

**Satir Transformational
Systemic Therapy
Level I Training Program
September, 2010 – Surrey, BC**

Registration Form
(Photocopy and mail)

Name _____

Address _____

_____ city _____ province _____ postal code _____

Tel. (Res) _____

Tel.(Bus) _____

Tel.(Cell) _____

Email _____

Occupation _____

Employer _____

SIP members \$600.00
Non-members \$650.00
(Includes Program Text)

To register, send \$275 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 September 3, 2010. Refunds, minus a \$35 administration fee before September 3, 2010. *If you need to cancel after September 3, 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 conviction that people are capable of continued growth, change and new understanding, her goal was to improve relationships and communications within the family unit.

Considered to be a pioneer of Family Therapy and referred to as “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 Growth 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 their pain and problems, but also to accept and live an inner joy and peace of mind.

PROGRAM 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 Director of Membership Services..

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 has assisted 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.

Jennifer Nagel, MA, RCC is an experienced trainer and facilitator with a diversity of groups including personal growth programs, adventure therapy programs, school programs, women's groups, at-risk adolescents, therapeutic programs, non-profit organizations and corporate groups. She is a member of the BC Association for Clinical Counsellors and is a former member of the Board of Directors of the Satir Institute of the Pacific. Jennifer is currently working as a family therapist with youth, individuals, couples and families both at Langley Youth and Family Services and in private practice.

Kathlyne Maki-Banmen, MA, RCC, has been training therapists in using Virginia Satir’s Systemic Therapy Model in various countries in Asia, Europe, the Middle East and North America. She has been providing workshops and seminars to therapists, educators and parents for over thirty years. Ms. Maki-Banmen is an Assistant Director of Training of the Satir Institute of the Pacific and has been a past president and member of the Board of Directors for SIP. She is also a member of the International Family Therapy Association and the British Columbia Association of Clinical Counsellors.

Ms. Maki-Banmen is presently in private practice in Delta, BC, Canada, working with individuals, couples and families in therapy and supervising counsellors.



*Satir Transformational
Systemic Therapy Training
Program
Level I*

conducted by
Linda Lucas, LCPC
Clinical Professional Counsellor
and
Jennifer Nagel, MA, RCC
Individual, Couple and Family Therapist

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

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

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

Workshop Dates:
September 18 & 19, 2010
October 23 & 24, 2010
November 20 & 21, 2011
January 15 & 16, 2011
February 19 & 20, 2011

Time: 9 am – 5 pm

Prerequisite for STST Level II

Satir Transformational Systemic Therapy (STST) Training Program

The program is for practicing counselors 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 lecturesses, 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, practicing 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, experiential therapy model.

The Satir 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' 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.

Each monthly meeting will include at least one therapeutic demonstration with a class participant.

SATIR TRANSFORMATION 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 in individuals, couples, and families

Program Outline

Day 1 September 18, 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 September 19, 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 October 23, 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 October 24, 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 November 20, 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 November 21, 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 January 15, 2011 – 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 January 16, 2011 – 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 February 19, 2011 – 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 February 20, 2011 – 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. **(Included with tuition available on the first day of the program)**

Additional reading: *The new peoplemaking*, Satir, J. (1988). Palo Alto, CA: Science and Behavior Books, Inc.

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 of origin 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 counselors / therapists in using the Satir Model