

**Satir Transformational  
Systemic Therapy  
Level I Training Program  
Spring 2012 – Victoria, BC**

**Registration Form**  
(Photocopy and mail)

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

city province postal code

Tel. (Res) \_\_\_\_\_

Tel. (Bus) \_\_\_\_\_

Tel. (Cell) \_\_\_\_\_

Email \_\_\_\_\_

Occupation \_\_\_\_\_

Employer \_\_\_\_\_

***Before Dec 30 After Dec 30***

**SIP members \$700.00 \$750.00**

**Non-members \$750.00 \$800.00**

(includes Program Text)

***Full Payment due with application. Full  
refund if not accepted into program.***

***No refunds after January 19, 2012. Refunds  
minus a \$100 administration fee before  
January 19, 2012.***

***Send 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  
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**

**Anne Morrison, MSW, RSW, RMFT** is a therapist, trainer, clinical supervisor, and organizational change consultant providing therapeutic services, leadership development, organizational wellness, counsellor training and supervision to an international client base that includes Canada, USA, Singapore and New Zealand. Anne is an Assistant Director of Training and program leader for the Satir Institute of the Pacific. She has been training therapists in using the Virginia Satir Transformational Systemic Therapy Model for the past 11 years throughout BC, across Canada, and New Zealand. Anne is a clinical member of the American Association of Marriage and Family Therapy and the Satir Institute of the Pacific. She is a registered social worker certified for private practice with the BC College of Social Workers. Anne’s career spans 35 years and includes work within family counselling, mental health, health, education, hospice and various community settings. She has written several articles on advocacy, community development and transformational change. Her latest article on healing childhood impacts of sexual abuse was published in the Journal of Contemporary Family Therapy (March, 2002), and reprinted within Satir Transformational Systemic Therapy (Banmen, J. Ed), 2008. Anne maintains a private practice in Chemainus, BC. She may be contacted at: annemorrison@shaw.ca or www.annemorrison.com.

**Wendy Lum, MA, RCC, RMFT** is a therapist and coordinator for the Clinical and Counselling Psychology practicum program at the University of Victoria. Wendy has been an assistant trainer for Satir Transformational Systemic Therapy training programs in Cranbrook, Kelowna and Victoria. She has written several articles on the Satir Model, including the use of Self and suicide prevention, published in the Journal of Contemporary Family Therapy (2002) and reprinted in Satir Transformational Systemic Therapy (2008). Wendy is a clinical member of the British Columbia Association for Clinical Counsellors, British Columbia/American Association for Marriage and Family Therapy, and the Satir Institute of the Pacific. Wendy maintains a private practice in Victoria and can be reached at innerchange@shaw.ca.



**Satir Institute**  
of the Pacific

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

*Conducted by*  
**Anne Morrison, MSW, RSW, RMFT**  
Individual, Couple and Family Therapist

*Assistant Trainer*  
**Wendy Lum, MA, RCC, RMFT**

*Sponsored by*  
**Satir Institute of the Pacific**

*Under the supervision of*  
**Dr. John Banmen, RPsych, RMFT**  
Director of Training

*at*  
**Victoria Executive Centre**  
915 Fort Street, Victoria, BC  
250-383-6338  
www.VECmeetingspaces.ca

**Workshop Dates:**  
**February 10, 11, 12, 2012**  
**March 9, 10, 11, 2012**  
**April 6, 7, 8, and 9, 2012**

**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 February 10, 2012 - 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 11, 2012 – 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 February 12, 2012 – 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 March 9, 2012 – 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 March 10, 2012 – 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
  - VII. Bringing about transformational change through process questions
  - VIII. Anchoring changes in the intrapsychic and interactive systems
  - IX. The Treatment Plan: evaluation of change
  - X. Skill development

- Day 6 March 11, 2012 – 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 April 6, 2012 – 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 April 7, 2012 – 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 April 8, 2012 – 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 April 9, 2012 – 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