**Transformational Systemic Therapy Using the Satir Model Level 1 (In Person)**

with Jennifer Nagel, MA, RCC

October 16, 17, November 13, 14, December 4, 5, 2021 and January 8, 9 and February 5, 6, 2022

9:00 am to 5:00 pm

Held at CoWorks by Elevate 20627 Fraser Highway, Langley, BC V3A 4G4

Satir's Transformational Systemic Therapy integrates research with therapeutic practice and processes, assisting clients in transforming their intrapsychic and interrelational systems. Clients’ transformational experiences result in increased internal peace, empowerment, and integration, in addition to connection and acceptance in relationship with Self, others and context.

This Program Will Help Counsellors and Therapists:

1. understand and incorporate the basic therapeutic belief system of the Satir Model

2. use experiential process throughout their therapy sessions

3. surface and identify clients’ communication and coping patterns

4. prepare clients’ family of origin maps (genograms) and surface dysfunctional personal and family dynamics

5. sculpt relationships among family members and bring automatic coping patterns into awareness

6. transform clients’ problems into positively directional goals

7. learn the Satir process of therapeutic change through mindful process questions

8. transform family rules that diminish clients’ self-esteem

9. help clients raise their self-esteem and increase their choice-making possibilities

10. map the internal processes of clients and help them access and change their behaviours, feelings, perceptions and expectations