

# LEVEL 2

## TRANSFORMATIONAL SYSTEMIC THERAPY

With Linda Lucas, MA, LCPC,  
Jennifer Nagel, MA, RCC

at  
Bethlehem Retreat Center  
2371 Arbot Road  
Nanaimo, BC Canada



**10 Day Summer Intensive**  
**August 10-20, 2022**  
**9:00 am to 9:00 pm**

This program is for counselors and therapists who have completed a Transformational Systemic Therapy Level I training program offered by the Satir Institute of the Pacific (or an equivalent program approved by Tricia Antoniuk, Director of Training) **who are presently working with clients in a counselling or helping role/position.**

The focus of the program is to improve participants' competence, congruence and confidence in doing transformational, experiential, systemic change therapy. The course leader will utilize lecturettes, small group discussions, structured exercises, demonstrations, experiential learning and skill practice sessions to assist participants to move their therapy into a positively directional, change focused, experiential process.

The emphasis will be on bringing about transformational change in individual therapy, couples' therapy and family therapy. As well, some attention will be given to working with specific symptoms in therapy.

Participants will work in triads to practice different aspects of the program. As in the TST Level I training program, participants will use their own process of personal growth as the arena for their learning.

**This program will include several voluntary therapeutic demonstrations with program participants.**

### ***This Program Will Help Counsellors and Therapists:***

1. Use their Self in a competent, confident, congruent and creative way throughout the Satir therapeutic process.
2. Make therapy experiential throughout each aspect of the therapeutic process.
3. Make therapy positively directional throughout each aspect of the therapeutic process.
4. Make therapy change focused throughout each aspect of the therapeutic process.
5. Make the therapy process systemic, working on changing the intrapsychic within the context of interactive relationships and changing the interactive from the intrapsychic changes.
6. Tap clients' Life Energy as the stimulus to growth and transformation.
7. Help clients access their subconscious processes and bring them into awareness.
8. Reframe symptoms into solutions and find the positive resources in symptoms.
9. Help clients access, accept and utilize their internal strengths and resources.
10. Help clients to increase their ability to own their internal processes and increase their choice-making possibilities.
11. Collaboratively work with clients to set positively directional therapeutic goals in both intrapsychic and interactive systems.
12. Facilitate bringing about transformational change and anchoring and integrating the changes.
13. Help couples and families connect in an accepting way.
14. Help couples and families resolve differences.
15. Appreciate their own personal and professional growth process.

**60 CEC Hours  
Approved**

## **TST Level II - Program Outline**

### **Day 1 *The Satir Model A Review of Transformational Change***

1. Overview of the program
2. The process of transformational change
3. The essential elements of transformational change
4. The treatment plan: assessment
5. The treatment plan: goal setting
6. The treatment plan: interventions
7. The treatment plan: evaluation
8. Skill development

### **Day 2 *The Satir Model The Self of the Therapist***

1. The use of Self in therapy
2. The role of congruence in facilitating transformational change
3. Making contact with the person, not the symptom
4. Bringing hope into the therapy session
5. Finding resources in symptoms
6. Using Life Energy to stimulate growth
7. The role of intuition in therapy
8. Skill development

### **Day 3 *Transformational Change***

1. Changing the intrapsychic impact, not the event
2. Making therapy experiential and systemic
3. Experiencing yearnings as the precursor to change
4. Experiencing past, present and future impacts
5. Accessing sub-conscious impacts in the intrapsychic
6. Experiential change in the intrapsychic now
7. Experiential change in the interactive
8. Anchoring changes in past, present and future
9. Skill development

### **Day 4 *Transformational Change***

1. Making therapy positively directional and change focused
2. Using the meta-goals of therapy throughout the therapy process
3. Accessing positive intentions under dysfunctional patterns
4. Therapeutic goal setting as a collaborative process
5. Therapeutic goal setting as a focus for change
6. Resolving unmet expectations through the whole Iceberg
7. Skill development

### **Day 5 *Couples Therapy***

1. The intrapsychic / interactive dance
2. Making contact with both people
3. Assessing impacts, past and present
4. Moving from problem focus to disappointments to yearnings
5. Individual and couple goals for therapy
6. Increasing intimacy and positive connection
7. Resolving unfinished business and differences
8. Skill development

### **Day 6 *Couples Therapy The Ingredients of an Interaction***

1. The intrapsychic components of interactive reactions
2. Bringing the unknown into awareness during an interaction
3. The internal system: the dynamic sculpting of the ingredients of an interaction
4. Accessing the pathway for internal change
5. Skill development

### **Day 7 *Family Therapy***

1. The intrapsychic impact of family relationships
2. Making contact with the family members
3. Reframing the problems into positive possibilities
4. Appreciating positive intentions
5. Setting individual and family goals
6. The intrapsychic / interactive dance
7. Increasing connection and acceptance
8. Resolving unfinished business and differences
9. Skill development

### **Day 8 *Family Therapy Family-of-origin Issues in Present Relationships***

1. The role of family-of-origin issues in present family relationships
2. Sculpting family relationships, past and present
3. Transforming and reclaiming resources
4. Resolving unfinished business from the past
5. Integrating changes into the present relationships
6. Skill development

### **Day 9 *Therapeutic Issues Loss & Grief and Trauma***

1. The intrapsychic nature of loss and grief
2. Healing from loss; resolving grief
3. Reconnecting with Self, other and context
4. The intrapsychic nature of trauma
5. The stages of change: negative and positive
6. Reframing symptoms to solutions
7. Building resources and reconnecting with Self
8. Letting go of helplessness, pain, grief and fear
9. Anchoring empowerment and choice
10. Skill development

### **Day 10 *The Internal System Therapeutic Parts Party***

1. The philosophical underpinnings of the Parts Party process
2. The fragmented Self: externalizing the internal process
3. The use of metaphor as a change vehicle
4. Transforming internal resources and dynamics
5. Integrating resources into a cohesive whole
6. Review of the Satir Model and integrating learnings
7. Reviewing personal and professional growth
8. Triad work completion
9. Feedback, evaluation and closure
10. Celebration

***Program includes Accommodation, meals, and tuition for as little as \$3625.***

*Commuters stay also available (Residential highly recommended)*

## Meet our Trainers



**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 Secretary of 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.

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**Jennifer Nagel, MA, RCC** has extensive training in the Satir Model and has been leading trainings for a diversity of groups including therapists, educators, school programs, community groups, at-risk adolescents, therapeutic programs, non-profit organizations and corporate groups. She has presented many workshops and training programs internationally, and works regularly in Canada, China, and Kenya. Jennifer is a member of the British Columbia Association for Clinical Counsellors, the International Family Therapy Association, the Virginia Satir Global Network and a clinical member of the Satir Institute of the Pacific (SIP). She is the Director of Trainer Development for the Satir Institute of the Pacific (SIP), and on faculty as a senior trainer for the Banmen Satir China Management Centre. Jennifer also works with individuals, couples, families and youth in private practice, and provides clinical supervision to other therapists. She is the author of "Magic in the Muck: Finding Grace in Chaos" and is passionate about teaching Satir Transformational Systemic Therapy programs around the world.

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**Level II - Transformational Systemic Therapy Summer Intensive**  
**August 10-20, 2022, 9:00 am to 9:00 pm held at Bethlehem Retreat Center Nanaimo, BC**  
(\*Residential Participants check in August 10, at 3:00 pm Program starts at 5:00 pm August 10<sup>th</sup>)  
**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 \_\_\_\_\_

<b>Residential*</b>	<b>Early Bird</b>	<b>After Early Bird</b>	<b>Early Bird till June 13, 2022</b>
<b>Commuter**</b>	\$3625 CDN	\$3725 CDN	
	\$2675 CDN	\$2775 CDN	

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 evenings (August 14, 17, 2022). Program starts at 5:00 pm August 10<sup>th</sup>, ends 3:00 pm August 20<sup>th</sup>.

\*Residential includes lodging (Dorm style with Individual bedrooms and shared washrooms), breakfast, lunch, dinner and snacks (30 meals). Residential Participants check in Wednesday August 10<sup>th</sup> after 3:00 (Dinner will be provided August 10<sup>th</sup>). **This option is strongly recommended.**

\*\*Commuter includes 10 lunches and 8 dinners plus snacks. Commuters will check in 5:00 pm August 10, 2022.

\$1000 Deposit in CDN Funds due upon application with the balance due by June 13, 2022. Full refund if application not approved. If you cancel after July 8, 2022 there are no refunds, but you may transfer the balance of your registration less deposit to another TST program within the next 12 months. Cancellation prior to July 8, 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**

Send Registration Form to:



20627 Fraser Highway,  
Langley, BC Canada  
V3A 4G4

satir institute  
of the pacific

For Information and other assistance  
Contact the Registrar: Cindi Mueller  
[satiradmin@shawbiz.ca](mailto:satiradmin@shawbiz.ca)  
**604-634-0572**  
[www.satirpacific.org](http://www.satirpacific.org)