

# Training for Trainers Program



satir institute  
of the pacific

*be inspired*

## Who should apply for the Training-for-Trainers program?

1. Excellent Satir Model counsellor/therapists hopefully having completed or taking Level II
2. Having some trainer experience even if unrelated to the Satir Model.
3. Ample counselling/therapy experience
4. Academic qualifications, such as Master's or Doctorate degree or some similar education with a minimum of a Bachelor's degree.
5. Willing to train in many types of Satir Model programs for different populations and purposes, along with SIP level one and level two.
6. Having achieved a good level of congruence and showing interest in ongoing personal growth and professional development.
7. Willing and able to be strongly committed and engaged in the Training-for-Trainers program including the assignments between classes.
8. For good reasons, exceptions can be made for some who do not have the anticipated qualifications.
9. Graduates will have the opportunity of becoming approved trainers of the Satir Model by the Satir Institute of the Pacific.

## Some Workshop Topics to be covered during the training period

*\*Please note that this list is not necessarily in the order that topics will be covered, and other items may be added as they become obvious or necessary in the program.*

1. Purpose and goals of the T4T program
2. Participant team building
3. The Satir Model perspective for trainers
4. Experiential review of the Satir Model
5. Teaching vs. training role
6. Group process skills of trainers
7. Dealing with expectations of participants
8. Demonstrations of group observation skills
9. Curriculum development concepts
10. Curriculum development example
11. Curriculum development for the list of possible programs, and presentations to the group
12. Program goal setting for different groups
13. Daily goal setting for same group
14. Handling questions of participants
15. When to be flexible, when to change goals, when to stay on course
16. How to handle challenges and reactions of participants
17. How to sequence learnings, how to pace learnings

18. How to make learnings, not just therapy, experiential with lots of practice
19. How to make group goals applied to individual goals
20. How to use the stages of change as part of the teaching skills.
21. How not to be distracted by irrelevance, crisis and super-reasonableness
22. How to prepare oneself internally and with the subject matter.
23. How to create a positive learning environment even without participants' total involvement
24. How to monitor the group via individual participants, level of energy, and what to do about it
25. How to be culturally sensitive
26. How to set length of programs to achieve goals of programs.
27. How to use various Satir Model tools for different groups and different purposes such as:
  - a. Mandala
  - b. Temperature reading
  - c. Family-of-origin maps
  - d. Sculpting
  - e. Survival stances
  - f. Ingredients-of-an-interaction
  - g. Maintenance kit
  - h. Parts party
  - i. Humour
  - j. Meditation
  - k. Present family maps
  - l. Some new tools developed recently
28. How to select STARS for demonstration purposes
29. How to use demonstration to teach concepts and skills
30. How to prepare marketing materials
31. How to have a support system while running workshops
32. How to stay focused and enjoy one's work
33. Many more learning issues will surface during the training program

## The Program Components and Requirements:

There are five components to the Training-for-Trainers program.

1. Three phases: the first two phases will be 5 days, on-line using the zoom platform. The third phase will be six full days in person at Bethlehem Retreat Center, BC Canada.
2. Three Satir Model community presentations, ie. talks, lunch and learn professional development, or similar places.
3. Three two-day Satir Model workshops in dyads for various organizations, independently, or the Satir Institute of the Pacific.
4. Evaluation and feedback based on self-assessment, group feedback, participant evaluation forms, video of segments from presented workshops.

There will be ongoing support between phases and while course requirements are in process via Group Zoom meetings as well as individual consulting and coaching support from Linda and Jennifer.

## Some Possibilities for Types of Workshops:

1. personal growth
2. couples
3. family therapy
4. parenting
5. parent-child relationships
6. teacher-student relationships
7. self-care
8. individual counselling
9. elderly care-giving
10. suicide prevention and treatment
11. depression
12. anxiety and emotional disorders
13. addictions
14. conflict resolution
15. stress reduction
16. other possibilities to be added later

There will be assignments and dyad work to be completed in between each phase, with regular mentorship and support from the program leaders.

**TUITION** \$4500\* (can be paid in 4 installments)

\*plus either Residential (\$1110) or Commuter (\$380) for the final phase

- Phase 1 September 25 – 29, 2024 2:00 pm to 7:15 pm (Pacific Time) Online via Zoom
- Phase 2 January 22 – 26, 2025 2:00 pm to 7:15 pm (Pacific Time) Online via Zoom
- Phase 3 May 2, 2025 Arrival 3:00 pm – May 8, 2025  
Departure 3:00 pm In Person held at Bethlehem Retreat Center in Nanaimo, BC

Third Phase - Bethlehem Retreat Center, Nanaimo, BC, Canada (Vancouver Island)
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### INCLUDES:

- 16 days of training
- Course Manual
- Monthly Online group meeting via Zoom facilitated by the Program Leaders
- Individual coaching and supervision for assignments between phases via telephone or Zoom with Program Leaders

Feel free to connect with Jennifer Nagel or Linda Lucas with any questions you might have about this program via [admin@satirpacific.org](mailto:admin@satirpacific.org) or phone Cindi Mueller at Satir Institute of the Pacific at 604-546-1539 [www.satirpacific.org](http://www.satirpacific.org)

# Sixteen Days - Training for Trainers

September 25-29, 2024, January 22- 26, 2025, May 2- 8, 2025

Applications will be reviewed, and applicants will be advised ASAP if they have been approved or not

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province/State \_\_\_\_\_ Country \_\_\_\_\_ Postal/Zip code \_\_\_\_\_

Bus / Cell Phone \_\_\_\_\_

Professional Position \_\_\_\_\_

Employer \_\_\_\_\_

Why are you applying for this workshop \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Professional Associations you are registered with: \_\_\_\_\_

\_\_\_\_\_

Educational Degrees and Institutions: \_\_\_\_\_

\_\_\_\_\_

Please list your Satir Training (successful completion of Level 1 and Level 2 STST (or equivalent) is a requirement to attend

this program) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Previous experience as a trainer/facilitator, what programs you have offered \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How do you plan to use the training from this program/or what areas of specialty/topics you would like to develop to offer as

workshops? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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4 Payments of \$4500 CDN plus either Residential or Commuter fees for the third phase.

First installment (\$1500) Due with registration, Second Installment (\$1500) due November 15, 2024, Third Installment (\$1500) due January 30, 2025 with balance due March 30, 2025 (either \$1110 Residential or \$380 Commuter)

Cancellation Policy: 80% refunded if 60 days before the program start; otherwise 50% 30 days before the program start; no refund for less than 30 days requested

Cheques, Credit Cards, Money Order, Wire Transfer, email transfer or PayPal in Canadian funds only, if you need an Invoice please contact Cindi to issue you an invoice.

*Payable to:* Satir Institute of the Pacific



Send Registration form to:

Satir Institute of the Pacific  
20627 Fraser Hwy  
Langley, BC  
Canada V3A 4G4

For More information and other assistance  
contact registrar: Cindi Mueller  
1-604-546-1539  
[admin@satirpacific.org](mailto:admin@satirpacific.org)  
[www.satirpacific.org](http://www.satirpacific.org)