



Satir Transformational Systemic Therapy Training Program Level I

conducted by **Linda Lucas, LCPC** Clinical Professional Counsellor

at Christ University, Bangalore, India

**Workshop Dates: 27th – 31st Jan, 2014 (part One) &
July, 2014 (part Two)**

Program Leader: **Linda Lucas, M.A., LCPC**, is a licensed clinical professional counsellor working as a clinical therapist with 16 adolescent females and their families. Linda earned her Master's Degree in Counseling from the University of Illinois, USA. She is utilizing Satir Transformational Systemic Therapy and Dyadic Developmental Psychotherapy (attachment therapy model) 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 Secretary for the SIP Board of Directors. Linda teaches ethics for the Idaho Counseling Association, is a clinical member of the Satir Institute of the Pacific and a member of the International Family Therapy Association. She has facilitated Satir training programs in New Zealand, China, Singapore, Hong Kong, India (January 2013) and Canada. She is a consultant to a residential treatment center for adolescent girls in Hong Kong.

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
- College/University and Graduate students in the above fields who are working directly with clients are also welcome.*

***Your training hours can be accredited to the Satir Institute of the Pacific (SIP), Surrey, BC**

Satir Transformational Systemic Therapy Training Program (STST). This 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 lectorettes, 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.

Program Outline

Day 1 January 27, 2014 - 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 January 28, 2014 – 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 January 29, 2014 – 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 January 30, 2014 – 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 January 31, 2014 – 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
- VI. getting a commitment for change
- VII. 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 August, 2014 – 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 August, 2014 – 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 August, 2014 – 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 August, 2014 – 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 August, 2014 – 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

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.

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

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.

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.

For Registration and Accommodation Requests see:

https://docs.google.com/a/christuniversity.in/forms/d/1QQDVqjU8PL9khWQCLDnt_BtgIDvLzwSZbsBwRY8DbZw/viewform

For additional information:

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Satir Transformational Systemic Therapy Training Program Level I is organized jointly by Peacemakers , a Nongovernmental organization that addresses issues of Peace and conflict resolution and The Department of Psychology, Christ University.

