

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.

This Program Will Help Counsellors And Therapists:

1. use experiential process throughout their therapy sessions to tap healing Life Energy
2. surface clients’ survival communication and coping patterns and help clients choose more positive possibilities
3. sculpt relationships among family members and tap somatic wisdom for change
4. learn the Satir process of transformational therapeutic change from Life Energy
5. help clients access, accept and utilize their internal strengths and resources in the change process
6. map the internal processes of clients and help them access and change their behaviours, feelings, perceptions and expectations
7. help clients integrate and maintain their changes

COURSE LEADER

Kathlyne Maki-Banmen, MA, RCC, has trained family and psychotherapists in Hong Kong, India, Singapore, China, the Czech Republic, Slovakia, Thailand, Turkey, Israel, 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, Canada.

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.

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.

The Satir Institute of the Pacific



SATIR INSTITUTE
OF THE PACIFIC

Sponsors

Satir Transformational Systemic Therapy Level I

Summer Intensive Training

July 1 – July 10, 2010

Rosemary Heights Retreat Centre
3690 – 152nd Street
Surrey, B.C., Canada
www.rosemaryheights.com

with

Kathlyne Maki-Banmen, MA, RCC

under the direction of

**Dr. John Banmen, RPsych, RMFT
Director of Training**

Registration: \$650.00
Includes text and program materials

www.satirpacific.org

**Level I Introduction To
Satir Transformational Systemic
Therapy
Summer Intensive 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: \$650 Cdn.
(includes tuition, text book and program manual)

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
- III. The essential elements of therapeutic change
- IV. The Treatment Plan: assessment of the internal system
- V. Skill development

Day 2 *The Satir Model: Towards Congruence*

- I. The Treatment Plan: assessment through survival stances
- II. Externalizing the internal coping process
- III. Congruence as an alternate way of being
- IV. Triad group formation
- V. Supervision group formation
- VI. How to create family of origin maps
- VII. Skill Development

Day 3 *Satir's Three Generational Family Maps*

- I. The Treatment Plan: assessment through family of origin maps
- II. Reading family of origin maps
- III. Accessing family coping and communication patterns
- IV. Accessing family strengths and resources
- V. Accessing unfinished business from the past
- VI. Skill development

**Day 4 *Preparing for Change:
Setting Positively Directional Goals for Change***

- I. The importance of collaborative goal setting in therapy
- II. The four meta-goals for therapy
- III. Final therapeutic (outcome) goals
- IV. Sessional goals: intrapsychic and interactive
- V. Incremental goals within the session
- VI. Skill development

**Day 5 *Preparing for Change:
The Initial Interview and Beyond***

- I. The Treatment Plan: interventions and techniques
- II. The role of the therapist
- III. Making contact and building rapport
- IV. Assessing the presenting problem
- V. Focusing the problem into positively directional goals getting a commitment for change
- VI. Accessing the client's internal processes through process questions
- VIII. Bringing about transformational change through process questions
- IX. Anchoring changes in the intrapsychic and interactive systems
- X. The Treatment Plan: evaluation of change
- XI. Skill development

**Day 6 *Intrapsychic Change:
Change from the Inside Out***

- I. Changing the impact, not the event
- II. Changing three types of expectations
- III. Reframing perceptions
- IV. Owning and changing feelings: anger, hurt and fear
- V. Tapping the Life Energy through universal yearnings
- VI. Skill development

Day 7 – *Making the Covert Overt*

- I. Bringing family rules to awareness
- II. Surfacing the impact of family rules
- III. Transforming the impact of family rules
- IV. Resolving internal conflict and integrating internal resources
- V. The Ingredients of an Interaction: The intrapsychic components of interactive communication
- VI. Resolving conflict in relationships
- VII. Skill development

Day 8 *Working with Couples*

- I. Couples: intrapsychic and interactive systems
- II. Couples: power and control
- III. Couples: improving intimacy
- IV. Couples: resolving differences
- V. Couples: resolving impacts from the past
- VI. Couples: what the research says
- VII. Skill development

Day 9 *Working with Anger in Therapy*

- II. Understanding anger therapeutically
- III. Understanding anger experientially
- IV. Resolving anger and connecting to Life Energy
- V. The role of forgiveness in therapy
- VI. Skill development

Day 10 *Transformation and Integration*

- I. The Internal Parts Party: transforming and integrating the internal system.
- II. Review of the Satir Model and integrating learnings
- III. Reviewing personal and professional growth
- IV. Where to from here?
- V. Triad work completion
- VI. Feedback, evaluation and closure
- VII. Celebration

Program Text: *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.