

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

**Level 1** (Ten days) Total cost \$875 for therapists, \$675 for graduate students in internship and 1<sup>st</sup> year MA. graduates  
Group rate of \$625 for 4 or more paying together

**To register,**

- 1) **Go online** to [www.satirtraining.org](http://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](mailto:snovak19@hotmail.com)  
[www.satirtraining.org](http://www.satirtraining.org)**

**Payment Plans** available. Call Sandy  
*Refunds, minus \$25 administration cost, until  
October 8, 2010*

**TRAINER:**

**Sandy Novak** brings her thirty five years of teaching experience and twenty two years of learning and teaching the Satir Model. She holds masters degrees in education and counseling psychology and 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 20 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](http://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 63<sup>rd</sup> St. in North Boulder.

October 16-17, 2010  
November 13-14, 2010  
January 8-9, 2011  
February 12-13, 2011  
March 5-6, 2011  
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 16, 2010

#### *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 17, 2010

#### *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 13, 2010

#### *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 14, 2010

#### *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 January 8, 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 January 9, 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 February 12, 2011

#### *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 February 13, 2011

#### *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 March 5, 2011

#### *Symptoms as Solutions*

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

### Day Ten March 6, 2011

#### *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 Peopemaking* by Virginia Satir.