



satir institute
of the pacific
be inspired

SATIR TRANSFORMATIONAL SYSTEMIC THERAPY (STST)

Sponsored by SATIR INSTITUTE OF THE PACIFIC,
Tricia Antoniuk, MSW, RSW, Director of Training

When: Sept. 16, 17, 18, Oct. 20, 21, 22, 23,
Nov. 18, 19, 20, 2022

9:00 am to 5:00 pm

With Jennifer Nagel, MA, RCC

STST Level 1 is an accredited program that offers 60 Continuing Education Credits from Canadian Counselling Psychotherapy Association (CCPA) and is also approved by American Association of Marriage and Family Therapy (AAMFT)

Testimonials

"Just wanted once again to say that I am very grateful that I was able to take the course with you. I didn't expect to have so many takeaways for my personal growth and development. At the same time, I also learned professionally and my need for connection was met as well. I really appreciate how engaged, positive, organized, structured, creative and warm you were for our group. I am looking forward to meeting you again!"

"I will never be able to express my gratitude to you for your teaching and for working with me during the training. It has truly changed my life in every way..."

I am passing on the gift you gave to me with others and seeing amazing transformations. I am also continuing my own transformation and moving in the world as the brave, strong, kind person I am. It most certainly does take practice, practice, practice but is so worth the effort. Additionally, I see the ripple effects of my becoming in those around me as they begin to feel free to share their more authentic selves with me."

This family therapy program contains 10 days of experiential learning plus participants are expected to complete (to receive a certificate of completion):

- An additional 12 hours of triad work outside of classroom time to support skill development
- A written assignment due after completing the training to demonstrate understanding and to help integrate the concepts that have been taught.

Where: Langley, BC
CoWorks by Elevate
(20627 Fraser Hwy
Langley, BC)

Cost: \$1850* for 10 days of training
(*early bird rate available till August 5th)

Satir Transformational Systemic Therapy (TST) Level I training program is for practicing counsellors and therapists, and for other helping professionals who are presently working with clients. The focus of the program is on learning and practicing Satir Transformational Systemic Therapy to bring about deep and lasting change with individuals, couples and families.

This program is very experiential, with lecturettes, small group discussions, structured exercises, demonstrations, and skill practice sessions as part of the training. Participants will be required to work in triads between sessions to practice what they have been learning in the program.

Satir's Transformational Systemic Therapy Model (STST) 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 the whole human being, bringing about transformational change by tapping the internal resources and universal yearnings of individuals within their personal, family, and social systems. The process requires that the therapist has a high level of therapeutic competence and congruence.

STST 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.

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 Addictions Counsellors Clergy
Psychiatrists Family Physicians Child Care Workers Social Workers
Mental Health Counsellors / Therapists Nurses
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
Graduate students in the above fields who are working directly with clients are also welcome.

Program Leader



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 in Canada. 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 former Director of Training 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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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

Registration Application

Satir Transformational Systemic Therapy Level I Training Program

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

Name _____

Address _____

city _____ province _____ postal code _____

Tel. (Res) _____ Tel.(Bus) _____

Tel.(Cell) _____ Email _____

Occupation _____

Employer _____

FEES

Before August 5, 2022

\$1850.00

After August 5, 2022

\$1950.00

**Includes Program
Text and Manual**

Full Payment due with application, full refund if not accepted into program.

Payment excepted by PayPal, cheque or through credit card via phone.

Cancellation Policy: No refunds after August 26, 2022. Refunds minus a \$100 administration fee before August 26, 2022.

Send to:

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