

## *About The Program*

This two day workshop is focused on how to do couple's counselling using the Satir Model (STST). Participants will also look at improving their own couples relationship. The main goal will be to help people improve couple relationships through building more positive acceptance, support and intimacy as well as resolving past hurt, anger and disappointments. It will also focus on helping couples to learn how to resolve differences and improve their congruency within the context of their relationship.

The Satir Model requires that counsellors have a high level of therapeutic competence and congruence. The experiential aspects of the training will provide counsellors with opportunities to resolve some of the issues which may interfere with the therapeutic process. Therefore, the program will aid counsellors in becoming more competent, more confident and more congruent.

Dr. John Banmen will utilize lecturettes, small group discussions, structured exercises, demonstrations, experiential learning, videotape analysis and skill practice sessions as part of the program. The training program will focus on helping adult individuals resolve the impact of childhood sexual abuse.

**This 2 day workshop is intended for helping professionals working with clients in therapy who have completed a MINIMUM of STST Level I.**

## *Outline of the Program*

### **Day 1: *Positive Aspects of Couple Relationships***

1. from honeymoon time to divorce
2. nurturing relationships on a daily basis
3. building intimacy
4. love language programs
5. demonstration of assessing the systemic relationship
6. assessing and building better relationship practice
7. use of Self of the therapist

### **Day 2: *Resolving Difficulties***

1. structure of couples therapy
2. resolving differences
3. from survival stances to congruence
4. family-of-origin impacts on couples
5. demonstration of a couple wanting to improve their relationship
6. therapy with one person from the couple
7. when to see one, when to see both
8. working with the couple when one has a major issue like serious illness

***"The goal is to be as fully human as we possibly can be.... when we are in touch with our personal power, we are in touch with our Divinity."***

***Virginia Satir***

## *About Virginia Satir*

**Virginia Satir (1916 - 1988)** is internationally recognized for her creativity in the practice of family therapy. Based on a 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 a pioneer of family therapy, Virginia Satir, the founder of the Satir Model, stayed at the forefront of human growth and family therapy until her death in 1988.

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

## *Workshop Leader*

**John Banmen, R. Psych., RMFT** is internationally known as an author, therapist and educator. His training programs have taken him to over a dozen countries in Asia, Europe, South America and North America. He has authored and edited several books focusing on the Satir Model of therapy including *In Her Own Words: Virginia Satir Selected Papers 1963 – 1983*.

**Dr. Banmen** is the founding president of the BC Association for Marriage and Family Therapy, a former member of the Board of Directors of the American Association for Marriage and Family Therapy (AAMFT), a former member of the Board of Directors of the BC Psychological Association, a member of the Board of Directors of the International Family Therapy Association and the Director of Training for the Satir Institute of the Pacific.

**Dr. Banmen** was recently, for four years, honorary Associate Professor at the University of Hong Kong and was on faculty at the University of British Columbia for 21 years. He is an Approved Supervisor with AAMFT and provides extensive supervision for counsellors, psychotherapist and family therapists. He also practices privately in Delta, British Columbia, Canada, with individuals and couples in family therapy.

**Registration**  
**Couples Level III March 6 & 7, 2010**  
*(cut and mail)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ Province/State \_\_\_\_\_

Postal/Zip Code \_\_\_\_\_ Country \_\_\_\_\_

Phone: (Res) \_\_\_\_\_ (Bus) \_\_\_\_\_

(Cel) \_\_\_\_\_ (Email) \_\_\_\_\_

Occupation: \_\_\_\_\_

Employer \_\_\_\_\_

**This registration is to be applied to STST Level III**

Yes  No

Master's Degree \_\_\_\_\_

Other \_\_\_\_\_

**STST Level I**

Dates \_\_\_\_\_ City \_\_\_\_\_ Trainer \_\_\_\_\_

**STST Level II**

Dates \_\_\_\_\_ City \_\_\_\_\_ Trainer \_\_\_\_\_

|              |                    | <u>Up to Feb 19</u> | <u>After Feb 19</u> |
|--------------|--------------------|---------------------|---------------------|
| <b>Fees:</b> | <b>SIP Members</b> | <b>\$150.00 Cdn</b> | <b>\$175.00 Cdn</b> |
|              | <b>Non-members</b> | <b>\$165.00 Cdn</b> | <b>\$190.00 Cdn</b> |

*Includes morning and afternoon coffee. No lunch included.*

**No refunds after February 19, 2010.** Refunds, minus a \$35 administration fee before February 19, 2010. *If you need to cancel after February 19, you may transfer your registration fee to another STST Level III program within the next 12 months.*

Send registration form and fee to:  
**Cindi Mueller, Administrative Assistant**  
**Satir Institute of the Pacific**  
**13686 – 94A Street**  
**Surrey, BC, Canada V3V 1N1**  
**admin@satirpacific.org**  
**www.satirpacific.org**

**Satir Transformational Systemic Therapy**  
**Level III**

**Program Description**

Over the next year, 2008 / 2009, SIP will offer a variety of two-day weekend workshops on therapeutic topics using the Satir Model. These will include working with grief, childhood sexual abuse, at risk adolescents, and marriage preparation. As the weekends are confirmed, they will be announced in the *Wisdom Box* and on the SIP website at [www.satirpacific.org](http://www.satirpacific.org).

**Program Prerequisites**

Participants of STST Level I training programs are all invited to attend the workshops.

Certificates of attendance for each two day workshop will be issued by SIP. In order to receive a STST Level III graduate level certificate, participants must:

1. Have successfully completed a STST Level II training program or equivalent (at the discretion of Dr. John Banmen, Director of Training).
2. Have a Master's degree or equivalent (or special permission from Dr. John Banmen, Director of Training)
3. Complete a minimum of 5 of the 8 two-day weekend workshops in a period of 24 consecutive months.
4. Complete a written case study of one of their client cases dealing with one of the topics from one of the attended workshops.

STST Level II programs may be taken concurrently with STST Level III. Participants wishing to receive a STST Level III graduation certificate must have completed STST Level II before completing the 5 required weekend workshops for the STST Level III program.

**Program Registration**

To register for the STST Level III weekends:

1. Complete the registration form for each weekend and submit the registration fee with your form.
2. The cost of each weekend will be \$150 for SIP members and \$165 for non-members in *Canadian funds*.
3. Please ensure that you have checked "yes" to apply the workshop towards your completion of the STST Level II requirements.
4. Upon completion of five weekend workshops, submit your case study to *Dr. John Banmen, Director of Training, Satir Institute of the Pacific, 13686 – 94A Street, Surrey, BC V3V 1N1*

For further info, email Dr. Banmen at  
**training@satirpacific.org** or call **604-634-0572**



**Satir Transformational Systemic Therapy**  
**Level III**

*Building Connections,  
 Resolving Differences:  
 Couples Therapy Using  
 the Satir Model*

*with*

**Dr. John Banmen, RPsych, RMFT**  
**Psychologist and Family Therapist**

**March 6 & 7, 2010**  
**9 am – 5 pm**

*sponsored by*  
**Satir Institute of the Pacific**  
**Dr. John Banmen, Director of Training**

**Location**

**Phoenix Centre (Boardroom)**  
**13686-94A Avenue, Surrey, BC V3V 1N1**