

**Satir Transformational
Systemic Therapy
Level I Training Program**

February 2010 - Surrey, BC

Registration Form
(photocopy and mail)

NAME: _____

ADDRESS: _____

City _____ Prov. _____ Postal Code _____

TEL.(Res.) _____

TEL.(Bus.) _____

TEL.(Cell) _____

Email: _____

Occupation: _____

Employer: _____

SIP Members - \$550.00
Non-Members - \$600.00

To Register.

Send **\$275.00 Cdn. deposit**
payable to **Satir Institute of the Pacific**
(cheque or money order) to:

Cindi Mueller, Administrative Assistant
Satir Institute of the Pacific
13686 - 94A Avenue
Surrey, BC Canada V3V 1N1
Telephone: 604-634-0572
Email: admin@satirpacific.org

No refunds after February 5, 2010
Refunds, minus a \$35.00 administration fee,
before February 5, 2010.

If you need to cancel after February 5, you may transfer your
registration fee to another STST Level I program within the next 12
months

www.satirpacific.org

WHO SHOULD ATTEND?

The following professionals are invited to attend:

- Marriage and Family Therapists
- Psychologists
- Psychiatrists
- Family Physicians
- Social Workers
- Nurses
- Mental Health Counsellors / Therapists
- Addictions Counsellors
- Counsellors working in Private Practice,
Schools, Hospitals and Social Agencies
- Clergy
- Instructors of family studies and family therapy
- Child Care Workers

*Graduate students in the above fields who are working
directly with clients are also welcome.*

VIRGINIA SATIR (1916 - 1988)

is internationally recognized for her creativity in
the practice of family therapy. Based on a con-
viction that people are capable of continued
growth, change and new understanding, her goal
was to improve relationships and communication
within the family unit.

Referred to as the “Columbus 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 ex-
perience with the inner self. The counsellor/thera-
pist helps and encourages the client/patient not
only to accept and deal with the pain and prob-
lems, but also to accept and live an inner joy and
peace of mind.

PROGRAM LEADER

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 which
outlines her work with adults who have experienced
childhood sexual abuse in Satir Transformational Systemic
Therapy (Banmen, J. (Ed.), Science and Behavior Books,
2007).

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

ASSISTANT TRAINER

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.
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, has presented a workshop on trauma in
China following the devastating earthquake in 2008 and is
a consultant to a residential treatment center for adolescent
girls in Hong Kong.



**Satir Transformational
Systemic Therapy
Training Program
Level I**

conducted by

Anne Morrison, MSW, RSW, RMFT
Individual, Couple and Family Therapist

Assistant Trainer

Linda Lucas, LCPC
Clinical Professional Counsellor

sponsored by

Satir Institute of the Pacific

under the supervision of

Dr. John Banmen, RPsych, RMFT Director of
Training

at

Satir Institute of the Pacific
(at Phoenix Centre)
13686 - 94A Avenue, Surrey, BC

Workshop Dates:

February 20 & 21, 2010
April 3 & 4, 2010
April 24 & 25, 2010
May 15 & 16, 2010
June 5 & 6, 2010

Time: 9 am - 5 pm

This course is the prerequisite for
Satir Transformational Systemic Therapy Level II

Satir transformational Systemic Therapy (STST) Training Program

The program is for practising counsellors and therapists who are presently working with clients. The focus of the program will be Systemic 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 program will provide some hands-on skill development opportunities and participants will be required to work in triads between sessions, practising some aspects of the program. Participants will also work with their own three generational family of origin maps to increase personal learning opportunities in applying a systemic therapy model.

Satir's Transformational Systemic Therapy Model (STST) is unique in encompassing both the intrapsychic and interactive components of therapy. Much therapy of the past has been focused only on clients' behaving, 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.

Each weekend will include at least one brief therapy demonstration with a participant.

SATIR TRANSFORMATIONAL SYSTEMIC THERAPY (STST)

Level I: The focus will be mainly on the theoretical base of the Satir Model and learning to bring about transformational change with individuals and couples.

Level II: The focus will be on skill development practice in bringing about transformational change with individuals, couples and families.

Program Outline

Day 1 February 20, 2010 - 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 February 21, 2010 – 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 April 3, 2010 – 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 April 4, 2010 – 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 April 24, 2010 – 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 April 25, 2010 – 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 May 15, 2010 – Making the Covert Overt

1. Bringing family rules to awareness
2. Surfacing the impact of family rules
3. Transforming the impact of family rules
4. Resolving internal conflict and integrating internal resources
5. The Ingredients of an Interaction: The intrapsychic components of interactive communication
6. Resolving conflict in relationships
7. Skill development

Day 8 May 16, 2010 – 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 June 5, 2010 – Working with Anger in Therapy

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

Day 10 June 6, 2010 – 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

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.
4. surface and identify clients' communication and coping patterns.
5. prepare clients' family maps (genograms) and surface dysfunctional personal and family dynamics.
6. sculpt relationships among family members and bring automatic coping patterns into awareness.
7. transform clients' problems into positively directional goals.
8. learn the Satir process of therapeutic change.
9. help clients access, accept and utilize their internal strengths and resources.
10. transform family rules that diminish clients' self-esteem.
11. help clients raise their self-esteem and increase their choice-making possibilities.
12. map the internal processes of clients and help them access and change their behaviours, feelings, perceptions and expectations.
13. help clients reduce the impact of past events and negative experiences.
14. help clients integrate and maintain their changes.
15. become more effective counsellors/therapists in using the Satir Model.

Program Text

The Satir Model: Family Therapy & Beyond

Satir, V., Banmen, J., Gerber, J. and Gomori, M. (1991). Palo Alto, CA: Science and Behavior Books, Inc.

(Available on the first day of the program)

Additional Reading

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

