

SATIR CENTRE (SINGAPORE) presents

YOUR INVESTMENT  
\$2,400  
(After VCF\* funding: \$1,600)

**FOUNDATIONAL CERTIFICATE IN SATIR TRANSFORMATIONAL SYSTEMIC THERAPY**  
*conferred by the Satir Institute of the Pacific (Canada) and the Satir Centre (Singapore).*

**3 April – 31 October 2020 (FC11)**

*(This is the pre-requisite to the Specialist Diploma in Satir Transformational Systemic Therapy programme.)*

**ABOUT THE PROGRAMME**

The programme is for practicing counselors and therapists who are presently working with clients. The focus of the programme will be Satir Transformational Systemic Therapy to bring about transformational, energetic change.

The course leaders will utilize lecturettes, small group discussions, structured exercises, demonstrations, experiential learning and skill practice sessions as part of the programme.

The programme will provide some 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, experiential therapy model.

The Satir Transformational Systemic Therapy Model (STST) is unique in encompassing both the intrapsychic and interactive components of therapy. Much therapy of the past has been focused only on clients' behaviour, cognition or affect. 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. The process requires that the therapist has a high level of therapeutic competence and congruence.

**WHO SHOULD ATTEND**

Counselors, Social Workers, Psychologists, Care Workers, Social Service Professionals, and who are presently working with clients.

**VENUE FOR CLASSROOM TRAINING**

MPR 1, Level 3 Agape Village  
7A Lorong 8 Toa Payoh  
Singapore 319264

[http://agape-village-caritas-singapore.org/contactus/#.WzRgsvZuJPY](http://agape-village.caritas-singapore.org/contactus/#.WzRgsvZuJPY)

**CLOSING DATE: 8 February 2020**

**PROGRAMME OBJECTIVES**

This programme will help counselors and therapists:

- Learn to make contact and build rapport with clients to stimulate their healing energy.
- Understand and incorporate the basic therapeutic belief system of the Satir Model.
- Use experiential process throughout their therapy sessions.
- Surface and identify clients' communication and coping patterns.
- Prepare clients' family maps (genograms) and surface dysfunctional person and family dynamics.
- Sculpt relationships among family members and bring automatic coping patterns into awareness.
- Transform clients' problems into positively directional goals.
- Learn the Satir process of therapeutic change.
- Help clients access, accept and utilize their internal strengths and resources.
- Transform family rules that diminish clients' self-esteem.
- Help clients raise their self-esteem and increase their choice making potential.
- Map the internal processes of clients and help them access and change their behaviours, feelings, perceptions and expectations.
- Help clients reduce the impact of past events and negative experiences.
- Help clients integrate and maintain their changes.
- Become more effective counselors/therapists in using the Satir Model.

**Full Course Fee: S\$ 2,400 (full fee)**

**Course Fee after VCF\* funding: \$1,600**  
*(45% VCF Funding, capped at \$800)*

For enquiries:  
Call: 9138 6161

Email: enquiry@satircentre.sg

## PROGRAMME DETAILS

The programme has 5 parts, totaling 127 hours:

i. **70** hours of classroom training

<b>Weekend Fri-Sat</b>	<b>Classroom Training Dates 9.30am – 5.30pm</b>
1	April 3 – 4, 2020
2	May 8 – 9, 2020
3	June 5 – 6, 2020
4	July 10 – 11, 2020
5	August 7 – 8, 2020
Assignment due date	September 30, 2020

Dates and times for the following will be scheduled in class:

- ii. **15** hours of small group work
- iii. **12** hours of tutorial

The practicum is to be done at the workplace:

- iv. **30** hours of practicum
- v. 1 written assignment

### **Course Content:**

#### **1. A Systemic Transformational Change Process Overview**

- Overview
- Therapeutic beliefs and goals
- The essential elements of transformational change
- The Treatment Plan: assessment of the internal system

#### **2. Towards Congruence**

- The Treatment Plan: assessment through survival stances
- Externalising the internal coping process
- Congruence as an alternate way of being
- Trio group formation
- Supervision group formation
- Skill development

#### **3. Satir's Three Generational Family Maps**

- The Treatment Plan: assessment through family of origin maps
- Reading family of origin maps
- Accessing family coping and communication patterns
- Accessing family strengths and resources
- Accessing unfinished business from the past
- Skill development

#### **4. Change from the Inside Out**

- Overview of the Change Process
- Changing the impact, not the event
- Changing three types of expectations
- Reframing perceptions

- Owning and changing feelings
- Tapping the Life Energy through universal yearnings
- Skill development

#### **5. Setting Positively Directional Goals**

- The importance of collaborative goalsetting in therapy
- The four meta-goals for therapy
- Final therapeutic (outcome) goals
- Session goals: intrapsychic and interactive
- Incremental goals within the session
- Skill development

#### **6. The Self of the Therapist**

- The use of the 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
- Skill development

#### **7. The Initial Interview and beyond**

- The Treatment Plan: interventions and techniques
- Making contact and building rapport
- Assessing the presenting problem
- Focusing the problem into positively directional goals
- Getting a commitment for change
- Accessing the client's internal process through process questions
- Bringing about transformational change through process questions
- Anchoring changes in the intrapsychic and interactive systems
- The Treatment Plan: Evaluation of change
- Skill development

### **SMALL GROUP SKILL DEVELOPMENT PRACTICE (IN TRIOS)**

3 hours monthly for 5 months.

Dates and venue to be arranged with respective small group members.

### **TUTORIAL**

4 tutorials. Dates will be arranged in class.

#### GRADUATION REQUIREMENTS

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

#### ON COMPLETION OF THIS PROGRAMME

This 7-month Foundational Certificate Programme is the pre-requisite to the Level 2 Programme.

#### 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: 8 February 2020

4. An invoice will be sent to you.
5. Your registration is complete upon receipt of full payment.
6. A confirmation email will be sent to you.

#### INFORMATION ON VCF FUNDING (PAS000001887)

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 (ie. 3 Feb 2020)**. 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.

#### TEXTBOOK (included in fees)

***The Satir Model: Family Therapy and Beyond.***  
Satir, V., Banmen, J., Gerber, J., Gomori, M. (1991)

#### VIRGINIA SATIR (1916 – 1988)

Virginia Satir is internationally recognised for her creativity in the practice of family therapy. 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 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. Its website is: [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.

#### 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.