

About The Program

This workshop is designed to provide therapists and counsellors with the knowledge and skills to work with individuals and families who are experiencing grief associated with significant loss. The focus will be on helping people change not just their behaviours, but will also focus on resolving anger, hurt, anxiety and fear, on changing beliefs and assumptions which interfere with healing and on resolving unmet expectations which may lead to depression or “acting out” behaviours. It will assist clients in tapping their universal yearnings and their life force energy to lead towards growth and healing to help clients take charge of their lives and live more responsibly.

Unresolved losses colour our lives. A history of un mourned losses affect people differently: some balk at changes, some make contextual change a way of coping; some avoid saying goodbye, others prolong goodbyes and will call frequently between meetings for reassurances; some experience anger and despair while, for others, grief is expressed through sadness and regret. Grief is the series of emotions that accompany mourning and the chaos of losing something before one is ready to let go. New losses revive past losses and the grief associated with them. Death is the most concrete of the losses

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.

Kathlyne Maki-Banmen will utilize lectures, 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 individuals resolve their grief and loss and develop some skills in helping other individuals and families with their grief and loss.

This workshop will focus primarily on loss through death, although other losses will also be addressed.

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: The Satir Principles Of Working With Loss And Grief.

1. The impact of devastating loss on individuals and families.
2. The ups and downs of the grieving process (the process of change).
3. The Intrapyschic experience of grief.
 - loss □ hurt □ guilt □ relief
 - anger □ love □ confusion
4. Review of transformational change and the Five Essential Elements for Transformational Change
7. The Phases of Grief
 - The Shock Phase
 - The Suffering and Disorganization Phase
 - The Reorganization, Adjustment and Transformation Phase.
8. Tapping internal resources and yearnings to set positively directional goals and healing unfinished business from the past
9. Demonstration and/or Skill development practice

Day 2: The Interpersonal Impact of a Major Loss

1. The Interpersonal experience of grief: working with families:
 - the coping stances.
 - grieving together
 - accepting differences
 - supporting each other
 - grieving rituals
2. Helping interpersonal systems change from the inside out
3. Receiving support and help from the outside.
4. Demonstration and/or Skill development practice

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 Leaders

Linda Lucas, LCPC, is a licensed clinical professional counsellor working as a therapist with 16 adolescent females utilizing the Satir Transformational Systemic Therapy and Dyadic Developmental Psychotherapy at a residential treatment center in Lewiston, Idaho. Linda is a former President of the Board of Directors of the Satir Institute of the Pacific and is currently on the board of directors as the Past President. Linda studied Dyadic Developmental Psychotherapy in Waterville, Maine, with Daniel A. Hughes for one week a year for the past three years. Linda is a licensed mental health counselor in Washington State, a member of the Idaho Counsellors Association, and a clinical member of the Satir Institute of the Pacific. She is an Assistant Trainer and has supervised in several Satir Transformational Systemic Therapy Level I programs and in the 2008 Advanced Intensive Satir International training program. She also assists in Satir training programs in New Zealand.

Kathlyne Maki-Banmen, MA, RCC, has been training therapists in using Virginia Satir's Transformational Systemic Therapy model for the past 15 years. She has trained therapists in Hong Kong, India, Singapore, the Czech Republic, Slovakia, Turkey, Thailand, 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, a non-profit therapy training organization. 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 and Slovakia Republics providing training and supervision for the program faculty. Ms. Maki-Banmen is presently in private practice in Delta, BC, Canada, working with individuals, couples and families in therapy

Registration

STST Level III Grief Workshop April 17 & 18, 2010

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 _____

Fees:	Up to Apr 2	After April 2
SIP members	\$150.00 Cdn	\$175.00 Cdn
Non-members	\$165.00 Cdn	\$190.00 Cdn

Includes coffee/tea breaks, am & pm. No lunch provided.

No refunds after April 2, 2010. Refunds, minus a \$35 administration fee before April 2, 2010. If you need to cancel after April 2, 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, 2010 / 2011 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.

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**

**Healing Grief
Using The
Satir Model**

with

**Linda Lucas, LCPC
Clinical Professional Counselor**

and

**Kathlyne Maki-Banmen, MA, RCC
Individual, Couple and Family Therapist**

**April 17 & 18, 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**