

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

Level 1 (Ten days) Total cost \$975 for therapists, \$775 for graduate students in internship and 1st year MA. graduates

To register:

Send a deposit NOW of \$100 to hold your place. Payment due in full Oct. 1st, 2011

1) **Go online** to www.satirtraining.org
Use credit card or Paypal

Or 2) **Mail** this form & check to:
Sandy Novak, MS, MA, LPC
1480 Lee Hill Drive #7
Boulder, CO. 80304

Registration Form (photocopy to mail)

Name _____
Address _____
City _____ State _____
Zip _____
Tel. (Home) _____
Tel. (Bus.) _____
Email _____
Address _____
Occupation _____
Graduate _____
Training _____

**Questions? Call Sandy Novak at 303-629-2960
or 303-931-4004**

**or e-mail at
snovak19@hotmail.com
www.satirtraining.org**

Payment Plans available. Call Sandy
Refunds, minus \$25 administration cost.

TRAINER:

Sandy Novak brings her thirty five years of teaching experience and twenty two years of teaching the Satir Model. She holds masters degrees in education and counseling psychology, a certificate in family therapy and extensive other training, including the two month long trainings of the International Satir Training Institute. She has been in private practice for 22 years, specializing in treating couples and trauma.

She was a senior faculty member at Naropa University for ten years. She has taught the Satir Model in Eastern Europe, Hong Kong, China, Canada, and the United States. She presented a professional paper at an Oxford University Round Table in July, 2005. She has several journal articles in publication and is a contributor to the new book release, *In Her Own Words... Virginia Satir, Selected Papers 1963-1983*. She is the 2009 recipient of the SGN Living Treasure Award for lifetime contribution to the Satir Model globally.

SATIR INSTITUTE OF THE ROCKIES

Our mission: to train therapists in becoming effective facilitators of transformational change using Satir Transformational Systemic Therapy with individuals, couples, and families based on the teachings of the late pioneer of family therapy, Virginia Satir.

**Register to receive our emailings at
www.satirtraining.org**

Sandy Novak
The Satir Institute of the Rockies
1480 Lee Hill Drive #7
Boulder, CO 80304

What if you could learn techniques that would move your therapy practice to a new level of transformation?

**Satir
Transformational
Systemic Therapy
Training Program**

One of only 3 Satir training sites in the USA... right here in Boulder!

**THE DOMINANT MODEL OF
THERAPY IN ASIA, ESPECIALLY IN
BUDDHIST COUNTRIES!**

A Mindfulness/Awareness Therapy

Level One

with

Sandy Novak, MS, MA, LPC

Ten days of training in a rural retreat setting.
At the Dome, 6374 Niwot Rd., near the corner of 63rd St. in North Boulder.

October 29-30, 2011
November 19-20, 2011
December 10-11, 2011
January 14-15, 2012
February 11-12, 2012
10am-5:00pm each day

INTRODUCTION

The program is for practicing counselors and therapists who are currently working with clients. Satir Systemic Brief Therapy Model is unique in encompassing both the intrapsychic and interactive components of therapy. Much therapy of the past has been focused only on clients' behavior, beliefs or feelings. 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. This work requires that the therapist develop a high level therapeutic competence and congruence.

Level 1: The focus will be on the theoretical base of the Satir Model and learning to bring about transformational change with individuals and couples. The training will focus on experiential learning including demonstrations, hands-on practice, and triad work.

Level II & III: Advanced training in the future

Consultation groups available after Level I.

ABOUT THE TRAININGS

The program will provide 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 therapy model.

Virginia Satir (1916-1988)

is internationally recognized for creativity in the practice of family therapy. Based on a conviction that people are capable of continued growth, change & new understanding, her goal was to improved relationships & communication 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, founder of the Satir Model, believed that therapy is an intense experience with the inner self. The counselor/therapist helps and encourages the client not only to accept and deal with the pain and problems but also accept and live an inner joy and peace of mind.

LEVEL ONE

Day One October 29, 2011

The Satir Model. A Systemic Approach

- I. Overview of the training.
- II. Therapeutic beliefs and goals
- III. Satir in action –video session
- IV. Intrapsychic and interactive systems
- V. Congruence
- VI. Skill development

Day Two October 30, 2011

Satir's Three Generation Family Maps

- I. Making three-generational family maps
- II. Reading family maps and sculpting family members
- III. Externalizing the internal coping process through Satir stances
- IV. Assessing family dynamics and communication patterns through the primary triad
- V. Surfacing family resources and strengths
- VI. Skill development

Day Three November 19, 2011

Preparing to Change: The Initial Interview

- I. The role of the therapist
- II. Making contact and building rapport
- III. Assessing the presenting problem
- IV. Focusing the problem into a positively directional goal
- V. Getting a commitment for change
- VI. Assessing the client's internal experience through process questions and the "iceberg"
- VII. Bringing about transformational change through process questions
- VIII. Skill development

Day Four November 20, 2011

Intrapsychic Change

- I. Changing the impact, not the event
- II. Changing three types of expectations
- III. Reframing perceptions
- IV. Owning and transforming feelings: anger, hurt, and fear
- V. Tapping the life energy through universal yearnings
- VI. Skill development

Day Five December 10, 2011

Therapy from the Inside Out

- I. Surfacing the impact of family rules
- II. Transforming the impact of family rules
- III. Resolving internal conflict and integrating internal resources
- IV. Satir in action – video session
- V. Skill development

Day Six December 11, 2011

Interactive Change

- I. Practice sculpting triads and sculpting family maps
- II. Assessing family maps for treatment formulation
- III. Case presentation and practice
- IV. Skill development

Day Seven January 14, 2012

Working with Internal Parts of the Individual

- I. Working with an "external" parts party
- II. Working with parts in individual therapy
- III. Satir supervision
- IV. Skill development

Day Eight January 15, 2012

Couples Therapy using the Satir Model

- I. Stages of relationship development
- II. Working with "differences"
- III. Enhancing communication & intimacy
- IV. The ingredients of an interaction
- V. Skill development

Day Nine February 11, 2012

Symptoms as Solutions

- I. Working with anger and rage
- II. Working with depression
- III. Satir in action – video session
- IV. Skill development

Day Ten February 12, 2012

Integrating Learning

- I. Reviewing personal and professional growth
- II. Question and answer period
- III. Appreciating participants' uniqueness within the Satir Model
- IV. Triad work completion
- V. Feedback, evaluation and closure of Level I
- VI. Celebration

THIS PROGRAM WILL HELP COUNSELORS 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' communications and coping patterns.
5. Prepare clients' family 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 the clients and help them access and change their behaviors, feelings and 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 using the Satir Model.

Text: *The Satir Model: Family Therapy & Beyond.*
By Satir, Banmen, Gerber, & Gomori, (1991)
Reading: *The New Peoplemaking* by Virginia Satir.