

YOUR INVESTMENT  
\$1,450  
(After VCF funding: \$1,030)

SATIR CENTRE (SINGAPORE) *presents*

**LEVEL 2 SATIR TRANSFORMATIONAL SYSTEMIC THERAPY**

**Working with Couples**

27 September 2019 – 29 February 2020 (L223)

*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 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 focus of the programme is to improve participants competence, congruence and confidence in doing transformational, experiential, systemic change therapy. The course leader will utilize lectures, 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 couples in therapy.

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 Kathlyne Maki-Banmen, 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 August 2019**

**PROGRAMME OBJECTIVES**

This Program will help Counsellors, Social Workers and Therapists:

1. Use their Self in a competent, confident, congruent and creative way throughout the Satir therapeutic process.
2. Make therapy experiential throughout each aspect of the therapeutic process.
3. Make therapy positively directional throughout each aspect of the therapeutic process.
4. Make therapy change focused throughout each aspect of the therapeutic process.
5. Make the therapy process systemic, working on changing the intrapsychic within the context of interactive relationships and changing the interactive from the intrapsychic changes.
6. Tap clients' Life Energy as the stimulus to growth and transformation.
7. Help clients access their subconscious processes and bring them into awareness.
8. Reframe symptoms into solutions and find the positive resources in symptoms.
9. Help clients access, accept and utilize their internal strengths and resources.
10. Help clients to increase their ability to own their internal processes and increase their choice-making possibilities.
11. Collaboratively work with clients to set positively directional therapeutic goals in both intrapsychic and interactive systems.
12. Facilitate bringing about transformational change and anchoring and integrating the changes.
13. Help couples connect in an accepting way.
14. Help couples resolve differences.
15. Appreciate their own personal and professional growth process.

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

*(After VCF Funding: \$1,030)*

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For enquiries:  
Call: 9138 6161

Email: [enquiry@satircentre.sg](mailto: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	27-28 September 2019, and 4-5 October 2019 Time: 9.30am – 5.30pm
Small group work (Trio)	3 hours a month from Oct – Dec 2019
Clinical supervision	3 hours a month from Oct – Dec 2019
Practicum	8 hours a month from Oct – Dec 2019
Assignment due date	31 January 2020

**Course Content:**

**i. Transformational Change**

- Making therapy positively directional and change focused
- Using the meta-goals of therapy throughout the therapy process
- Accessing positive intentions under dysfunctional patterns
- Therapeutic goal setting as a collaborative process
- Therapeutic goal setting as a focus for change
- Resolving unmet expectations through the whole Iceberg

**ii. The ingredients of an interaction**

- The intrapsychic components of interactive reactions
- Bringing the unknown into awareness during an interaction
- The internal system: the dynamic sculpting of the ingredients of an interaction
- Accessing the pathway for internal change

- Skill development

**iii. Working with Couples**

- The intrapsychic / interactive dance
- Making contact with both people
- Accessing impacts, past and present
- Moving from problem focus to disappointments and yearnings
- Individual and couple goals for therapy
- Increasing intimacy and positive connection
- Resolving unfinished business and differences
- Skill development

**iv. Clinical issues**

- Working with a couple where there's spousal violence
- Working with a couple where there's an extra-marital affair

**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 2, Level 3 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 scan and email your registration form to [registrar@satircentre.sg](mailto:registrar@satircentre.sg)
4. Or, send the above to:

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

**Closing Date: 15 August 2019**

5. Acknowledgement of receipt will be emailed to you within a week. If you do not receive it, please email to check.
6. An invoice will be sent to you.
7. Your registration is complete upon receipt of full payment.
8. A confirmation email will be sent to you two weeks before commencement.

## INFORMATION ON VCF FUNDING

1. VCF Approved Funding is \$420 per Singaporean/PR VWO staff.
2. The VWO registers for the course for their staff/volunteers with the training provider.
3. 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.
4. 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.
5. Please note that VCF funding is capped. Register early to enable time for an appeal for an increase in the cap if necessary.

## ON COMPLETION OF THIS PROGRAMME

Participants who complete 3 Level 2 modules will be eligible to take the Specialist Diploma Certification exam.

## 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.

## 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. [www.satirpacific.org](http://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. [www.satircentre.sg](http://www.satircentre.sg)

## PROGRAMME LEADER

Anna Low is the founding President of the Satir Centre (Singapore). She 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 served as a Board Member of the International Family Therapy Association (IFTA) and is its current 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 and Approved Clinical Supervisor with the Singapore Association for Counselling and is also a Registered Social Service Professional.