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## Applications of STST in Person or Online OUTLINE

### Available in Two Formats

- 8-day Residential Program including evening trio work – 48 CEU/CEC's
- Online Via Zoom – 12 days of training (5.5 hours/day) – 57 CEU/CEC's

### Pre-Requisites

Participants must have:

- Successfully completed **STST Level I** with the Satir Institute of the Pacific (SIP), **or**
- Equivalent training approved by the SIP Director of Training
- An active clinical practice working therapeutically with clients

### Who is this program designed for:

- Counsellors, therapists, and mental health professionals
- Practitioners already using the Satir Model in their work
- Clinicians seeking advanced application rather than introductory training
- Those wanting to deepen their **Use of Self**, presence, and congruence in therapy

This advanced program focuses on helping experienced Satir practitioners deepen their therapeutic presence and effectiveness by integrating attachment, neuroscience, and embodied practice to facilitate systemic, transformational change beyond symptom relief.

## OUTLINE

### *Foundations for Advanced Satir Practice*

- Review of the Transformational Change Process
- Review of the Stages of Change and Five Essential Elements
- Deepening the Use of Self in advanced clinical work
- Stress, neuroscience, and nervous system regulation in therapy
- Therapeutic presence: preparation, contact, pacing, and holding experience
- Trio formation, supervision guidelines, and learning agreements
- Live therapy demonstrations and large group debrief

Trauma woven throughout: Establishing safety, choice, pacing, and nervous system awareness

### *Attachment, Anxiety, and Depression*

- Attachment research and its application to therapy
- Intrapsychic and relational impacts of attachment patterns
- Conceptualizing anxiety and depression through the Satir Model
- Nervous system responses to chronic stress and relational threat
- Reclaiming empowerment, hope, and sense of self
- Virginia Satir video study
- Experiential processes, therapy demonstrations, and supervised trio practice

Trauma woven throughout: Relational survival strategies, cumulative stress, and regulation

### ***Grief, Loss, and Transformational Healing***

- Contemporary understandings of grief and loss
- Conceptualizing loss through the Satir Model
- Intrapsychic and relational impacts of single and cumulative losses
- Healing grief within individual and family systems
- Restoring meaning, connection, and life energy
- Experiential grief processes, therapy demonstrations, and supervised practice

Trauma woven throughout: Shock, attachment rupture, meaning-making, and resilience

### ***Embodiment, Parts, and Integration***

- The body as a resource in therapy
- Embodiment and nervous system integration
- Internal parts through a Satir lens
- Satir-informed Parts Party processes
- Working with protection, vulnerability, and choice
- Anchoring and integrating transformational change
- Application to participants' current clinical work
- Trio closure, reflection, and large-group completion: where to from here

Trauma woven throughout: Integration rather than re-activation; coherence and choice

### **This program will help counsellors and therapists:**

- Work experientially and systemically with intrapsychic impacts such as anxiety, depression, attachment ruptures, and life stressors.
- Integrate the **Use of Self** as the primary instrument of therapeutic change.
- Apply contemporary attachment and nervous system research to enrich therapeutic practice.
- Facilitate transformational change with individuals, couples, and families beyond symptom-focused interventions.
- Deepen skills in embodiment, parts work, and congruent presence.
- Anchor and integrate therapeutic shifts for sustainable client growth.
- Strengthen confidence and clinical clarity in advanced application of the Satir Model.