC ANNUAL GENERAL MEETING

MARCH 5, 2022 TIME TO BE DECIDED

ELECTION OF THE BOARD

TODD CLARK UNSUNG HERO AWARD

YEAR-END REPORTS

**Interested in Becoming a Board Member? contact the
SIP office at 604-546-1539**

**The SIP Board of Directors will have 3, three-year
term vacancies for the board years 2022 - 2025. We
encourage and invite you to either nominate
yourself or someone who will be a hard-working,
committed and a motivated candidate for the SIP
Board of Directors.**

Satir Institute of the Pacific Board of Directors Nominator - Nomination Form - 2022

The form can be used by SIP members to nominate another individual to serve on the SIP Board of Directors.

Please return the completed form to the SIP office. Please note that nominations will be accepted only through **February 18, 2022, at 1:00 pm PST.**

SIP members can self-nominate for a Board position by completing the separate SIP Board of Directors' Nomination form below.

Nominee: _____

Title: _____

Address: _____

_____ City: _____ Province: _____ Postal

Code: _____

Phone: _____ Email: _____

Describe skills and talents of the nominee:

Why are you recommending this person?

Nominator: _____ Date: _____

__Return to: Satir Institute of the Pacific, #201, 20627 Fraser Highway, Langley, BC V3A 4G4
admin@satirpacific.org or Linda Lucas at lindajane89@yahoo.com

Satir Institute of Pacific Board of Directors

Nominee Form – 2022

Nominations accepted until February 18, 2022 1:00 pm PST

Name: _____

Address: _____

City: _____ **Province:** _____

Postal Code: _____

Phone: Home _____

Phone Office _____

Cell: _____

Email: _____
Satir Institute of the Pacific Membership (please circle): Affiliate,
Professional or Clinical

Other local/national and International memberships:

What are your reasons for running for the SIP Board of Directors?

**Describe any leadership positions that you have held-especially in
counseling/therapy
associations?**

List skills, strengths and talents:

**I have read and understand the responsibilities of the office for
which I am being nominated. I
am committed to fulfilling those obligations.**

Signature: _____

Date _____

**Mail to: Linda Lucas, c/o Satir Institute of the Pacific 201, 20626
Fraser Highway, Langley, BC
V3A 4G4 Or Email to: lindajane89@yahoo.com or SIP office at
admin@satirpacific.org**

Todd Clarke Un-sung Hero Award

The Unsung Hero award was first made at the SIP AGM in 2003. It was renamed the Todd Clark Unsung Hero Award to honour Todd who passed away in 2005. Todd was a valued member of our Institute and spent much of his time volunteering for the Institute and other organizations.

Do you know a member of the Satir Institute of the Pacific who works for the benefit of all of us, selflessly and often quietly in the background, not seeking recognition for themselves, but exemplifying Virginia Satir's work of "peace within, peace between, peace among"?

The Unsung Hero Award has been designed to recognize and honour individuals who have provided exemplary service or made significant contributions to the Satir Institute of the Pacific. The Award is intended for members within a variety of capacities, and from diverse settings, in order to locate deserving members whose service might otherwise be missed.

Award Criteria:

- Recipients of the award will be members of the Satir Institute who are not directors of the Board.
- They will have demonstrated selfless giving of themselves, their energy, their time, and their creativity.
- They will have offered their help of their own volition without looking for reward or recognition.
- They will be people who enrich the lives of those with whom they come in contact.

Nomination process:

Please forward the names of nominees to Cindi Mueller admin@satirpacific.org
Please give your reasons for nominating the person (s) and give examples or anecdotes.
Deadline for nomination submissions: Friday, February 4, 2022, 1:00 pm

Selection Process

The Award Coordinator, the Director of Membership, and the Board of Directors Past President will review all nominees and make recommendations for Award winners to the Board. Up to 3 Unsung Heroes awards will be presented at the Institute's Annual General Meeting Saturday, March 5, 2022. Special plaques will be created for those being honoured. Please send in your Unsung Hero Nominee by FRIDAY, February 4, 2022. Profiles of each year's Unsung Heroes will be included in The Wisdom Box Newsletter.

Births, Deaths and Marriages



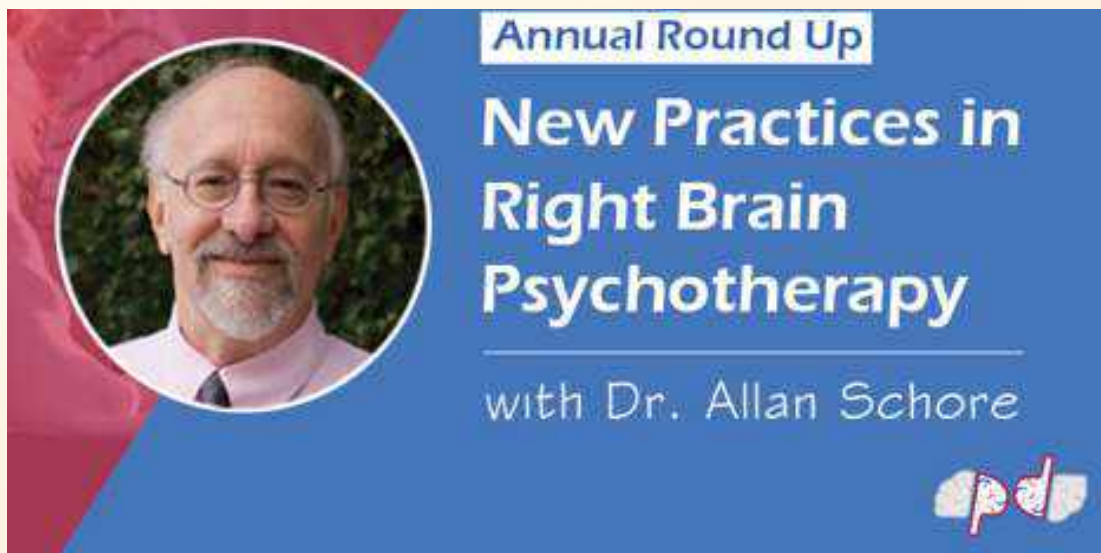
Maria Gomori May 25, 1920 - December 10, 2021

It is with great sadness that we announce the passing of Maria Gomori. She was predeceased by her husband Dr. Paul Gomori in September 1979. She is survived by her son Andrew (Karen), grandsons Paul, Steve (Amber) and great granddaughters Freya, Elise and Laurel.

The world has lost an influential and special woman who touched the lives of many people during her life's journey. She will be mourned by her loving family, close friends and students around the world. She impacted the lives of many people through decades of work as an educator and family therapist....

To see the full biography <http://www.mariagomori.com/>

COMMUNITY NEWS



**Playful Dyads
Events
Annual Round-Up
New Practices in Right Brain Psychotherapy
with Dr Allan Schore**

Saturday, December 11, 2021 (Available online for Ninety days)

10:00 am - 1:30 pm PDT

Learn More & Register at Playfuldyads.org

Moderated by Dr Madeleine De Little & Linda Chapman

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 or Visit: www.biancarucker.com



Online Training Course

Neuroscience & Satir in the Sand Tray (NSST)TM

-- Foundations Certificate --

with: Dr. Madeleine De Little

COURSE OVERVIEW

Most of our counselling practice is helping people with chronic or acute trauma. However, only 30% can be transformed through talking because most of our experiences are stored without words. This course will teach you how to assist clients to transform the defences that develop because of their past. You will also learn that in NSST these defences (based on the Porges Polyvagal Theory) are expressed in metaphors using figurines in the sand tray. As a student of this cutting edge approach, you will know how to use guiding process questions based on the Satir model, so that the client can free themselves of the binding defences as a reorganization of their nervous system occurs.

When does the course happen?

April 2022 - October 2022
12 x 4 hour live sessions

How will this course be conducted?

All live sessions will be conducted via Zoom. Course materials and resources will be accessible via our Online Learning Platform.

What are the tuition fees?

The total course fee is **\$2,500 USD**, collected in 5 automatic payments.

Who is the course for?

- Therapists
- Counselors in private practices and agencies
- School Counselors
- Social Workers
- Psychologists
- Medical personnel doing therapy
- Student Counsellors

What is included with the course?

- Academic resources from leading researchers and authors
- An interactive online community
- One-on-one access to Dr. Madeleine De Little

... Plus More!

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

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

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

