

## About The Program

When a trauma has occurred, the impact of the trauma can affect a person's life for a long time to come. The severity of the impact of a specific trauma is influenced by the person's past experiences and traumas and is uniquely individual.

It is possible, through a deeply experiential, transformational therapeutic process, to greatly reduce the impact of the trauma and help the client grow in a positively directional way towards peace, joy and empowerment.

This workshop will demonstrate ways to begin the healing process soon after trauma occurs as well as with past traumas.

This will include:

- How to release the traumatic energies held in the physical neurological system as "body memory"
- How to help the client change their intrapsychic system including their emotions, perceptions, expectations and behaviours
- How to work with the interactive systems and the impact of trauma on their relationships.
- How to use the important role spirituality has in the healing process.
- How to help families heal from the impact of trauma so that they can connect and support each other in healthy ways.

The workshop leader will incorporate lecturettes, discussion, experiential exercises, and small group work and skill development practice as part of the program.

This 2 day workshop is intended for helping professionals working with clients in therapy who have completed a minimum of STST Level I.

## Outline of the Program

### Day 1: The Internal Impact of a Traumatic Event

1. How trauma impacts the intrapsychic system of individuals
2. The transformational change process: Negative change and positive change
3. How traumatic memories are held in the mind and body
4. Setting therapeutic goals for positively directional change
5. Releasing the impact of trauma experientially for lasting energetic change
6. Demonstration and/or Skill development practice

### Day 2: The Interpersonal Impact of a Traumatic Event

1. How trauma impacts the interpersonal system in families and communities
2. Helping interpersonal systems change from the inside out
3. Changing the communal experience from one of helplessness to strength: Finding communal resources.
4. Using rites and rituals to facilitate and anchor change
5. Demonstration and/or Skill development practice

## About Virginia Satir

**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 communication within the family unit.

Considered to be a pioneer of family therapy, Virginia Satir, the founder of the Satir Model, stayed at the forefront of human growth and family therapy until her death in 1988.

Virginia Satir believed that therapy is an intense experience with the inner Self. The therapist helps and encourages the client not only to accept and deal with the pain and problems, but also to accept and live an inner joy and peace of mind.

## Workshop Leader

**Kathlyne Maki-Banmen, MA, RCC**, has been training therapists in using Virginia Satir's Systemic Therapy Model for the past 13 years. She has trained therapists in 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 thirty years.

Ms. Maki-Banmen spent over ten years working with at-risk adolescents and their families in public schools in British Columbia as a special education teacher with developmentally delayed and learning disabled students and as a suicide prevention counsellor. She was also the head teacher of an alternative high school program with students who were no longer welcome in the regular school system because of their severe behavioral problems.

Ms. Maki-Banmen is the Past-President and a member of the Board of Directors, and a program leader of the Satir Institute of the Pacific, a non-profit therapy training organization. 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

### Registration

Trauma Workshop February 4, 5, 2012

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ Province/State \_\_\_\_\_

Postal/Zip Code \_\_\_\_\_ Country \_\_\_\_\_

Phone: (Res) \_\_\_\_\_ (Bus) \_\_\_\_\_

(Cel) \_\_\_\_\_ (Email) \_\_\_\_\_

Occupation: \_\_\_\_\_

Employer \_\_\_\_\_

Master's Degree \_\_\_\_\_

Other \_\_\_\_\_

#### STST Level I

Dates \_\_\_\_\_ City \_\_\_\_\_ Trainer \_\_\_\_\_

#### STST Level II

Dates \_\_\_\_\_ City \_\_\_\_\_ Trainer \_\_\_\_\_

Fees:	Up to Jan 13th	After Jan 13th
SIP members	\$200.00 Cdn	\$225.00 Cdn
Non-members	\$225.00 Cdn	\$250.00 Cdn

*Includes coffee/tea breaks, am & pm. No lunch provided*

No refunds after January 13, 2012. Refunds, minus a \$35 administration fee before January 13, 2012.

Send registration form and fee to:

**Cindi Mueller, Administrative Assistant**

**Satir Institute of the Pacific**

**13686 – 94A Street Surrey, BC, Canada V3V 1N1**

**[admin@satirpacific.org](mailto:admin@satirpacific.org) [www.satirpacific.org](http://www.satirpacific.org)**

**604-634-0572**

## Satir Transformational Systemic Therapy Level III

### Program Description

SIP will offer two-day weekend workshops on a variety of therapeutic topics using the Satir Model. These will include working with *Personality Disorders, Recovering from Loss and Grief, Overcoming Addictions, Working with Eating Disorders, Childhood Sexual Abuse, at risk adolescents etc.* As the weekends are confirmed, they will be announced in the *Wisdom Box* and on the SIP website at [www.satirpacific.org](http://www.satirpacific.org).

### Program Prerequisites

Participants of STST Level I training programs are all invited to attend the workshops.

Certificates of attendance for each two day workshop will be issued by SIP. In order to receive a STST Level III graduate level certificate, participants must:

1. Have successfully completed a STST Level II training program or equivalent (at the discretion of Dr. John Banmen, Director of Training).
2. Have a Master's degree or equivalent (or special permission from Dr. John Banmen, Director of Training)
3. Complete a minimum of 5 weekend workshops in a period of 24 consecutive months.
4. Complete a written case study of one of their client cases dealing with one of the topics from one of the attended workshops.

STST Level II programs may be taken concurrently with STST Level III during our first cycle of the program.

### Program Registration

To register for the STST Level III weekends:

1. Complete the registration form for each weekend and submit the registration fee with your form.
2. The cost of each weekend will be \$200 for SIP members and \$225 for non-members in *Canadian funds*.
3. Upon completion of five weekend workshops, submit your case study to *Dr. John Banmen, Director of Training, Satir Institute of the Pacific, 13686 – 94A Street, Surrey, BC V3V 1N1*

For further info, email Dr. Banmen at [training@satirpacific.org](mailto:training@satirpacific.org) or call 604-591-9269



# Satir Institute of the Pacific

Satir Transformational Systemic Therapy  
Level III

## Healing From Trauma Using The Satir Model

*With*

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

**February 4, 5, 2012**  
**9 am – 5 pm**

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

*Location*  
**Phoenix Center**  
**13686-94A Avenue, Surrey, BC V3V 1N1**