

**Satir Transformational  
Systemic Therapy  
Level II Training Program  
September, 2011– 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 \_\_\_\_\_  
date

place trainer

<b>Registration</b>	<b><u>Before Aug 5</u></b>	<b><u>After Aug 5</u></b>
<b>SIP members</b>	<b>\$700.00</b>	<b>\$750.00</b>
<b>Non-members</b>	<b>\$750.00</b>	<b>\$800.00</b>

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

**No refund after August 26, 2011. Refunds,  
minus a \$100 administration fee before  
August 26, 2011.**

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](mailto:admin@satirpacific.org)**  
**[www.satirpacific.org](http://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](http://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 17 & 18, 2011**  
**October 22 & 23, 2011**  
**November 26 & 27, 2011**  
**January 28 & 29, 2012**  
**February 25 & 26, 2012**  
**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 lectureries, 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.**

## Program Outline

### Day 1 September 17, 2011 – *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 18, 2011– *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 22, 2011 – *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 23, 2011 – *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 November 26, 2011 – *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 November 27, 2011 – *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 January 28, 2012 – *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 January 29, 2012 – *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 February 25, 2012 – *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 February 26, 2012 – *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.