

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

Registration Form
(photocopy and mail)

Name _____

Address _____

city province postal code

Tel. (Res) _____

Tel. (Bus) _____

Tel. (Cel) _____

Email _____

Occupation _____

Employer _____

STST Lev I completed _____
dates

place trainer

SIP members \$550.00
Non-members \$600.00

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 August 27, 2010. Refunds,
minus a \$35 administration fee before August
27, 2010. *If you need to cancel after August 27,*
you may transfer your registration fee to
another STST Level II program within the next
12 months.

www.satirpacific.org

WHO SHOULD ATTEND?

The following professionals, after completing
Satir Transformational Systemic Therapy
Level I, 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.

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 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 LEADER

Kathlyne Maki-Banmen, MA, RCC, has been
training therapists in using Virginia Satir’s Systemic
Therapy Model for the past 15 years in such places as
Hong Kong, India, Singapore, the Czech Republic,
Slovakia, 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, Canada.

Ms. Maki-Banmen is an Assistant Director of Training
of the Satir Institute of the Pacific (SIP), a non-profit
therapy training organization, 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 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. In addition to training counsellors and
therapists, Ms. Maki-Banmen has led spiritual retreats
for Good Shepherd sisters from 15 countries and for a
Buddhist contemplative education group in Thailand
using Satir’s spiritually based model.

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

*"The goal is to be as fully human as we
possibly can be.... when we are in touch
with our personal power, we are in touch
with our Divinity."*

Virginia Satir

www.satirpacific.org



**SATIR INSTITUTE
OF THE PACIFIC**

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

conducted by

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

sponsored by

Satir Institute of the Pacific
Dr. John Banmen, RPsych, RMFT
Director of Training

at

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

Workshop Dates:

September 11 & 12, 2010

October 2 & 3, 2010

October 30 & 31, 2010

November 27 & 28, 2010

January 22 & 23, 2011

Time: 9 am – 5 pm

Prerequisite: STST Level I

Satir Transformational Systemic Therapy (STST) Level II Training Program

This program is for counselors and therapists who have completed a Satir Transformational Systemic Therapy Level I training program offered by the Satir Institute of the Pacific (or an equivalent program approved by Dr. John Banmen, Director of Training) **who are presently working with clients in a counselling or helping role/position.**

The focus of the program is to improve participants' competence, congruence and confidence in doing transformational, experiential, systemic change therapy. The course leader will utilize lectorettes, small group discussions, structured exercises, demonstrations, experiential learning and skill practice sessions to assist participants to move their therapy into a positively directional, change focused, experiential process.

The emphasis will be on bringing about transformational change in individual therapy, couples therapy and family therapy. As well, some attention will be given to working with specific symptoms in therapy.

Participants will work in triads for a minimum of 3 hours between sessions to practice different aspects of the program. As in the STST Level I training program, participants will use their own process of personal growth as the arena for their learning.

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

SATIR TRANSFORMATION SYSTEMIC THERAPY (STST) Level II

Dr. John Banmen, AAMFT Approved Supervisor, will be offering evening Clinical Supervision sessions to Satir trained therapists beginning in the fall of 2009. Participants in his supervision groups who wish to join AAMFT as Clinical Members can use this supervision for AAMFT requirements.

Participants registered in the STST Level II training program are invited to apply for a placement in a supervision group.

See www.satirpacific.org for more info.

Program Outline

Day 1 September 11, 2010 – The Satir Model A Review of Transformational Change

1. Overview of the program
2. The process of transformational change
3. The essential elements of transformational change
4. The treatment plan: assessment
5. The treatment plan: goal setting
6. The treatment plan: interventions
7. The treatment plan: evaluation
8. Skill development

Day 2 September 12, 2010 – The Satir Model The Self of the Therapist

1. The use of Self in therapy
2. The role of congruence in facilitating transformational change
3. Making contact with the person, not the symptom
4. Bringing hope into the therapy session
5. Finding resources in symptoms
6. Using Life Energy to stimulate growth
7. The role of intuition in therapy
8. Skill development

Day 3 October 2, 2010 – Transformational Change

1. Changing the intrapsychic impact, not the event
2. Making therapy experiential and systemic
3. Experiencing yearnings as the precursor to change
4. Experiencing past, present and future impacts
5. Accessing sub-conscious impacts in the intrapsychic
6. Experiential change in the intrapsychic now
7. Experiential change in the interactive
8. Anchoring changes in past, present and future
9. Skill development

Day 4 October 3, 2010 – Transformational Change

1. Making therapy positively directional and change focused
2. Using the meta-goals of therapy throughout the therapy process
3. Accessing positive intentions under dysfunctional patterns
4. Therapeutic goal setting as a collaborative process
5. Therapeutic goal setting as a focus for change
6. Resolving unmet expectations through the whole Iceberg
7. Skill development

Day 5 October 30, 2010– Couples Therapy

1. The intrapsychic / interactive dance
2. Making contact with both people
3. Assessing impacts, past and present
4. Moving from problem focus to disappointments to yearnings
5. Individual and couple goals for therapy
6. Increasing intimacy and positive connection
7. Resolving unfinished business and differences
8. Skill development

Day 6 October 31, 2010– Couples Therapy The Ingredients of an Interaction

1. The intrapsychic components of interactive reactions
2. Bringing the unknown into awareness during an interaction
3. The internal system: the dynamic sculpting of the ingredients of an interaction
4. Accessing the pathway for internal change
5. Skill development

Day 7 November 27, 2010 – Family Therapy

1. The intrapsychic impact of family relationships
2. Making contact with the family members
3. Reframing the problems into positive possibilities
4. Appreciating positive intentions
5. Setting individual and family goals
6. The intrapsychic / interactive dance
7. Increasing connection and acceptance
8. Resolving unfinished business and differences
9. Skill development

Day 8 November 28, 2010 – Family Therapy Family-of-origin Issues in Present Relationships

1. The role of family-of-origin issues in present family relationships
2. Sculpting family relationships, past and present
3. Transforming and reclaiming resources
4. Resolving unfinished business from the past
5. Integrating changes into the present relationships
6. Skill development

Day 9 January 22, 2011 – Therapeutic Issues Loss & Grief and Trauma

1. The intrapsychic nature of loss and grief
2. Healing from loss; resolving grief
3. Reconnecting with Self, other and context
4. The intrapsychic nature of trauma
5. The stages of change: negative and positive
6. Reframing symptoms to solutions
7. Building resources and reconnecting with Self
8. Letting go of helplessness, pain, grief and fear
9. Anchoring empowerment and choice
10. Skill development

Day 10 January 23, 2011 – The Internal System Therapeutic Parts Party

1. The philosophical underpinnings of the Parts Party process
2. The fragmented Self: externalizing the internal process
3. The use of metaphor as a change vehicle
4. Transforming internal resources and dynamics
5. Integrating resources into a cohesive whole
6. Review of the Satir Model and integrating learnings
7. Reviewing personal and professional growth
8. Triad work completion
9. Feedback, evaluation and closure
10. Celebration

This Program Will Help Counsellors and Therapists:

1. Use their Self in a competent, confident, congruent and creative way throughout the Satir therapeutic process.
2. Make therapy experiential throughout each aspect of the therapeutic process.
3. Make therapy positively directional throughout each aspect of the therapeutic process.
4. Make therapy change focused throughout each aspect of the therapeutic process.
5. Make the therapy process systemic, working on changing the intrapsychic within the context of interactive relationships and changing the interactive from the intrapsychic changes.
6. Tap clients' Life Energy as the stimulus to growth and transformation.
7. Help clients access their subconscious processes and bring them into awareness.
8. Reframe symptoms into solutions and find the positive resources in symptoms.
9. Help clients access, accept and utilize their internal strengths and resources.
10. Help clients to increase their ability to own their internal processes and increase their choice-making possibilities.
11. Collaboratively work with clients to set positively directional therapeutic goals in both intrapsychic and interactive systems.
12. Facilitate bringing about transformational change and anchoring and integrating the changes.
13. Help couples and families connect in an accepting way.
14. Help couples and families resolve differences.
15. Appreciate their own personal and professional growth process.