



The Satir Institute
of the Pacific
Be Inspired

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Level 1 Satir Transformational Systemic Therapy Program Outline

Available in Two Formats

- In Person – 10 days of training (8 hours) – 60 CEU/CEC's
- Online Via Zoom – 15 days of training (5.5 hours) – 67.5 CEU/CEC's

The focus will be mainly on the theoretical base of the Satir Model and learning to bring about transformational change.

The Satir Model: A Systemic Transformational Change Process

- Overview of the program
- Introduction to Virginia Satir and her beliefs about change
- The Treatment Plan: assessment of the internal system; iceberg metaphor for a human being
- Skill development

The Satir Model: Towards Congruence

- The Treatment Plan: assessment through survival stances
- Externalizing the internal coping process
- Congruence as an alternate way of being
- Essential elements for therapeutic change
- Trio / Quartet group formation
- Supervision group formation
- Skill Development

Satir's Three Generational Family Maps

- The Treatment Plan: assessment through family of origin maps
- Creating family of origin maps
- Reading family of origin maps and assessing family coping and communication patterns, family strengths and resources, and unfinished business from the past
- Skill development

Preparing for Change: Therapeutic Goals

- The importance of collaborative goal setting in therapy
- The four meta-goals for therapy

- Final therapeutic (outcome) goals
- Sessional goals: intrapsychic and interactive
- Incremental goals within the session
- Skill development

Preparing for Change: The Initial Interview

- The Treatment Plan: Interventions
- The role of the therapist
- Assessing the presenting problem and focusing the problem into positively directional goals
- Assessing the client's internal experience
- Bringing about transformational change
- Anchoring changes in the intrapsychic and interactive systems
- Evaluation of change
- Skill development

Intrapsychic Change: Change from the Inside Out

- Changing the impact, not the event
- Working with unmet expectations
- Owning and changing feelings: anger, hurt and fear
- Using yearnings to connect with Life Energy
- Skill development

Making the Covert Overt

- Bringing family rules to awareness
- Surfacing and transforming the impact of family rules
- The Ingredients of an Interaction: The intrapsychic components of interactive communication
- Resolving conflict in relationships
- Skill development

Working with Couples

- Introduction to working with couples: intrapsychic and interactive systems
- Resolving differences
- Improving intimacy
- Resolving impacts from the past
- Skill development

Working with Anger in Therapy

- Understanding anger therapeutically
- Understanding anger experientially
- Resolving anger and connecting to Life Energy
- The role of forgiveness in therapy
- Skill development

Integration and Closing

- Review of the Satir Model and integrating learnings
- Reviewing personal and professional growth
- Where to from here?

This Program Will Help Counsellors and Therapists:

1. Use experiential process throughout their therapy sessions to access healing Life Energy
2. Explore and facilitate change in clients' intrapsychic and relational systems
3. Make contact with clients' internal experience and create safety quickly and deeply.
4. Surface clients' survival communication and coping patterns and help clients experientially choose more positive possibilities
5. Collaboratively with the client, begin to set positively directional, intrapsychic therapeutic goals for change
6. Help client's access, accept, and utilize their internal strengths and resources in the change process
7. Map the internal processes of clients and help them access and change their behaviours, feelings, perceptions, and expectations
8. Help clients integrate and maintain their changes.
9. Learn to make contact and build rapport with clients to stimulate their healing energy.
10. Understand and incorporate the basic therapeutic belief system of the Satir model.
11. Use experiential process throughout their therapy sessions.
12. Surface and identify clients' communication and coping patterns.
13. Prepare clients' family of origin maps (genograms) and surface dysfunctional personal and family dynamics.
14. Transform clients' problems into positively directional goals.
15. Learn the Satir process of therapeutic change through mindful process questions.
16. Help client's access, accept, and utilize their internal strengths and resources.
17. Transform family rules that diminish clients' self-esteem.
18. Help clients raise their self-esteem and increase their choice-making possibilities.
19. Map the internal processes of clients and help them access and change their behaviors, feelings, perceptions, and expectations.
20. Help clients reduce the impact of past events and negative experiences.
21. Help clients integrate and maintain their changes.
22. Become more effective counselors / therapists in using the Satir model.