

SATIR PARENTING & FAMILY CLINICAL PSYCHOLOGY TRAINING

With Dr Sandra E. S. Neil PhD FAPS & Dr Robert L. Silverberg MD FAFAP

Level One: SATIR PARENTING & FAMILY PSYCHOLOGY
9am - 5pm, 1 & 2 November, 2012
Oaks on Market
60 Market St, Melbourne Vic 3000

Level Two: THROUGH THE FAMILY & BEYOND
9am - 5pm, 21 & 22 February, 2013
Oaks on Market
60 Market St, Melbourne Vic 3000

This program is for practising Clinical and General Psychologists, Counsellors, Medical Practitioners, Social Workers, Nurses, Child and Family Therapists, and all Therapists who are presently working with clients or patients. The focus of the program will be the Satir Parenting and Family Clinical Psychology Training (SPFCPT), to bring about transformational and energetic change. The approach will be applicable to working with individuals, couples, and families. In Level One, in 2012, The course leaders will utilise 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 able to work in triads, practising aspects of the program. Participants will also work with their own family of origin maps to increase personal learning opportunities in applying a clinical model.

In Level Two, in 2013, focus will be on innovative ideas on family dynamics and processes, leading to peace between, amongst, and within. Peace starts with creating harmony within the self. What has become increasingly clear is that persons who are personally integrated and harmonious have the strength and creativity to effectively commit to change in themselves, their families, and in others around them.

Satir's Parenting and Family Clinical Psychology Training (SPFCPT) is unique in encompassing both the intrapsychic and interactive components of therapy. Much therapy of the past has been focussed only on clients' behaviour, cognition, or affect. This model is focussed 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.

LEVEL ONE - DAY 1 AND 2 (1 & 2 NOVEMBER, 2012) Applying the theoretical base of the Satir Model by learning to bring about transformational change with Individuals and Couples.

Overview of the program; The process of change; The essential elements of therapeutic change: The four meta-goals for therapy; "When I meet a person" - The Family, An Exercise; The Treatment Plan: Assessment through Survival Stances; Externalising the Internal Coping process: Accessing family strengths and resources; Congruence as an alternate way of being; How to create Family of Origin Maps: Treatment plan assessment through family of origin maps; Accessing Family Coping and Communication Patterns; Triad group formation; Parenting: 3 = 1, Family Exercise and Triangulation; Ways of Viewing the World; The role of the Self of the Therapist; Family Reconstruction; Accessing the presenting problem through process vs.; content; The Iceberg; Anchoring changes in the intrapsychic and interactive systems - Unmet Needs, Yearnings: the Wish, the 'Shoulds', the Rules; Owning and changing feelings: anger, hurt and fear; Understanding Anger experientially; Understanding anger therapeutically - The 'Father', his (and her) role; The role of acceptance in therapy: parents and children and that which affects the Symmetry of Love; Bringing Family Rules to awareness; Surfacing the impact of Family Rules; Family Rules: shoulds, oughts, and musts; Transforming the impact of Family Rules; The Ingredients of an Interaction: the intrapsychic components of interactive communication; The Internal Parts Party: transforming and integrating the internal system; Review of the Satir Model and integrating learnings; Reviewing personal, and, professional growth; Intrapsychic and interactive systems: Self, Self and Other, & Context; Power and Control; Improving intimacy: The Sexual Basket; Resolving differences: Transformation through Parts Party.

LEVEL TWO - DAY 3 AND 4 (21 & 22 FEBRUARY, 2013) Developing skills in bringing about transformational change with individuals, couples, and families, and on practical use of the Self of the Therapist.

The Multicultural Family Chessboard; Sculpting Types of Relationships; The use of Family Maps and Family Chronology over three or more generations; Building Self-Esteem; Increasing Choices and Responsibilities of family members; Improving family interactions and family closeness; A Family Exercise; The Second Skin: educating touch, hearing, speaking; Parts of Self and Family; The 'identified patient' within the family context; Each one of us as a mentor; Multicultural Chessboard case presentation

"The Family Chess Board" method is a tool for creating differentiation, integration, and awareness for and of change in the family. It was devised by Dr Robert Silverberg and Dr Sandra Neil to adapt Virginia Satir's notion of sculpting families to a more limited environment, where movement of family members is impractical or undesirable. It allows one or all members of the family to be symbolically represented in complex three dimensional "chess board and pieces" interaction. The language that the person uses is their own, and the chess pieces are labelled and named explicitly to fit with the perceptions of that person, and make the rules of the family explicit. Family bonds and triangulations, the boundaries of each family, the affectional and power roles, gender issues and occupational issues are identified and often can be transformed using this brief, intensive, and process oriented method. The Satir Model enhances this multicultural chess technique.

PROFESSIONAL DEVELOPMENT POINTS FOR LEVEL 1 & 2

Certificates of Attendance detailing 28 hours of professional training (Level 1 = 14 hrs, Level 2 = 14 hrs). Certificates can be collected IN PERSON at 3pm on the final day of training. Please keep your certificates in a safe place as we are unable to reissue them after the training.



SATIR PARENTING & FAMILY CLINICAL PSYCHOLOGY TRAINING

PROGRAM PRESENTERS

DR SANDRA E. S. NEIL PhD (Medicine) MA (Clinical Psychology), BEd (Counselling), BA, FAPS

- Dr. Neil has nearly 40 years experience working as a clinical psychologist and family therapist and individual, marital and group psychotherapist. She has conducted professional workshops throughout the world. The Founder and Director of the Satir Centre of Australia, she is interested in a wide range of clinical problems and therapeutic approaches. She was personally appointed by Dr Virginia Satir to lead the Australian Satir Model Training Institute, including psychodynamic psychotherapy, interpersonal therapy, and cognitive approach.

Dr. Neil is a Fellow of the Australian Psychological Society. A member of the International Council of Psychologists (ICP) since 1984, Dr Neil served as ICP President in 1998, is currently ICP World Area Chair Coordinator 2000-2007, 2009-2012 and 2012-2014, and is Chair of the ICP International Relations and Human Rights Interest Group. She has chaired the ICP's annual Human Rights Summits from 1986 to 2012. In 2010 Dr Neil chaired and presented the Melbourne World Summit on Human Rights on 15th July for the International Association of Applied Psychology, 2010. She has been invited to give the keynote address to the United Nations' Family Day Conference, in Vienna, Austria, in May 2012.

Aware that people can be steered by adversity, Dr Neil works towards enhancing the process of growth in the individual, and the family and thereby the nation. She believes that therapy works best when it aims to heal the wounds, feed the emotional hungers, empower the self, and give freedom of choices to the person. "People can truly become their own responsible decision makers and have equality of value if they truly honour themselves and others".

DR ROBERT L. SILVERBERG MD, BS, BA, FAFAP

- Dr Silverberg a registered medical practitioner and family physician specialising in the areas of psychological medicine, medical psychotherapy, professional counselling, and individual, group, marital and family therapy. He is a Director of the Satir Centre of Australia, and has served in the Departments of Psychiatry and Medicine, Faculty of Medicine, University of Melbourne, at St. Vincent's Hospital. He is a member of the Medical Staff at Cabrini Hospital, Malvern, Victoria Australia.

Dr. Silverberg is a physician, psychotherapist, and family therapist with nearly 40 years of clinical experience. Born in America, he received his medical training and specialist qualifications there. He has studied with many of the most prominent physicians, psychologists, and therapists during his own extensive career. In the USA, he served as Physician to the Hospital at the Reading Hospital and Medical Centre, Reading, Pennsylvania; and as Clinical Assistant Professor in the Temple University School of Medicine. He also served as a Medical Officer in the United States Navy, based both at large Naval Hospitals and at sea. In addition to his extensive work in the therapeutic model of Dr Virginia Satir, he has worked with other experts such as Milton Erickson, Salvador Minuchin, Carl Whitaker, and Joseph Wolpe. Over the years Dr Silverberg has lectured and conducted training workshops throughout Australia, America, Europe, Canada, the Middle East, and Asia.

As a specialist in psychological medicine, Dr. Silverberg believes that improved emotional and physical health results from a better understanding of self and others, within the context of a person's relationships, family and work. Dr. Silverberg's aim is for people to develop effective strategies for change, improved personal self-worth, and better family and professional communications and relationships. He has an enthusiastic interest in the relationship between physical and emotional health; and in personal, relationship, and family well-being.



TERMS & CONDITIONS OF REGISTRATION

Enrolment in a single day session is not possible. Payment in full must accompany registration form. Payments are non-refundable for missed days or session, for any reason. Number of places are limited. Refunds less a \$50.00 administration fee are given for cancellations received in writing via email, mail or fax to The Satir Centre of Australia. Cancellations must be received at our office by 12 Noon, **Friday 12th October 2012**. Refunds are not possible after this time, regardless of personal circumstances. Cancellation policy is final and not negotiable. We regret the difficult personal circumstances that prevent people attending including medical conditions, emergencies, severe weather or transport difficulties, however the logistics of event management prevents us from assuming responsibility for these, or other, contingencies. Registrations are transferable to another person **in full** to another person on written request received by Satir Centre of Australia by 12 Noon, **Friday 12th October 2012**.

FURTHER ENQUIRIES:

The Satir Centre of Australia, Suite 2, 1051 A/B High St, Armadale VIC 3143, Australia
Phone: 03 9824 7755 Fax: 03 9824 7865 Email: office@satiraustralia.com
www.satiraustralia.com

VIRGINIA SATIR

(1916 - 1988)

Virginia Satir is internationally recognised 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 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, the founder of the Satir Model, believed that counselling and therapy is an intense experience with the inner self. The counsellor or therapist helps and encourages the client/patient not only to accept and deal with the pain and problems, but also to accept and live an inner joy and peace of mind.

TAX INVOICE / REGISTRATION FORM

ABN: 23 006765 868

___ Level One (Day 1 & 2)	\$650.00
___ Level Two (Day 3 & 4)	\$650.00
___ Both Level One & Level Two	\$1,300.00

(Payment in full must accompany this registration form.)

Prices include GST. Morning and afternoon tea, and lunch, provided.

DISCOUNT FOR EARLY REGISTRATION:

A discounted early registration fee for all four days only, of **\$1,100.00** in total, is applicable if full payment is received by 5pm, Monday 1 October 2012. Registrations received after this date will be processed at regular registration rates.

ACCEPTANCE OF TERMS & CONDITIONS

I have read, understand and accept the Terms and Conditions of Registration advised in this brochure.

Please send payment and registration details to:

The Satir Centre of Australia
Suite 2, 1051 A/B High St, Armadale Vic 3143

Name: _____

Address: _____

Post code: _____

Phone: _____

Email: _____

Cheque to Satir Centre of Australia enclosed

Please debit my credit card:

Visa MasterCard Amex

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Name on card: _____

Signature: _____