

# The Satir Transformational Systemic Therapy Training Programme – Level I

A 10 day training programme for helping professionals  
coming to the mid Vancouver Island region

**WHEN:** Jan. 20-22, Feb. 24-26, March 31, April 1-3, 2011

**WHERE:** Bethlehem Retreat Centre, Nanaimo, BC

**CONDUCTED BY:** Anne Morrison, MSW, RSW, RMFT  
Asst. Director of Training, Satir Institute of the Pacific

**REGISTRATION FEE:** \$675.00 per person  
[includes text, workbook, 10 days training, two  
nutritious snack breaks and a 3 course lunch daily]

## Satir Course Information/Orientation Session

**PURPOSE:** to meet the trainer, get the overview of the Satir  
Transformational Therapy Model, and find out what  
the Level I Satir training will entail

**CONDUCTED BY:** Anne Morrison, Course Trainer

**WHERE:** Bethlehem Retreat Centre

**WHEN:** Thursday, September 16, 2010, 1-3 PM

**REGISTRATION FEE:** \$15.00 per person

### FOR MORE INFORMATION:

Contact Anne Morrison, Course Trainer  
250 324-5521 or [annemorrison@shaw.ca](mailto:annemorrison@shaw.ca)

## Satir Transformational Systemic Therapy Training Programme

The Satir Transformational Systemic Therapy (STST) training programs (Levels I, II and III) are for practicing counsellors and therapists who are presently working with clients. The focus of the programs is on facilitating transformational change through Virginia Satir's Growth Model. The approach is applicable to working with individuals, couples and families.

Satir Transformational Systemic Therapy Model 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 emotions. 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 and peace.

The process requires that the therapist has a high level of therapeutic competence and congruence. The program will provide hands-on skill development opportunities and participants will be required to work in triads between sessions practicing some aspects of the program. Participants will also work with their own three generational family maps to increase personal learning opportunities in applying a systemic therapy model.

The course leaders will utilize lecturettes, small group discussions, structured exercises, demonstrations, experiential learning and skill practice sessions as part of the program.

### This Program will Help Counselors and Therapists:

- Learn to make contact and build rapport with clients to stimulate their healing energy.
- Understand and incorporate the basic therapeutic belief system of the Satir Model.
- Use experiential process throughout their therapy sessions.
- Surface and identify clients' communication and coping patterns.
- Prepare clients' family maps (genograms) and surface dysfunctional person and family dynamics.
- Sculpt relationships among family members and bring automatic coping patterns into awareness.
- Transform clients' problems into positively directional goals.

- Learn the Satir process of therapeutic change.
- Help clients access, accept and utilize their internal strengths and resources.
- Transform family rules that diminish clients' self-esteem.
- Help clients raise their self-esteem and increase their choice making potential.
- Map the internal processes of clients and help them access and change their behaviours, feelings, perceptions and expectations.
- Help clients reduce the impact of past events and negative experiences.
- Help clients integrate and maintain their changes.
- Become more effective counselors/therapists in using the Satir Model.

### Programme Leader



Anne Morrison, MSW, RSW, RMFT, is a therapist, trainer, clinical supervisor, and organizational change consultant who provides therapy, consulting, supervision, and training services in the areas

of personal, relationship, and family growth, as well as leadership development and organizational wellness, to an international client base that includes Canada, USA, Singapore and New Zealand.

Anne's career spans over 35 years and includes work within family counselling, mental health, health, education, hospice, and various community development settings. She 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.

Anne is a registered Social Worker certified for private practice with the BC College of Social Workers. She has been a member of the Satir Institute of the Pacific's training team since 2000 and is currently an Assistant Director of Training. She has taught the Level I and Level II Satir Transformational Systemic Therapy Training Programme to therapists throughout BC and New Zealand. Anne is also a member of the Satir Institute of the Pacific's summer faculty that teaches the Summer Intensive Advanced Residential courses.

Anne has a private practice in Chemainus, BC and offers therapy for individuals, couples, families and groups. She also offers clinical supervision to professionals working within a variety of settings, throughout the province of BC.