

WISDOM BOX

Spring Edition, 2022

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IN VIRGINIA'S WORDS

"It is now clear to me that the family is a microcosm of the world. To understand the world, we can study the family: issues such as power, intimacy, autonomy, trust, and communication skills are vital parts underlying how we live in the world. To change the world is to change the family."

**YOUR 2022/2023
BOARD MEMBERS AND EX-OFFICIO MEMBERS APPOINTED
BY THE BOARD**

EXECUTIVE

**Michael Callaghan - President
Frankie Lee - Treasurer
Vacant - Secretary**

Directors at Large

Lysandra Chan

Corrinna Douglas

Tonda Eger-Chin

Lani Kim

Anne Lindyberg

Amanda Poffenberger

Madeleine Delittle – Director of Research/WB Editor

Ex-officio members appointed by the board

Tricia Antoniuk - Director of Training

Shyann Vosper - Director of Membership Services

Open - Director of Marketing

Director of Training Committee – Chairman Tricia Antoniuk

Resource Director – Amanda Poffenberger

Program Director – Linda Lucas

Director of Trainer Development – Jennifer Nagel

Carolyn Nesbitt

Anne Morrison

From the Editor

Spring is almost here as I write to you all. It's been a journey over the last two years and the tensions in the world are more than ever with us. I can't help but return to the Satir adage of Peace within, Peace between and Peace among where this all starts with the individual within the family system, which in turn transforms the cultural system, and the global system. To quote Virginia Satir above "To change the world is to change the family" In this edition Jim Edmondson gives us pause for thought on this issue to use our imagination to create a better world. (Jim and I were moved to sing Imagine by John Lennon at the AGM).

We are taken to mainland China with Jennifer Nagel our Director of Trainer Development. who has been teaching from the comfort of her own home to some 30 students in China. She describes how the participants were able to be profoundly impacted by the experiential work, even though she was thousands of miles away. It appears that when we are in a congruent state our energy knows no bounds.

In this issue, I had the privilege of interviewing Sandy Novak. She describes her time with Virginia Satir and brings us to the present day as she continues to work with the Satir Model.

Our president Michael Callaghan, reviews the institute's activities 2021 as does our Membership Secretary Shyann Vosper. The SIP scholarship is also outlined here.

President's Message from the AGM

March 5th 2022

This has been another remarkable period in the journey of The Satir Institute of the Pacific and its members as the Covid 19 Pandemic restrictions have continued here in BC and around the world for a second year. These have primarily impacted our ability to meet in person in our well established, traditional ways for Training, Membership activities, visits to the office and Board Meetings. One of the major tenets of The Satir Model is that Change and transformation are possible. We have and are demonstrating our capacity and willingness to change as the Institute fulfils its Mission and Purposes. here is a summary of the reports from the AGM on March 5th 2022

Training: The Training Department and trainers have worked hard to develop and deliver the online Foundations Programs Part A & B. An online challenge bringing both loss of aspects of the experience of in-person programming but broadening access and removing some geographical and financial barriers for participants and trainers. Although there have also been some shorter programs, we have probably not provided enough short programs for more experienced Professional and Clinical Members.

Membership: Local activities like support/video-day in-person groups for members to get together and share experiences have been hardest hit by the pandemic. Membership demographics are also changing with long-time members retiring and the new Community membership category. A bright spot has been the continuation of the monthly community zoom meetings. •

President's Message continued

Research: Most of you will have heard the Institute has initiated its first research project into the Satir Model.

Marketing: We have incorporated some marketing responsibilities into Cindi's contract, and she spends an average of five hours a week on this. We have a regular advertising program through BCACC and VSGN. We have commissioned a company to produce a two-minute marketing video about the Institute. Currently we are in need of a Marketing Director.

Publishing: We published The Satir Model in Action edited by Dr John Banmen, a collection of some of the best articles from the Satir Journal. The in-house publication of The Wisdom Box continues to provide information for members and Satir friends around the world. A new version of the Iceberg Poster is at the printers.

Finance: Despite persistent efforts the Institute was unable to receive any government pandemic financial support. The Institute has also been without a Treasurer for most of the year. An active Finance Committee and Cindi's bookkeeping have been managing our finances. Overall, we have ended the year with an \$11,000 deficit in our operating fund. Although this is serious, our overall financial position is good with considerable reserves in both our Contingency and GIC accounts.

President's Message continued

Administration: Our four-year office lease agreement with CoWorks continues until the end of November 2025, giving us stability and access to the use of meeting and space for training. Over the last decade and a half many of you have got to know Cindi Mueller as our very efficient, knowledgeable administrator. We all owe her our thanks for her dedication and keeping us all on track with requests, reminders etc. to keep things moving forward.

Your nine Board members, as stewards, of the organization have met regularly by Zoom as have the various committees and ad hoc groups. As the Satir Institute rethinks and develops more effective and new ways of spreading the Satir Model, it is worth remembering that many of the Board Members are also active as counsellors and therapists in their communities. Their own appointment schedules have been full as more people seek help during this difficult time. So, I am thankful that the Institute has such a committed group of Directors, each contributing their time and talents. They are Tricia Antoniuk, Madeleine De Little, Corrinna Douglas, Tonda Eger Chin, Frankie Lee, Linda Lucas, Amanda Poffenberger, Shyann Vosper and myself. A special appreciation goes to Linda Lucas, who will be retiring from the Board after many years of service but continuing as Program Director. I also look forward to three new members joining us, who will bring new energy ideas and expertise to our endeavours. Thank you

. Michael T. Callaghan President
March 2022

Director of Membership

Membership:

Membership renewal reminders were sent out with over 65% of past members already responded and we continue to accept membership renewals and new memberships.

A proposal introducing a new membership structure was passed at the 2021 AGM with the new structure focusing on being more inclusive while maintaining the requirement for Satir training in the Professional and Clinical membership categories (drafted by Michael Callaghan)

Membership application forms were revised by Cindi Mueller and myself, to reflect the new membership structure and to streamline the membership application process

Wisdom Box Publication:

After a ten-year hiatus, Madeleine De Little, returned to again bring news, information, and connection to the community of SIP as the esteemed Editor of the Wisdom Box. Spring, Summer, and Winter Editions were published in 2021 and a Spring 2022 Edition coming out soon, stay tuned.

Fireside Chats

The intention of these gatherings is to celebrate the community of SIP members through formal or informal meetings that provide a space to share, learn and grow together (as people and professionals) in our common passion for the Satir model

As reported in the Wisdom Box, Vancouver Island Satir gatherings continued in 2021 using the videoconferencing platform-Zoom

Members interested in creating Fireside Chat gatherings in their own communities or learn about existing gatherings are encouraged to connect with the Director of Membership

Thank you for the opportunity to serve as the Director of Membership for SIP. In the coming year, I am hopeful a committee may be created to assist in the retention of our current members and to implement a membership drive to encourage and welcome new members.

Respectfully Submitted by:
Shyann Vosper

A Conversation with Sandy Novak

Madeleine: Hello, Sandy, and thank you for doing this interview. I want to know about your connection with the Satir Model.

Sandy: I met Virginia in 1987, a year before she died. I was kind of lost. I was 36 years old, and I was told by my now ex-husband that there was something really wrong with our marriage and that it was my job to fix it. So, being the good placater that I was, I went looking for workshops to figure out how, and I bumped into a Satir workshop. From there, I went to a "month-long" residential workshop known as "Module One" personal growth training that Satir taught. And I walked out of that month saying, "My god, I could actually like myself! I could actually love myself." Wow, what a concept. I watched her and I saw that she walked what she talked. She lived what she taught. She was talking about this thing called congruence. Although she did not really define it clearly at the time, I knew that congruence was something that I wanted. Satir said that we're all capable of it. Congruence became my life's mission.

The month-long shaped me. I became a different person. I knew at that point that I wanted to change from being a high school English and reading teacher to become a Satir counsellor.

When I was a teacher, I was interested in humanistic values and how you promote those in the public schools. The best way I could see to do that was with English education. But I knew I wanted to work with kids one on one, because one on 30 was so impersonal and unsatisfying.

Right after studying with Virginia, I went to the Denver Family Institute which was a part of Denver University at the time. They let me in without a master's in mental health (they closed that door soon after I started). Later I went to Naropa University in Boulder to do my Masters, which was not cognitive-focused. It was all hands-on and working on yourself. I loved it as it was the experiential learning process that Satir used.

In 1990, just as I was finishing the family therapy training, I went to "Module Two" with John Banmen, Jane Gerber, and Maria Gomori. During the second week of the month, John Banmen approached me and encouraged me to join Avanta. What a gift. It was such an honour. So, in 1991 when I was invited to join Avanta, they immediately elected me to the board! John kept nudging me throughout the 90s. Many people have been mentored by John. I was among that lucky group.

A Conversation with Sandy Novak continued 2

After Satir died, Avanta's board was charged with carrying on her legacy and continuing to teach her model. I was involved in trying to get some stability in the organization and figure out how to use her inheritance to do so. There was a lot of chaos through those times as is true of every group that loses its spiritual figurehead. It was a schoolhouse for practising congruence.

I also organized conferences and taught trainings. I started The Satir Institute of the Rockies here in Boulder which I ran for about eight years. I taught graduate students Satir Level One and Two. That was really rewarding, but it was hard work. I was scared because I wasn't trained as a trainer. But because I had been a teacher, I knew how to write curriculum, design objectives and how to teach experientially. I had my fingers in lots of pots. Satir's personal library came to me to distribute when she died. In 1991 when the Iron Curtain came down, there was a chance for people to finally learn psychology. That was really exciting. I shipped her professional books to Eastern Europe--to the University of Moscow, the University of Kyiv in Ukraine, to the Czech Republic, and Hungary. Anyway, in the 90s, I just did a lot of different kinds of things within the Satir world. At every annual Avanta meeting, I would insist that we had to have an introductory track for newcomers to Satir. So, one year I recruited John Banmen and said, "We're going to do this four-day training, you and me together". In 1998 he asked me to come to an intensive in Bellingham, Washington. He invited 30 Avanta members to see if he could get them interested in learning the counseling part of Satir's work. He wanted them to be conscious change agents. In those days a lot of Satir followers had no idea how to do Satir change therapy. If you just watch Virginia, and nobody points out what she's doing, it is hard to apply it to use it with clients. The Module One "month-long" workshops were all about personal growth as we worked in triads, doing our family maps, and sculpting our own coping. John Banmen's brilliance is in his contribution in figuring out how he could teach us how to be change agents.

Virginia didn't teach the iceberg. She never mentioned it. So, there's a lot you can't really process with your own clients if you don't know how to work intentionally with the iceberg. All these people at the "month-long" knew that Virginia's teaching was powerful but hadn't any idea how to translate that into applying it to their clients. They might know how to sculpt. Or they probably knew how to draw a family map, but these pieces are tools. They're not the process of change. John Banmen figured out a systematic way of teaching people how to do therapy which formed the basis of the SIP Level One and Two manuals.

A Conversation with Sandy Novak continued 3

Madeleine: Tell me more about how the Iceberg came into being part of the Satir Model

Sandy: Virginia started to develop the elements that are now a part of the Iceberg, but it was John who originally conceptualized the Iceberg metaphor. I think he probably helped her sequence it, and they would talk about it together. There's an article she wrote called "Schizophrenia and Family Therapy" where she mentions the layers of the iceberg without calling it as such. She certainly used feelings, perceptions, expectations, and yearnings back in the 60s. She knew she was working with those elements, but she didn't know how to systematically sequence them.

I kept participating in SIP {Satir Institute of the Pacific} in the summer intensives and John invited me to come and be in a writer's group. So, I helped create *In Her Own Words* and some other writings. I used to work with John three or four times a year for a long weekend with the writer's group.

In 2008, John invited me to come to China. I immediately loved it. I started teaching there two months later. I had been teaching human development, family systems and counselling relationships at Naropa University for 9 or 10 years. Time-wise, I couldn't do both so I resigned from the university. After that first experience teaching in China, it was clear to me that it was what I loved--challenging, intense, and demanding. Making that choice was probably the best thing I ever did. The people in those China workshops are so lovely. They are like baby birds in a nest. They hungrily swallow the learning and then they incorporate it. They are so hardworking and practice what I teach them. It is humbling to work with them because they grow so fast. They're just such good human beings, such loving human beings, and they want to know how to be happy. It is deeply rewarding. After teaching in United States schools and at university where teachers are not necessarily appreciated, it was healing for me to feel valued in that way.

In China, I started by teaching personal growth workshops and parenting for several years. Then I started teaching couples personal growth. I learned so much from those experiences. Gradually I started teaching Satir Level One to counsellors in various Satir centres. We assumed that the participants already knew how to do some counselling, and then we realized that they had no such skills. They were not coming with a Master's in Counseling.

A Conversation with Sandy Novak continued 4

The Satir Model was exploding in China by 2012. John had more requests to train people than he could possibly accept. The President and the General Secretary of the Social Work Professors' Continuing Education organization of China looked at a variety of trainings. They attended John's training and said, that's the one (Satir Model) we want our professors to learn. It was quite a task because it was the first time any social work professors had ever been trained in any kind of counseling. All they knew and taught was agency work. John then went to Colleen Murphy and he said, "Sandy has this program. Would you help her?" He came to me, and he said, "Colleen has this program. Will you help her?" (We compared notes later. We both thought we were just helping the other). It was a 34-day program in 4 phases over 2 years with professors of social work from 38 provinces in China. We were to teach them the Satir Model, personal growth, how to do change therapy, how to do family therapy and couples therapy, and how to teach experientially. They wanted it all. I completed the program four times in total with the help of Lv Yue (Lavinia) and Wang Shujuan (Linda). We trained 250 social work professors which was about 10% of the total professors across the country. But we felt good about the impact this program had.

We gave a final exam where they had to present a video session of themselves working with a client, and we found seven people who were doing change therapy. They joined the second Training for Trainers (T4T) in China, and they've started a whole new branch of social work called "Family Social work." And nine out of 10 of the people that run that branch graduated from the Satir program and they're publishing a book. I'm so proud of them. As part of their final exam, all of the participants were required to teach an experiential class in front of the whole group, and we videotape them. They were just stupendous.

Madeleine: What are you doing now?

Sandy: I'm rewriting a Satir workbook which was published in the 1980s called "Satir Family Instruments." It was designed for helping students prepare to be a star in a family reconstruction by filling in things like a family chronology and family maps. I got the copyright permission from Jesse Carlock and now Lv Yue (Lavinia) and I are expanding it. This new version will describe the purpose and process of doing your family of origin work. A therapist can give this book to a client, and they can work through the book together. Or, if there's somebody who's running family reconstruction workshops, all the participants in the workshop could work through the book. It's going to be in-depth.

A Conversation with Sandy Novak continued 5

Madeleine: What are your hopes and wishes for the Satir model?

Sandy: If the centres in China can keep offering Satir Level Ones and Level Twos, and other speciality trainings, I can see China continuing to be very involved with the model. If we can nurture some of the professors, and some of the other T4T trainers, get new books published and continue teaching Level 1, 2, and 3 and train lots of counsellors, the model will thrive there.

The people that I see in China who've gone through the whole Satir program are good counsellors. But we've got to keep them nurtured, supported, supervised, and growing. My hope is that the western faculty will no longer be needed in China. We have to make a bigger faculty and empower them to teach Level One and Level Two. On a more global note, on Wednesday morning

Satir Global Network Zoom meetings there are people from Africa, South America, all kinds of Europeans, the USA and Canada. They're learning how to take the Satir tools and enrich people's lives.

Madeleine: How do you see the change process?

Sandy: I think it is tapping the life energy in the core of the human being, connecting them to their essence so that they know that they matter, that they have value, that they have a place in this world. They belong and they live from that place. It's helping people experience and clear away their unfinished business, whatever it is that keeps them from knowing that they're valuable. And some of those tools (like the Mandala) help get there by peeling away the things that are blocking them so that they can get to the essence of who they really are at the level of self.

What we are learning is how to help people be in charge and then maybe go even past congruence to the experience of oneness. But if you haven't done all the work, how do you get to that? It's hard to get there. It's not simple. The good news is we have access to all those five levels of the iceberg. The process of change includes ongoing growth toward congruence. For me that's a daily spiritual practice—my life's mission continues as a process, not a goal.

THE SATIR RESEARCH SCHOLARSHIP 2021-2023

Three separate \$1000 Scholarships are to be given upon completion of a research paper into Satir Transformational Systemic Therapy. The Award is for \$1000 for 3 students and will be administered upon completion and passing of the master's degree.

Criteria:

1. Masters students from Trinity Western University, Associated Canadian Theological Schools (ACTS) of Trinity Western University, Adler University, University of British Columbia, Simon Fraser University, City University, and the University of Victoria.

2.3.0 GPA or higher

3. The research paper must be based on the Satir Transformational Systemic Therapy Model.

4. The research paper is to be completed between September 1st 2021 and December 31st 2023.

How to apply

Applicants are to send a copy of their completed research paper after their defence is completed, to the Research Chair of the Satir Institute of the Pacific, admin@satirpacific.org, by December 31st, 2023.

The subject line of the email is to read "SIP Scholarship application". The applicant must submit proof of completing and passing their master's degree.

The information must include full name, address, email address and phone number.

THE SATIR RESEARCH SCHOLARSHIP 2021-2023 continued

The decision process

All applicants' personal information will be removed by the administrative assistant. The research papers will then be read by the Research Chair and Dr John Banmen and one other Scholarship committee member. Together they will make a final decision and only the three successful applicants will be notified. The money will be forwarded directly to the successful applicants from SIP.

Benefit:

- The recipients will receive an invitation to publish an article summarizing their findings in the SIP Newsletter
- Their papers will be made available on SIP Website
- They each will be invited to speak to an audience of members of SIP about their research.

If there are no recipients for the September 2021- December 2023 academic years, it will be offered in subsequent years.

ResearchSurvey

We are carrying out a survey on the efficacy of the Satir Model. This is to provide formal research evidence. The survey simply requires new clients to your office (for those of you who primarily use the Satir Model) to fill out an online survey before they begin with you and then a second one 6 sessions later. This is anonymous both for the therapist and the participant. If you do not have the information about his survey please contact Dr Madeleine De Little. mdelittle@gmail.com.

Jennifer Nagel "in" China

Jennifer Nagel has found a very creative way of teaching in China without getting on an aeroplane for 13 hours. her class were present in the room in Nanjing and she was on a huge screen teaching and guiding the experiential work. She had 21 participants in the room for her phase 2 whilst 8 were linked in on ZOOM as they couldn't travel due to Covid lockdowns in their cities. Jennifer told me that this way of working turned out better than she had expected and the online participants said it was just as experiential for them.



My Reflection
Foundation of Satir Transformational Systemic Therapy (STST)
Part B
by
Beng Wee, Ng
Singapore

I would like to take this opportunity to appreciate Linda and Jennifer for the wonderful experience I had with this programme. Their teaching was experiential and inspiring. It led to a transformational shift in both my personal and professional self.

I would also like to appreciate my trio group, Sonia and Raynette, for the supportive and empathetic space they provided throughout the journey. Last but not least, I would like to appreciate Anastacia, Pong and my fellow classmates for creating a warm learning environment whereby different perspectives were generously and compassionately exchanged.

The Foundation B programme created an impact for me in the following areas:

Family Rules

The twelve questions skilfully guided me to enter the space in "Exploring the Impact of the Family Rules". Initially, I felt a sense of uncertainty as I recalled and reexperienced the circumstances and the situation of how my family rules evolved. However, under the encouragement and support from my trio group, I felt calmer and braver to go back into the relationship between my father and my "inner child". Instead of my usual blaming stance with my father, I began to understand the underlying intention of his actions to do his best to bring up his son. This realisation softened the boundary of my family rules. It allowed me subsequently to reach out to my father in order to seek reconciliation and walk alongside him.

Trusting the Process

All this while, I relied on the structure and a list of questions to guide my therapeutic work. Foundation B programme helped me to facilitate for my client/star to be able to see, hear, heighten their awareness of their perception/expectation, make meaning and be aware of their yearnings.

In this process of exploring the client's "iceberg", my experience in trusting the process was initially met with uncertainty and it would usually feel like "going around in circles". Gradually, I understood the:

- the value of respecting their stories, pace and autonomy.
- the possibility that they would be able to manoeuvre their own changes and seek their own resources.

I learnt to trust the process and myself in connecting with my client/star in their emotional space. I then focused on becoming more sensitive; exploring positively directional questions in order to gently shift my client/star away from their storytelling and make small steps towards change.

The 5 Languages of Love

From the "5 Languages of Love", I realised I am doing many "acts of service" out of an obligation and not out of love. I wondered why my "acts of service" were not previously appreciated by my wife. I started to understand how different our love language is. After revisiting my own "iceberg", I took steps to shift some of my expectations and perspectives. I started to set goals to fill up my own "emotional love tank" to be on the path to speak more "words of affirmation" and spend more "quality time" with my wife.

In conclusion, attending the Foundation Part B programme has been one of the best decisions that I have ever made.

Once again, I would like to thank Linda, Jennifer, Anastacia, Pong, Sonia, Raynette and my fellow classmates. I am feeling excited and eager to explore what Level 2 would bring about.

Thank you very much!

Beng Wee, Ng
Singapore

Satir Global Network Gathering
March 16th 2022

This morning, 53 Satir practitioners from around the world gathered for the regular Satir Global Network gathering that happens each Wednesday morning to watch a video of Satir speaking about peace and war. Instead, we spent the whole 90 minutes with Jorune Vysniauski, I believe she is from Lithuania speaking from the Ukrainian crisis and the challenges faced daily right now by caregivers in Ukrainian and Eastern Europe right now.

Many ideas of support were shared in response to Jorune's pleas for how to help the children who have been gathered in her area whose fathers are fighting and mothers are needed elsewhere. Tom, in Ottawa, led all of us individually to express how we are currently "with her" at this time. She replied that Ukrainians need that knowledge and heartfelt support as they feel so alone right now. Daria also spoke of her pain with both Russian and Ukrainian families as did Yury Makudonov, Russian, but currently living in Toronto.

The day's agenda, including our opening meditation, was set aside as the sharing continued in a heartfelt and beautiful way. I felt Satir would be smiling at the global reach and heart so evident in our sharing today. The 53 of us present today were from many countries. This sharing today underlines for me the breadth and depth of this global Satir family we are part of. This has been networking of the most beautiful and powerful form. I encourage each of you to celebrate not only the gifts we have received from Satir but the gifts that are continually circulating around our globe as the connections between us are alive and actively being shared, especially in these challenging days we are experiencing right now as a global family.

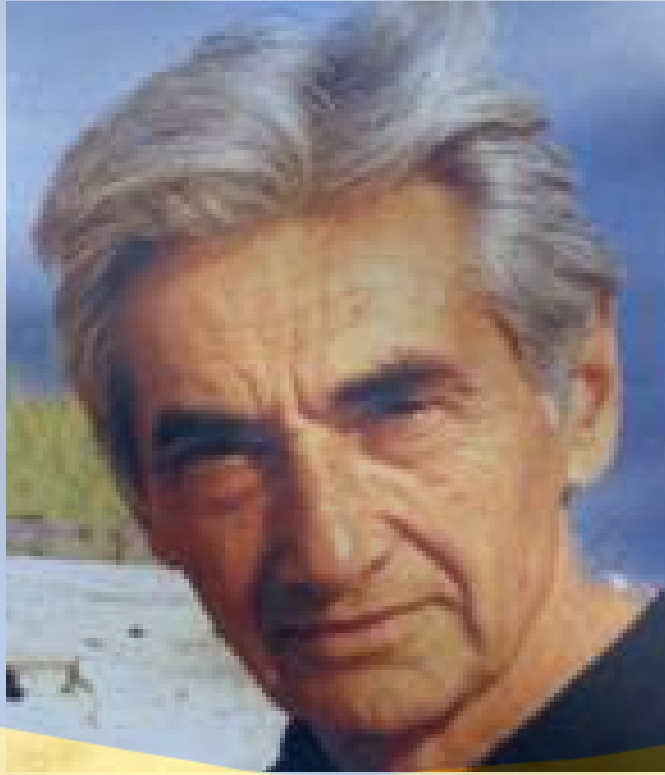
It is our hope that next week's Wednesday morning sharing can involve as many Ukrainian caregiving professionals as we can be in touch with.

I will end with the piece that Eileen Rider read as we ended our time together today.

Mary Leslie

See next page

SATIR GLOBAL NETWORK GATHERING CONTIUED



HOWARD ZINN

“TO BE HOPEFUL in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty but also of compassion, sacrifice, courage, kindness. What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places—and there are so many—where people have behaved magnificently, this gives us the energy to act, and at least the possibility of sending this spinning top of a world in a different direction.

And if we do act, in however small a way, we don’t have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvellous victory.”

MORE SATIR RELATED RESOURCES

Visit:

<https://satirpacific.org/online-links/>
and you tube

Meditations



Videos



Anne Linyberg speaking
about transformational
change



Maria Gomori speaking on
the most profound
teachings she received
from Virginia about living
and leaving



Natalie Chantagul:
Speaking about the Satir
Stances



**Also... Buy past issues of the Satir Journal
Order any three Journals for \$20**



Satir and World Peace

As the world teeters at the edge of this new precipice, it will help to look at the situation in Ukraine with Satir eyes. The solution will not emerge through words and behaviours above the waterline. Below the waterline is where to work. And there's so much down there to work with. Patiently. Get it all out on the table. At least acknowledge it. Accept what we can of the other side's feelings, perceptions, expectations and yearnings. Embrace the commonalities to find the 'peace among'. This is what we do. Imagine all the people ...

Jim Edmondson

Imagine

Imagine there's no heaven, It's easy if you try.

No hell below us. Above us only sky.

Imagine all the people, Living for today,

*You may say I'm a dreamer, But I'm not the only one
I hope someday you'll join us, And the whole world will live as one.*

Imagine there's no countries, It isn't hard to do

Nothing to kill or die for And no religion too

Imagine all the people, Living life in peace

*You may say I'm a dreamer, But I'm not the only one.
I hope someday you'll join us, And the whole world will be as one*

Imagine no possessions, I wonder if you can

No need for greed or hunger, A brotherhood of man

Imagine all the people, Sharing all the world,

*You may say I'm a dreamer, But I'm not the only one
I hope someday you'll join us, And the whole world will live as one.*

John Lennon

Upcoming SIP Trainings

For further information on program descriptions

satirpacific.org



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 CEUs of online training

(5 Saturdays/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 for which you can register 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

Vancouver Island Satir Gathering

Saturday, Feb 5th saw a lively group of 9 Vancouver islanders committed to the Satir Model coming together online. The group meets four times a year with a seasonal theme for each gathering. The theme this year focused on the gifts of winter and hibernation: gentle rest and deep sleep that can be a gift of the slumber of winter. Wendy Lum asked us to reflect on quiet time for journaling, and creativity, not only from this winter season but for the past year of 2021. She asked if we were ready to come out of hibernation, and what we were longing to bring into this new year ahead of us. She invited us to reflect on what were some of our challenges, learnings and new commitments from this Covid time, and winter months, and how we intended to tenderly nurture our soul as spring and the promise of better times are before us now.

Anne Morrison lead us with a reading reflecting the season and Maxine Saunders gifted us with two songs, accompanying her singing on her guitar. The first was a favourite of hers and the second was one she had written herself. It was a very special way to support a deep and rich focus for our session. Many who attended that morning were "regulars" who often attend, but we were graced also with one new member who was attending for her first time.

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Vancouver Island Satir Gathering continued

Our Saturday sessions have a lively life of their own, as each shares their particular joys and challenges with each other. It isn't possible to share the details of these often intimate sharings, but one stands out for me particularly. Leona Gallant reported on the film and book she has been passionately creating, with the help of others, to profile the director, Grace Neilson, and the program she founded in Nanaimo, The Tillicum Lelum Friendship Centre. One beauty of this program is its deep connection to Satir's training and ideas.

I have had a long history with Fireside Chats as they were called in the earlier times. I was lucky enough to attend several of Madeleine De Little's wonderful fireside chats at her home in Fort Langley, where we actually sat around a wonderful blazing fireplace and were graced by the warmth and intimacy of those wonderful evenings. The shift to Zoom limits the fireplace element, but the gifts have been considerable. Our Vancouver Island geographical territory is broad, from Victoria to well north of Nanaimo and everything in between. Zoom has allowed many more to share together in these Saturday morning gatherings than was often the case before Zoom when getting together could require driving 1.5 to 2 hours for some of us.

The efforts to organize these and keep them happening on a regular basis is considerable, I am sure, but Anne and Wendy have been diligent in supporting these. I am grateful for their continuing commitment to the networking that can be such a gift for each of us who attend, especially in these Covid times.

Submitted by Mary Leslie



Online Training Course

Neuroscience & Satir in the Sand Tray (NSST)™

-- 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

- 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

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





Births, Deaths and Marriages

It is with great sadness that we announce the passing of Stuart Piddocke.

As of writing we do not have an obituary