



**Hong Kong Satir Center**  
for Human Development



**Satir Institute**  
of the Pacific

**Hong Kong Satir Center for Human Development and Satir Institute of the Pacific  
Jointly Present**

## **Professional Counseling Certificate Course**

### **Using Satir Transformational Systemic Therapy**

(Course Code: PCCC 12) (Version updated in Aug 2017)

**Trainers:**

**Dr. John Banmen**

**Dr. Marie Lam**

**Assistant Trainer:**

**Ms. Chan Siu Ling**

**Course Commencement Date: 12 Jan 2018**

Address: Hong Kong Satir Center for Human Development  
11/F, Breakthrough Centre, No. 191 Woosung Street, Kowloon, Hong Kong

Tel: (852) 2336 3121 Fax: (852) 2339 1296

E-mail : [office@hksatir.org](mailto:office@hksatir.org)

Web Site : [www.hksatir.org](http://www.hksatir.org)

#### **Organizers**

##### ***Satir Institute of the Pacific (SIP)***

SIP is an educational institute in Canada, which promotes the learning of the Satir Model for personal and professional growth of individuals since 1998. It develops the curricula leading to certification for professional expertise in the Satir Model. It also devotes efforts on research and study of the Model.

##### ***Hong Kong Satir Center for Human Development (HKSC)***

HKSC is a registered charitable institution, which promotes the Satir Model and other humanistic approaches in Hong Kong since 1989. It also provides services like personal growth workshops, professional training, counseling and supervision, and publication of works. The Center conducts the Professional Counseling Certificate Course since 1997 and has trained up over 300 Satir counselors so far.

## Trainers



### ***Dr. John Banmen***

- ◆ Doctorate in Counseling Psychology from the University of Wyoming, USA; Master in Counseling Psychology from the University of British Columbia, Canada
- ◆ Registered Psychologist and Registered Marriage and Family Therapist (RMFT)
- ◆ Approved Supervisor of American Association for Marriage and Family Therapy (AAMFT); Member of the Canadian and American Psychological Association; One time the Deputy Minister of Corrections and Rehabilitation in Manitoba, Canada
- ◆ Taught as Sessional Instructor at University of Manitoba; Associate and Adjunct Professor in University of British Columbia; Honorary Associate Professor in University of Hong Kong; International Psychological Consultant in Beijing Capital Normal University; Consultant of the Satir Model Research and Development Center of the Shanghai Psychological Counseling Association of Higher Learning
- ◆ Sat at boards of the Virginia Satir Global Network (formerly Avanta), International Family Therapy Association, American Association for Marriage and Family Therapy and British Columbia Psychological Association and the Satir Institute of the Pacific
- ◆ Author of “The Use of the Satir Model in Treating Suicide Clients”; Co-authored “The Satir Model: Family Therapy and Beyond”; Editor of “Meditations of Virginia Satir”, “Application of the Satir Growth Model”, “Satir Transformational Systemic Therapy” and “Virginia Satir...In Her Own Words”
- ◆ Trainer in 11 countries for families and psychotherapists; A long-time colleague of Virginia Satir



### ***Dr. Marie Lam***

- ◆ PhD in Therapeutic Counselling from The Open International University for Complimentary Medicines and Medicine Alternative Institute Sri Lanka; Master Degree in Public Health from UCLA (University of California, Los Angeles)
- ◆ Senior Supervisor and Senior Counselor of Hong Kong Satir Center; Clinical Member of Satir Institute of the Pacific; Life Member of Virginia Satir Global Network; Member of Canadian Counseling and Psychotherapy Association and The International Family Therapy Association
- ◆ Founder and Ex-Director of Hong Kong Satir Center; Ex-Director of Shiuh Li Liuh Memorial Foundation and Taiwan Satir Center
- ◆ Translated works includes “Meditation & Inspirations”, “The Satir Model, Family Therapy and Beyond” and “Satir Transformational Systemic Therapy - Sample Iceberg Process Questions of the Satir Model (A Beginner’s Manual)”
- ◆ Trainer in personal growth workshops and professional training in Hong Kong, Taiwan, China and South East Asian countries; Interpreter for master trainers in holistic education workshops

## Assistant Trainer



### *Ms. Chan Siu Ling*

- ◆ Bachelor of Arts in Chinese Humanities from The Open University of Hong Kong; Master degree of Arts Programme in Parent Education from The Chinese University of Hong Kong
- ◆ Graduate (with Honors) of Professional Counseling Certificate Course in Satir Systemic Individual and Family Therapy from Hong Kong Satir Center and Satir Institute of the Pacific
- ◆ Registered teacher, had been the Team Leader of Counseling Committee of Secondary school
- ◆ Ex-Director of Hong Kong Satir Center
- ◆ Trainer, Supervisor, Senior Counselor, Facilitator of counseling training, advanced counseling training and personal growth program of Hong Kong Satir Center; Course Coordinator of Professional Counseling Certificate Course of Hong Kong Satir Center
- ◆ Trainer in personal growth workshop of Christian association

## Focus of the Course

To train up competent, confident and congruent counselors, using the Satir Model, aiming to :

- ◆ Facilitate the client's transformation
- ◆ Enhance the client's choice-making
- ◆ Support the client to take responsibility over his/her behavior, thinking, feelings and expectations
- ◆ Help the client to achieve high self-esteem for inner peace
- ◆ Help the client to cope better with the impacts from specific adversities and issues in life

## Format of the Course

- ◆ Demonstration
- ◆ Lecture
- ◆ Group Discussion
- ◆ Experiential Learning
- ◆ Skills Practice

## Objectives of the Course

### *1. Concept Development :*

- ◆ Satir's therapeutic beliefs
- ◆ The Five Elements of Satir Transformational Systemic Therapy
- ◆ Differentiation of "support", "problem-solving" and "transformation"
- ◆ Use of self in demonstrating respect, equality, self-determination, responsibility, high self-esteem and congruence

### *2. Skills Development :*

- ◆ Connect and build rapport with client
- ◆ Identify coping stances
- ◆ Set clear goals with treatment plan
- ◆ Transform problems into positive directional goals and work on change
- ◆ Work beyond "problem-solving"; work on the impacts on the client
- ◆ Understand and practise the essential elements of transformational change in working with clients
- ◆ Make use of "iceberg" and ideas of family systems in assessing the presenting problems
- ◆ Make use of "sculpting" to present the intra-psychic and inter-personal dynamics of the client
- ◆ Help client to connect with, accept and make use of his/her internal resources
- ◆ Help client to work on fixed perceptions, unmet expectations and yearning

### 3. *Specific Issues in Satir Model counseling:*

#### **3.1 Clients suffering from depression:**

- ◆ Understand depression as a dysfunctional solution of unmet yearning
- ◆ Empower the depressed person to connect their negative life experience with their life-energy

#### **3.2 Clients suffering from trauma:**

- ◆ Understand the survival reactions to trauma induced by stressful & life-threatening situations
- ◆ Help the traumatized person to transform these reactions to healthy flow of positive energy

#### **Target Group**

Helping professionals with a Bachelor Degree (or the equivalent), like:

- ◆ Social worker
- ◆ Psychologist
- ◆ Counselor
- ◆ Teacher
- ◆ Doctor & Psychiatrist
- ◆ Nurse

(Applicants would go through an interview and those with prior Satir workshop experience would be given with priority. Applicants should attach relevant certificates and documents in application.)

#### **Group Size**

36-42

#### **Accreditation**

*(Please visit [www.hksatir.org](http://www.hksatir.org) for updated progress of application for accreditation.)*

***CME Credits by Hong Kong Academy of Medicine***

#### **Certificate**

Professional Certificate will be jointly issued by Hong Kong Satir Center and Satir Institute of the Pacific, for those who have completed the course requirements & have satisfactory performance in the reviews.

#### **Language**

- ◆ Cantonese and English (with consecutive Cantonese interpretation)
- ◆ Written assignments can be completed in either Chinese or English

#### **Course Book (Gratis)**

Satir Transformational Systemic Therapy Training Program, Counselling Practicum Workbook for Professionals

<<薩提爾系統轉化治療訓練課程 實務研習手冊 (助人專業工作者專用)>>

#### **Reference (Available for sale in HKSC)**

- ◆ The Satir Model: Family Therapy and Beyond  
<<薩提爾的家族治療模式>>
- ◆ The New People Making  
<<新家庭如何塑造人>>
- ◆ Satir Transformational Systemic Therapy - Sample Iceberg Process Questions of the Satir Model (A Beginner's Manual)  
<<沙維雅的系統轉化治療－沙維雅模式冰山歷程提問範例 (初學者手冊)>>
- ◆ Satir Transformational Systemic Therapy

### **Video Taping**

Process of the workshop would be video-taped for evaluating and teaching by HKSC; and for review by members of the teaching team and course participants.

### **Fee**

#### **Registration Fee**

HK\$250

#### **Tuition Fee (including parts I, III, IV & V)**

One-off Payment : HK\$35,000 (Member\*)                      HK\$43,750 (Non-member)

(Payment is due on or before the date specified on the Center's notification of acceptance)

By three-installments : HK\$13,000 (Member\*) for each installment

HK\$16,250 (Non-member) for each installment

(Payment is due before CP1, CP2 & CP3; Deadline to be announced in due course)

(\*please download the membership form from [www.hksatir.org](http://www.hksatir.org) for membership application)

#### **Fee for Review (I)**

HK\$2,500 (Registration & payment are due at CP4)

#### **Fee for Review (II)**

HK\$2,500 (Registration & payment details to be announced in due course)

## Course Schedule and Contents

Details		Date/Time	Requirements for Graduation
<b>Part I (First Stage)</b> <Trainer: Dr. Marie Lam>  <Assistant Trainer: Ms. Chan Siu Ling>	<b>Counseling Practicum (CP1-18)</b> Hours: 24 Venue: to be announced	12 Jan 2018 (Fri) (9:30am-6:30pm) 13 Jan 2018 (Sat) (9:30am-6:30pm) 14 Jan 2018 (Sun) (9:30am-6:30pm)	Attendance: At least 20 hours in each Practicum
	<b>Counseling Practicum (CP2-18)</b> Hours: 24 Venue : to be announced	20 May 2018 (Sun) (9:30am-6:30pm) 21 May 2018 (Mon) (9:30am-6:30pm) *22 May 2018 (Tue) (9:30am-6:30pm)	
	<b>Counseling Practicum (CP3-18)</b> Hours: 24 Venue : to be announced	*Public holiday  19 Oct 2018 (Fri) (9:30am-6:30pm) 20 Oct 2018 (Sat) (9:30am-6:30pm) 21 Oct 2018 (Sun) (9:30am-6:30pm)	
<b>Part I (Second Stage)</b> <Trainer: Dr. John Banmen>	<b>Counseling Practicum (CP4-19)</b> Hours:24 Venue : to be announced	8 Mar 2019 (Fri) (10:00am-5:00pm) 9 Mar 2019 (Sat) (10:00am-5:00pm) 10 Mar 2019 (Sun) (10:00am-5:00pm) 11 Mar 2019 (Mon) (10:00am-5:00pm)	
	<b>Counseling Practicum (CP5-19)</b> Hours: 24 Venue : to be announced	6 Sep 2019 (Fri) (10:00am-5:00pm) 7 Sep 2019 (Sat) (10:00am-5:00pm) 8 Sep 2019 (Sun) (10:00am-5:00pm) 9 Sep 2019 (Mon) (10:00am-5:00pm)	
<b>Part II</b> <Trainers of HKSC>	<b>Satir Personal Growth Experiential Workshop</b>  Two personal growth experiential workshops organized by HKSC before CP4-19. (Separate registration & extra payment required)	<ul style="list-style-type: none"> <li>Exemption of one experiential workshop may be possible if one has attended a Satir personal growth experiential workshop recognized by HKSC (at least 3.5 days; 6 hours per day) since Jan 2016.</li> <li>Anyone who has never attended “Exploring the Satir Model of Family Therapy for Personal and Professional Development (LV1)” run by HKSC is required to attend this course before CP3-18. (Please visit <a href="http://www.hksatir.org">www.hksatir.org</a> for details of this course and information of other workshops.)</li> </ul>	
<b>Part III</b> <Facilitators>	<b>Trio</b>  Trainees will form trios themselves.	Jan 2018 to Dec 2019 (Exact date and time to be fixed among the trio members)	At least 12 three-hour meetings
<b>Part IV</b> <Facilitators>	<b>Fieldwork Practice (I)</b>	Jun 2018 to Dec 2019 (Completed before Part IX: Review (I))	At least 48 sessions
	<b>Fieldwork Practice (II)</b>	After Part IX: Review (I) (Deadline to be recommended.)	Total no. of sessions to be recommended by the Review Panel

<b>Part V</b> <Facilitators>	<b>Peer Group Supervision</b> Two trios will form 1 peer supervision group.	Jun 2018 to Dec 2019 (Exact date and time to be fixed among the group members)	At least 8 three-hour peer group supervision
<b>Part VI</b> <Counselors of HKSC>	<b>Experience of being Counseled</b> Trainees have to seek counseling in HKSC. (Separate registration & extra payment required)	Jan 2018 to Dec 2019	At least 6 sessions
<b>Part VII</b> <Supervisors of HKSC>	<b>Supervision (on Counseling Practice)</b> Trainees have to seek supervision in HKSC. (Separate registration & extra payment required)	Throughout the fieldwork practice	At least 1 supervision session for every 10 sessions of counseling practice.
<b>Part VIII</b> <Facilitators & Review Panel>	<b>Written Assignment</b>	Submitted on or before 31 Jan 2020	Full Completion
<b>Part IX</b> <Review Panel>	<b>Review (I)</b> Those having completed the required work can attend the review. (Separate registration & extra payment required)	Year 2020 ( Dates to be fixed )	Duration of Review: at most 2 hours  Content: ● Interview ● Presentation of video-taped counseling session
<b>Part X</b> <Review Panel>	<b>Review (II)</b> Those having completed the required work can attend the review. (Separate registration & extra payment required)	After Part IV: Fieldwork Practice II (Dates to be fixed.)	Duration of Review: At most 2 hours  Content: ● Interview ● Presentation of video-taped counseling session

Note: All practicum dates are tentative and subject to change with prior notice.

### **Registration**

- Please fill in and submit the Registration Form to HKSC with copy of documents on occupation, academic qualifications, relevant experience as volunteers in helping profession and prior Satir workshop attendance on or before 10 Aug 2017, with payment of registration fee by one of following means:
  - Cheque: Mail crossed cheque payable to “Hong Kong Satir Center for Human Development Limited”. Please write down name, contact no. & course code at the back of the cheque.
  - Transfer through ATM (Hang Seng Bank: 390-373249-883): Please write down the name, contact no. & course code on the receipt.
  - Cash: Paying in person.
- Applicants who satisfy the registration requirements will be arranged to go through a selection interview. Admission results & details of course arrangement & payment details will be announced

by 31 Oct 2017.

3. In case of withdrawal, an administration charge will be imposed. More details regarding withdrawal from the course would be announced in due course. Under no circumstances the registration fee and the membership fee would be refunded.
4. HKSC reserves the right to cancel the course in unforeseeable conditions. Should this situation happen, the Center will fully refund the registration fee and the tuition fee paid, excepting membership fee.
5. HKSC also reserves the right to replace the trainers in view of unforeseeable conditions. The course would continue and HKSC shall not make any refund in such situation.
6. HKSC reserves the right to terminate the participant's attendance if his/her behavior imposes annoyances to other participants and affects the normal implementation of the course.



**Hong Kong Satir Center & Satir Institute of the Pacific**  
**Professional Counseling Certificate Course (Course Code: PCCC 12)**

**Registration Form**

**Personal Particulars**

Name (Eng) \_\_\_\_\_ (Chi) \_\_\_\_\_ HKID No.(first 5 alphabets/digits) \_\_\_\_\_

Tel (Home) \_\_\_\_\_ (Off) \_\_\_\_\_ (Mobile) \_\_\_\_\_ Fax \_\_\_\_\_

Member Code \_\_\_\_\_ E-mail \_\_\_\_\_ Sex: M/F\* Age \_\_\_\_\_

Address \_\_\_\_\_

Contact Person in case of Emergency: Name \_\_\_\_\_ Tel \_\_\_\_\_

*\* circle as appropriate*

**Registration Requirements**

Item	Occupation	Relevant Experience as Volunteer (in helping profession, if any)	Academic Qualification
Please specify with ✓ in box, as appropriate	Please specify:	Please specify:	<input type="checkbox"/> Bachelor Degree - Major in: _____ <input type="checkbox"/> Master Degree or above - Major in: _____ <input type="checkbox"/> Equivalent - Please specify: _____
Copy of Documents (please specify with ✓ in box if attached)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Bachelor Degree <input type="checkbox"/> Master Degree or above <input type="checkbox"/> Equivalent

**Satir Experiential Workshop Experience** (At least 3.5 days, 6 hours per day)

Workshop Name (since Jan 2016)	Date	No. of Days	Trainer	Organizer	Copy of Document (please specify with ✓ in box if attached)
					<input type="checkbox"/>

I would like to apply for exemption of one of the two experiential workshops required for graduation. (please specify with ✓ in box if applicable)

**Other Satir Training Experience** (please specify with ✓ in box as appropriate)

I have attached copy of documents on other Satir Training Experience for the organizers' consideration of my application.

**Declaration**

- ◆ I have carefully read the brochure. I understand the registration & course arrangement.
- ◆ I understand that this course is of educational nature and not for therapeutic purpose. I may be triggered by my past experience during the process. I will take the responsibility to seek professional help in case of need.
- ◆ I understand that the above personal data are collected for the purpose of registration and matters related to this course. I have the right to access and make amendment with written request in accordance with the provisions of the Personal Data (Privacy) Ordinance.

**Payment of Registration Fee**

Crossed Cheque No. \_\_\_\_\_ / \_\_\_\_\_ Amount HK\$250      Signature \_\_\_\_\_ Date \_\_\_\_\_

**Office Use:**  Cheque # \_\_\_\_\_ / \_\_\_\_\_     Cash     ATM Transfer (with receipt)

Registration Fee: HK\$250      Receipt # \_\_\_\_\_      Date \_\_\_\_\_      Staff \_\_\_\_\_

Remarks \_\_\_\_\_