

SATIR CENTRE (SINGAPORE) *presents*
INTRODUCTION TO THE SATIR MODEL (2020)
2-Day Workshop For Helping Professionals

YOUR INVESTMENT \$500
(After VCF funding: \$350)

8 – 9 October 2020 (ISM4)

ABOUT THE SATIR MODEL

The Satir Model is founded by Virginia Satir (1916 – 1988), and is based on a conviction that people are capable of continued growth, change and new understanding. Its goal is to help people improve relationships and communication within the context they are in.

The Satir Model encompasses both the intrapsychic and interactive components of therapy. It 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 process requires a high level of therapist congruence.

Objectives

This introductory workshop will help participants:

- understand the basic therapeutic belief system of the Satir Model.
- surface and identify clients' communication and survival coping patterns.
- transform clients' problems into positively directional goals.
- help clients access and utilise their strengths and internal resources.

WHO SHOULD ATTEND

Social Workers, Counsellors, Psychologists, Helping Professionals, Volunteers in Social Services.

CLOSING DATE: 31 August 2020

WORKSHOP OUTLINE

Day 1:

- The treatment plan: assessment through the iceberg and survival stances
- Externalizing the internal coping process
- Finding resources in symptoms
- Yearnings and Congruence

Day 2:

- The four meta-goals of therapy
- The process of change
- The role of therapist congruence in facilitating transformational change
- Application: Case study and skill development

Methodology

The workshop leader will use mini-lectures, role plays, dyad and small group exercises. As the Satir Model is based very much on the "Use of Self" and is best learnt experientially, participants can expect to also use their own experiences for learning.

Course Fee: S\$ 500

(After VCF Funding: \$350)

For enquiries:

Call: 9138 6161

Email: enquiry@satircentre.sg

WORKSHOP VENUE

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

<http://agape-village.caritas-singapore.org/contactus/#.WzRgsVZuJPY>

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
4. Or, send the above to:

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

Closing Date: 31 August 2020

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 \$150.00 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.

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

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.

For more about Virginia Satir, visit: www.satirglobal.org or www.satirpacific.org

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.