

YOUR INVESTMENT
\$1,450
(VCF Funding: Pending)

SATIR CENTRE (SINGAPORE) *presents*

LEVEL 2 IN SATIR TRANSFORMATIONAL SYSTEMIC THERAPY

Working with Depression, Loss & Grief

9 November 2018 – 31 March 2019 (L213)

Leading to the Specialist Diploma

conferred by the Satir Institute of the Pacific (Canada) and the Satir Centre (Singapore).

ABOUT THE PROGRAMME

This program is a module in the Level 2 series of three modules. It is for counselors and therapists who have completed minimum, the Foundational Certificate in Satir Transformational Systemic Therapy training programme offered by the Satir Centre (Singapore) or an equivalent programme approved by Jennifer Nagel, Director of Training, Satir Institute of the Pacific, and who are presently working with clients in a counselling or helping role/position.

The goal of the programme is to improve participants competence, congruence and confidence in doing transformational, experiential, systemic change therapy. The course leader will utilize lecturattes, small group discussions, structured exercises, demonstrations, experiential learning and skill practice sessions to assist participants to move their therapy into a positively directional, change focused, experiential process.

This module will focus on working with presenting issues of Depression, Loss & Grief.

Participants will complete a practicum and work in trios to practice different aspects of the programme. Participants will also use their own process of personal growth as the arena for their learning.

This programme will include voluntary therapeutic demonstrations with programme participants.

WHO SHOULD ATTEND

Counselors, social workers and therapists who have completed minimum, the Foundational Certificate in Satir Transformational Systemic Therapy training programme offered by the Satir Centre (Singapore) or an equivalent programme approved by Jennifer Nagel, Director of Training, Satir Institute of the Pacific, and who are presently working with clients in a counselling or helping role/position.

CLOSING DATE: 15 September 2018

PROGRAMME OBJECTIVES

This Program will help Counsellors, Social Workers and Therapists:

1. Develop an understanding of the internal dynamics of Depression, Loss & Grief through the Satir Model.
2. Help clients change their intrapsychic system including their emotions, perceptions, expectations and behaviours.
3. Help clients accept their internal experience, including the emotions they are having difficulty facing.
4. Help clients connect with their Life Energy in a positively directional way towards choosing life.
5. Help clients reduce the impact of past events and negative experiences.
6. Help clients develop a connection with their internal resources.
7. Become more effective counselors /therapists in using the Satir Model.
8. Appreciate their own personal and professional growth process.

Full Course Fee: S\$ 1,450 (full fee)

VCF funding: pending

(Information on VCF Funding will be updated end July 2018)

For enquiries:

Call: 9138 6161 or

Email: enquiry@satircentre.sg

PROGRAMME DETAILS

The programme has 5 parts:

- i. 4 days of classroom training
- ii. 9 hours of small group work
- iii. 9 hours of clinical supervision
- iv. 24 hours of practicum
- v. 1 written assignment

Detail	Dates
Classroom training	9, 10, 30 Nov, & 1 Dec 2018 Time: 9.30am – 5.30pm
Small group work (Trio)	3 hours a month from Nov 2018 - Jan 2019
Clinical supervision	3 hours a month from Nov 2018 - Jan 2019
Practicum	8 hours a month from Nov 2018 - Jan 2019
Assignment due date	28 February 2019

Course Content:

i. Transformational Change Therapy

- Changing the intrapsychic impact, not the event
- Making therapy experiential and systemic
- Experiencing yearnings as the precursor to change
- Accessing the sub-conscious impacts in the intrapsychic
- Experiential change in the intrapsychic now
- Experiential change in the interactive
- Anchoring changes in the past, present and future
- Skill development

ii. The Self of the Therapist

- The use of Self in therapy
- The role of congruence in facilitating transformational change
- Making contact with the person, not the symptom
- Bringing hope into the therapy session
- Finding resources in symptoms
- Using Life Energy to stimulate growth
- The role of intuition in therapy
- Skill development

iii. Depression

- The intrapsychic system of individuals exhibiting depression.
- The symptom as a solution. What's the real problem?
- Connecting with spiritual Life Energy to facilitate change
- Releasing past negative impacts experientially for lasting energetic change.
- Skill development

iv. Loss & Grief

Life is not what it's supposed to be. It is what it is. The way that one grows through it, is what makes the difference.

- The intrapsychic nature of loss and grief
- Healing from loss; resolving grief
- Building resources and connecting with Self, others and context
- Skill development

SMALL GROUP SKILL DEVELOPMENT PRACTICE (IN TRIOS)

3 hours monthly for 3 months.
Dates and venue to be arranged with respective small group members.

CLINICAL SUPERVISION

3 hours monthly for 3 months.
Dates and venue to be arranged with respective small group members and clinical supervisor.

VENUE FOR CLASSROOM TRAINING

MPR 1 @ #03-09 Agape Village
7A Lorong 8 Toa Payoh
Singapore 319264
<http://agape-village.caritas-singapore.org/contactus/#.WzRgsvZuJPY>

GRADUATION REQUIREMENTS

Classroom Training: At least 75% attendance.
Small Group Work: 100% attendance.
Clinical Supervision: 100% attendance.
Practicum: 100% fulfilment.
Completion of Written Assignment.

REGISTRATION

1. Please complete the registration form.
2. Please attach a copy of your VCF approval email (if applicable).
3. Please send the above to:

**The Registrar
Satir Centre (Singapore)
1 Scotts Road
#24-10 Shaw Centre
Singapore 228208**

Closing Date: 15 September 2018

4. Alternatively, scan and email your registration form to registrar@satircentre.sg
5. An invoice will be sent to you.
6. Your registration is complete upon receipt of full payment.
7. A confirmation email will be sent to you.

INFORMATION ON VCF FUNDING

1. The VWO registers for the course for their staff/volunteers with the training provider.
2. The VWO applies online for VCF funding for the course via the VCF Management System **at least 8 weeks before the course commences**. The applications are subject to VCF approval.
3. If the application is approved, the VWO pays the training provider the course fee less the VCF subsidy. If the application is not approved, the VWO pays the training provider the full course fee.
4. Please note that VCF funding is capped. Register early to enable time for an appeal for an increase in the cap if necessary.

VIRGINIA SATIR (1916 – 1988)

Virginia Satir is internationally recognised for her creativity in the practice of family therapy. Virginia believed that counselling/therapy is an intensive experience with the inner self. The counsellor/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.

Specialist Diploma Certification Exam

Participants who complete three Level 2 modules will be eligible to take the Specialist Diploma Certification exam.

SATIR INSTITUTE OF THE PACIFIC (CANADA)

Satir Institute of the Pacific is based in Vancouver, Canada and is an internationally known provider of Satir training worldwide. Its website is: www.satirpacific.org

SATIR CENTRE (SINGAPORE)

Satir Centre (Singapore) was formed in October 2008 by graduates of Satir training programmes to promote and advance Satir training in Singapore. It is a non-profit society.
Website: www.satircentre.sg

PROGRAMME LEADER

Anna Maria Low is the founding President of the Satir Centre (Singapore). She supervises and trains social workers and counselors in Singapore and also conducts workshops and training in China. Anna has also presented at conferences overseas and locally. She is presently Consultant Counsellor at a Family Service Centre where she works with individuals, couples and families and provides clinical supervision and training to the staff team. She also leads personal growth programmes and retreats at a holistic development centre in Singapore.

Anna is a Clinical Member of the Satir Institute of the Pacific and was a recipient of the Satir TST Leadership award in 2011 for her leadership and contribution to the development of the Satir Model in Singapore. Anna has also served as a Board Member of the International Family Therapy Association (IFTA) and is currently serving as its Recording Secretary.

Anna obtained her Degree in Accountancy from the National University of Singapore and Masters degree in Counselling from the University of South Australia. She has also received extensive training in the Satir Model as a therapist, clinical supervisor and trainer. Anna is a Master Clinical Member with the Singapore Association for Counselling and is also a Registered Social Service Professional.