Satir Transformational Systemic Therapy Training Program Level I

conducted by
Linda Lucas, LCPC Clinical Professional Counsellor
at
Christ University, Bangalore, India


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

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 lecturettes, 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  July, 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  July, 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  July, 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  July, 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  July, 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

**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.
Registration and Accommodations
Satir Transformational Systemic Therapy Level I Training Program
January and July 2014 – Bangalore, India, Christ University

Click on the following link for Registration information

https://docs.google.com/a/christuniversity.in/forms/d/1QQDVqjU8PL9khWQCLDNt_BtglDvLzwSZbsBwRY8DbZw/edit#

Separate requests may be made for accommodation. Guest rooms may be available at additional costs.

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