

LEVEL 2

SATIR TRANSFORMATIONAL SYSTEMIC THERAPY

With Linda Lucas, MA, LCPC,

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at

Bethlehem Retreat Center

2371 Arbot Road

Nanaimo, BC Canada



satir institute
of the pacific

10 Day Summer Intensive
July 30 – Aug 9, 2024

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 lecturettees, 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