

Virginia Satir (1916 - 1988)

Virginia Satir is internationally recognized for her creativity in the practice of Family Therapy. Based on her conviction that people are capable of continued growth, change, and new understanding, her goal was to improve relationships and communication within the family unit.

Considered to be one of the original pioneers of family therapy and "everybody's family therapist", Satir stayed at the forefront of human growth and family therapy until her death in 1988.

Virginia Satir, the founder of the Satir Model, believed that counselling/therapy is an intense experience with the inner self. The counsellor/therapist helps and encourages the client/patient not only to accept and deal with the pain and problems, but also to accept and live with an inner joy and peace of mind.

The Satir Institute of the Pacific

SIP is a non profit organization with the following purposes:

- to provide a broad educational context including classes, workshops and seminars in which persons may experience and learn in depth the Virginia Satir systemic growth model in order to understand, develop and use the Satir Model in their personal and professional lives,
- to act as a mutual support system,
- to develop a curricula leading to certification for persons wanting to develop professional expertise in the Satir Model,
- to promote research and study of the Satir Model; *and*
- to assist in the promotion and development of the Satir Model.

COURSE LEADERS

Kathlyne Maki-Banmen, MA, RCC, has trained Satir therapists in Hong Kong, India, Singapore, the Czech Republic, Slovakia, Thailand, Turkey, Canada and the USA. She has been providing workshops and seminars to therapists, educators and parents for over thirty years. Ms. Maki-Banmen spent over ten years working with at-risk adolescents and their families in public schools in British Columbia.

Ms. Maki-Banmen is an Assistant Director of Training, a former president and a program leader of the Satir Institute of the Pacific. She is also a member of the International Family Therapy Association and the British Columbia Association of Clinical Counsellors.

Ms Maki-Banmen is a government endorsed international training consultant and supervisor for accredited therapy licensure programs in the Czech Republic and Slovakia providing training and supervision for the program faculty.

Ms. Maki-Banmen is in private practice in Delta, BC, Canada, working with individuals, couples and families in therapy.

Anne Morrison, MSW, RSW, RMFT, is a therapist, trainer, and organizational change consultant providing therapeutic services, leadership development and organizational wellness training in Canada, the USA, Singapore and New Zealand. Anne is also a sessional instructor for the Nicola Valley Institute of Technology in British Columbia, Canada.

Ms. Morrison is a clinical member of the American Association of Marriage and Family Therapists, the British Columbia Association of Social Workers, and the Satir Institute of the Pacific.

Ms. Morrison is an Assistant Director of Training and program leader for the Satir Institute of the Pacific. Anne has also written several articles on advocacy, community development, and change including a chapter in Satir Transformational Systemic Therapy (Banmen, J. (Ed.), Science and Behavior Books, 2007).

Ms. Morrison has a private practice in Abbotsford, BC, Canada working with individuals, couples, families and groups.

The Satir Institute of the Pacific



Sponsors

Satir Transformational Systemic Therapy Level I Summer Residential Training

July 13 - July 20, 2009

**Rosemary Heights Retreat Centre
3690 - 152nd Street
Surrey, British Columbia, Canada**

with

**Kathlyne Maki-Banmen, MA, RCC
&
Anne Morrison, MSW, RSW, RMFT**

under the direction of
Dr. John Banmen, RPsych, RMFT
Director of Training

**Level I Introduction To
Satir Transformational Systemic Therapy
Summer Residential Training**

This therapy training program is for practicing counsellors and therapists who are presently working with clients. The focus of the program will be Satir Transformational Systemic Therapy to bring about transformational, energetic change. The approach will be applicable to working with individuals, couples and families.

The course leaders will utilize lecturettes, small group discussions, structured exercises, demonstrations, experiential learning and skill practice sessions as part of the program. The course leaders will link transformational, experiential systemic therapy with current therapeutic, neurological and biological research.

The program will provide some hands-on skill development opportunities and participants will be required to work in triads in the evenings to practice some aspects of therapy. Participants will also work with their own three generational family-of-origin maps to increase personal learning opportunities in applying a systemic, experiential therapy model.

Satir Transformational Systemic Therapy (STST) is unique in encompassing both the intrapsychic and interactive components of therapy. Much therapy of the past has been focused only on clients' behaviour, cognition or affect. This model is focused on bringing about change at the level of Being, as well as changes in doing, feeling and perceiving. The process taps the universal yearnings of individuals within their personal family and social systems and helps them work towards a sense of responsible wholeness. The process requires that the therapist has a high level of therapeutic competence and congruence.

This program will include several voluntary therapeutic demonstrations with program participants.

Cost: \$1000 Cdn. (includes tuition, text book and program manual, accommodation & meals)

Information: email admin@satirpacific.org

Program Outline

Day 1 The Satir Model: A Systemic Transformational Change Process

- I. Overview of the program
- II. The process of change and the essential elements of therapeutic change
- III. Systemic therapy - The Intrapsychic System
- IV. Skill development

Day 2 The Satir Model: Towards Congruence

- I. Systemic Therapy - Survival Coping Stances
- II. Externalizing the internal coping process
- III. Congruence as an alternate way of being
- IV. Skill Development

Day 3 Satir's Three Generational Family Maps

- I. Systemic Therapy: The Interactive System
- II. Creating family of origin maps
- III. Reading family of origin maps for patterns, resources and unfinished business from the past.
- IV. Skill development

Day 4 Preparing for Change: Setting Positively Directional Goals for Change with the Client

- I. Setting collaborative goals in therapy
- II. Outcome, sessional and incremental therapeutic goals
- III. Skill development

Day 5 Creating Change: The Therapeutic Interview

- I. The role of the therapist
- II. Making contact, assessing the presenting problem, setting positively directional goals for change, exploring impacts, bringing about transformational change, anchoring and evaluating changes.
- III. Skill development

Day 6 Intrapsychic Change: Change from the Inside

- I. Changing three types of expectations to reduce reactivity
- II. Transforming the impact of family rules
- III. Skill development

Day 7 Making the Covert Overt

- I. The Ingredients of an Interaction: The intrapsychic components of interactive communication
- II. Couple's therapy: improving intimacy and resolving differences
- III. Skill development

Day 8 Working with Anger in Therapy

- I. Resolving anger and connecting to Life Energy
- II. The role of forgiveness in therapy
- III. Review of the Satir Model and integrating learnings
- IV. Reviewing personal and professional growth
- V. Feedback, evaluation and closure

***This Program Will Help
Counsellors And Therapists:***

1. learn to make contact and build rapport with clients to stimulate their healing energy
2. understand and incorporate the basic therapeutic belief system of the Satir Model
3. use experiential process throughout their therapy sessions to tap healing Life Energy
4. surface clients' survival communication and coping patterns and help clients choose more positive possibilities
5. prepare clients' family of origin maps (genograms) and surface impacts and family dynamics that impact the present
6. sculpt relationships among family members and tap somatic wisdom for change
7. learn the Satir process of transformational therapeutic change from Life Energy
8. transform clients' problems into positively directional goals and bring about transformational change from spiritual energy
9. help clients access, accept and utilize their internal strengths and resources in the change process
10. transform family rules that diminish clients' self-esteem
11. help clients raise their self-esteem and increase their choice-making possibilities

Program Text (included in tuition):

The Satir Model: Family therapy and beyond. Satir, V., Banmen, J., Gerber, J., and Gomori, M. (1991). Palo Alto, CA: Science and Behavior Books, Inc. *(included in registration fee)*

Additional reading:

The new peoplemaking, Satir, V. (1988). Palo Alto, CA: Science and Behavior Books, Inc.

In her own words: Virginia Satir selected papers 1963 - 1983. Banmen, J (Ed.) (2009). Phoenix, AZ; Zeig, Tucker & Theisen, Inc.