



**Associated Canadian Theological Schools  
Of Trinity Western University**

**MFT 675: DS - Satir Family Therapy**  
(v. July 10, 2017)

<p><b>Instructor:</b> John Auxier, Ph.D. AAMFT Clinical Fellow; Licensed Marriage &amp; Family Therapist-WA; Associate Professor of MFT.</p> <p><b>Fall 2017</b> 2 semester hours</p>	<p><b>E-mail:</b> <a href="mailto:auxier@twu.ca">auxier@twu.ca</a> <b>Phone:</b> 604-888-7511 (3821)</p> <p><b>Course Dates:</b> 6 September to 5 December <b>In-class Dates:</b> As per the schedule of Satir Institute of the Pacific</p>
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**Course description**

The course will explore the family systems model of counselling developed by Virginia Satir known as the Human Validation Process Approach. The course will cover Satir's treatment of family dysfunction and balance, concepts of individual growth and development, family roles and rules, the 4 communication styles, and assessment and intervention techniques such as genograms, family life chronology, family sculpting, and family reconstruction. This course is an in-depth look at an influential theory of family counselling with the major emphasis on individual work and therapy skill development.

The experiential course involves 60-70 hours of classroom instruction, 10-12 hours of external small group work (triads), plus reading and writing assignments.

**Course Registration and Evaluation**

The course is based upon the Satir Transformational Systemic Therapy (STST) Level I training program, run annually by the Satir Institute of the Pacific. In order to receive graduate credit, students must:

1. Meet with their program advisor to confirm this is an appropriate elective for her/him.
2. Register with ACTS for graduate credit **prior** to beginning the training. To cover administrative/supervision costs the student pays a special course fee.

3. Register with the Satir Institute of the Pacific as a regular attendee. Tuition and registration for the Satir training are between the student and the Institute. The training typically fills up well in advance, so plan ahead at least 4 months.
4. Meet all the requirements for completion set out by the Satir Institute of the Pacific, and obtain a letter from the Institute stating the requirements have been met. This letter should be turned in to the ACTS faculty supervisor for the course. (See attached sheet for basic STST requirements. Additional details will be provided by the Satir Institute during the course.)
5. Submit copies of all assignments (see details below) and the letter of completion and final research paper to Dr. Auxier. A grade will be submitted only when all course requirements have been met.

### **I. Experiential**

#### **Instructional Hours**

- The Fall or Spring class typically meets on 5 weekends, all day Saturday and Sunday (approximately 14 hours of instructional time per weekend) or for ten days as a summer intensive, in both cases for a total of 60-70 hours of classroom instruction. You must complete a minimum of at least 80% (8/10 days) of classroom instruction to complete the course. The summer module version is typically 7-10 days in length.

**Triad Work:** Monthly skill development triad sessions for a minimum of 3 hours each, totalling at least 10-12 hours in Fall Spring version, also required for modular. Report:

- When you met, for how long did you meet each time?
- The major focus of each process triad and key learning outcomes for you.

### **II. Written Assignments:**

The Satir Institute requires students to do self-reflective written assignments in addition to the instruction and triad work, (approximately 16-20 pages). These assignments may vary but typically include:

1. Family Maps: Do three-generational maps or your family of origin and if applicable, do your present family genogram as well. See specific instructions on hand-out provided by Satir Institute of the Pacific. (4-5 pages)
2. Describe/analyse your family-of-origin map in terms of your experience before the age of 18 years old, stressing relationships among family members and how they impacted you (4-5 pages). For example:
  - how did people act under stress?
  - how were feelings handled?
  - what resources/strengths did you get from your family?
  - what unfinished business do you think you brought into your adult life?
  - what patterns do you now see in your family-of-origin?

- describe some of the specific relationships you had with various family members, especially your Mother and Father.

3. List at least six family rules you experienced while you lived at home before the age of 18 years old. (4-5 pages)

- describe how they impacted you, how you obeyed or broke the rules and what were the consequences or results of you obeying or breaking the different rules.
- which of the rules are you still following and with what results?
- which rules have you transformed?

4. Describe your Iceberg (from the Satir internal working model) from the present time, when something frustrating takes place. Take an average day or a specific event, and describe each aspect of your Iceberg. (4-5 pages).

### **III. Required Readings (800 pages):**

Satir, V., Banmen, J., Gerber, J., & Gomari, M. 1991. The Satir Model: Family therapy and beyond. Palo Alto: Science and Behavior Books.

Satir, V. 1988. The New Peoplemaking. 2<sup>nd</sup> edition. Palo Alto: Science and Behavior Books.

### **Evaluation:**

1. Completion of training (training & external triad requirements) and submission of writing assignments required by the Satir Institute, including a letter indicating satisfactory completion that includes a recommended grade from the Satir Institute of the Pacific.
2. Submit all written assignments and the certificate of completion with the signed ASSIGNMENT CHECKLIST to Susan Mattam.

Note: Submit all materials as a complete package.

**MFT 675: Satir Family Therapy - Assignment Check List**

This must be completed and turned in with ALL ASSIGNMENTS and documentation at the end of the course. **TURN ALL MATERIALS IN TOGETHER in ONE Envelope.**

**Student Name:** \_\_\_\_\_

**Student ID #:** \_\_\_\_\_ Registered for \_\_\_\_\_ **2 credits**

**To receive a grade, the following assignments from the syllabus must be included:** (Check off)

\_\_\_\_\_ Signed Letter of Completion/Certificate from Satir Institute of the Pacific

\_\_\_\_\_ Satir style FAMILY MAP assignment.

\_\_\_\_\_ Description and analysis of your family of origin map and impact on you.

\_\_\_\_\_ Family Rules Assignment.

\_\_\_\_\_ Iceberg Assignment.

\_\_\_\_\_ Signed Reading Statement indicating you have thoroughly read both required texts:

“I have read the required texts for this course.” \_\_\_\_\_

Date: \_\_\_\_\_

**Note: Always retain a copy of your work for your own files in case of loss.**

**For Office Use Only:**

**Final Grade:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Faculty Signature:** \_\_\_\_\_

**Faculty Comments:** \_\_\_\_\_

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