



## IHLRN going 50

October 27 – November 3, 2019



Can you believe this will be our 50th IHLRN conference?? The years have flown by so fast and 2020 is just around the corner. Still, let's pause a bit to celebrate in 2019.

This year we will return for the third time to the Dana on Mission Bay in San Diego. The entire property has been renovated, the landscaping is spectacular, and the food, as usual, is excellent. Remember how we ate all our meals outside on the patio? And just 10 minutes from the airport!

Over 300 days of sun a year, beautiful beaches, its world famous San Diego Zoo, the Gas Lamp District, Sea World, the famous fish tacos – and

so much more, San Diego is the perfect place to celebrate our 50th anniversary.

Mark your calendar now for October 27 – November 3, 2019! Fly into the San Diego International Airport and grab a cab or use Uber for \$10-\$20 to get to the Dana. I do hope to see you there! - MA Bjarkman



*"Life is not what it's supposed to be. It's what it is. The way you cope with it is what makes the difference." - Virginia Satir*

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*"I want you to get excited about who you are, what you are, what you have, and what can still be for you. I want to inspire you to see that you can go far beyond where you are right now." - Virginia Satir*



## President's Letter



Canadians welcomed us in October 2018 for our 49th IHLRN conference in beautiful and historic Victoria, B.C. Our hotel overlooked the lively harbour and Fisherman's Wharf; and the sunny, pleasant weather allowed us to enjoy the city, waterfront, parks, and culture of Victoria and Vancouver Island.

I believe this conference was rich with the feelings we always enjoy at IHLRN, the true joy and fun we have being together again with this loving community. Workshop topics challenged us; presenters inspired us; we laughed and cried together. We gratefully received the support of the group and had opportunities to grow in our knowledge of ourselves and our relationships. Together we tried to create a space for "Peace Within, Peace Between, Peace Among" as Virginia said.

Our community grew this year. We were joined by an enthusiastic group of newcomers from around the world including Canada, Hong Kong, and the U.S. Our connection with Satir Global has given us broader outreach to the many "cells" of Satir people and practitioners around the world.

I wish to thank our hard working board members, our committees doing much of IHLRN's work, our conference coordinator M.A. Bjarkman, and the many volunteers who step up each year to make IHLRN a success.

Please join our community and share in the richness of our annual conference. We invite you to IHLRN's 50th Annual IHLRN Conference and Celebration, October 27 to November 3, 2019 at the Dana on Mission Bay, San Diego, CA, U.S.A.

For our 50th anniversary conference we are planning a big celebration and an inspiring program. We will celebrate our history and our future. We invite all IHLRNs to come, including all of you who haven't come to IHLRN in a while. If you've missed IHLRN, this is the year to return. Many of your friends from prior IHLRNs will be there hoping to connect with you.

Registration is open; information is at [www.IHLRN.org](http://www.IHLRN.org). Please join us. We hope to see you there.

Joanne Kennedy  
President, IHLRN

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*"We get together on the basis of our similarities; we grow on the basis of our differences."*

- Virginia Satir

Monday – October 15, 2018

Opening Plenary – **Reconnecting** – Linda Leviton

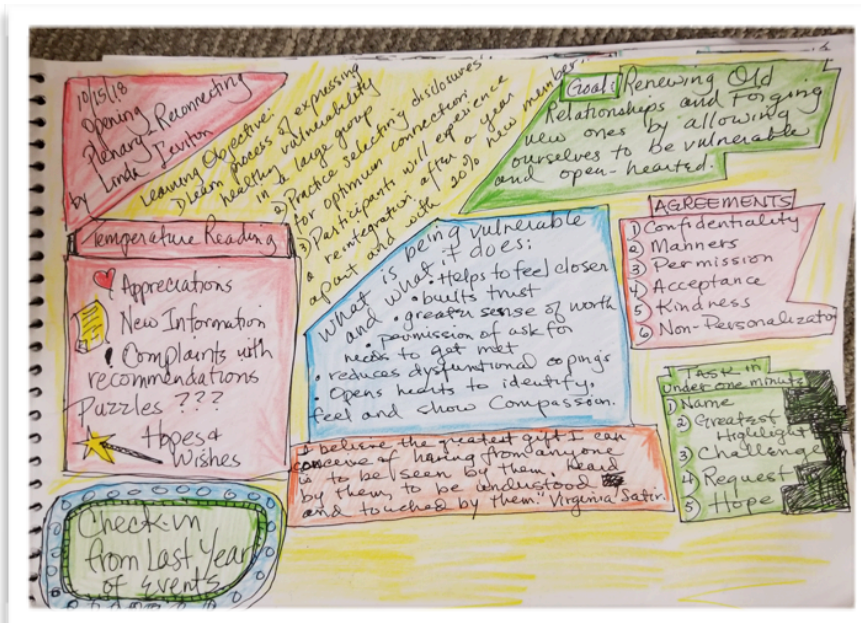
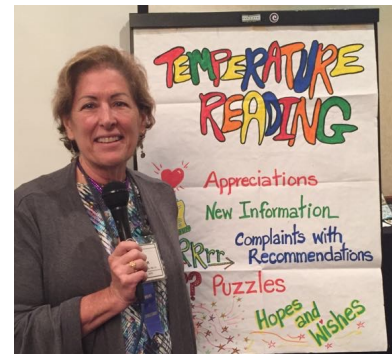
The first plenary session of IHLRN is generally devoted to reconstructing a community that has been meeting annually for 48 consecutive years, but has largely been out of touch since the previous meeting. Additionally there are always new participants to welcome and integrate.

In her plenary, Linda discussed and modeled the elements necessary to reconnect a community deeply and quickly. These include creating safety and trust, promoting vulnerability, and holding a safe container for connecting.

Unlike in a small on-going group, it can be a challenge to address group agreements and confidentiality in large group settings. Linda used the work of Virginia Satir and group dynamics to create a system that takes less than five minutes of the group's time and creates safety and clarity.

Linda started by explaining confidentiality, and asking members to behave in specific ways that promote a climate of safety. She reviewed the six core agreements, asking for a raised-hand vote after each. These basic elements for building trust in a large group encourage vulnerability and growth with open-heartedness.

Next she described the sharing process: each person was given up to 3 minutes to give 1) their name 2) where 3) things they want people to know about the ups and downs of there previous year. And 4) anything they want to request or the hope of the group. She explained the elements of vulnerability, and modeled a share using herself as an example.



For approximately two hours each speaker held the group's full attention. This year, with 83 attendees, we needed to break for lunch and most of the group returned to hear those who had not yet spoken. The result was a fully cohesive reentry that quickly created the connection, trust, and space for the new people that set the tone for a productive and deep retreat.

4:45-6:15

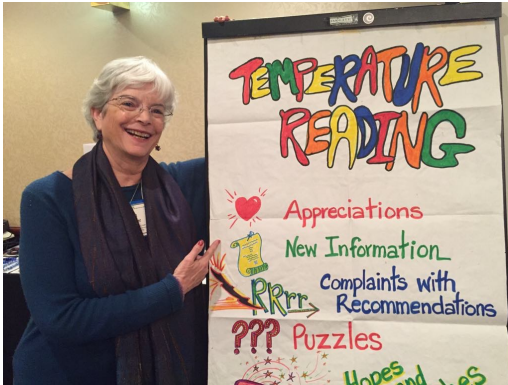
**Pendulum Exploration and Stories** – Brigitte Madeline

Each person created his/her own pendulum and we worked in pairs on finding more and more difficult things. The experience tends to prove that there is a need for no interference, extreme concentration and dedication. The sharing was about the fact that the pendulum was only an extension of who we were and the oscillation just a more visible sight of our intuition.





## Nuts and Bolts of Groups That Thrive – Ann Steiner (CE Credits)



Ann modeled a dynamic presentation engaging us and summarizing key points from her latest book, *Help Your Groups Thrive*. She emphasized how being an aware, organized group facilitator can positively impact all kinds of groups be they families, therapy groups, support groups, psycho-educational groups or organizations. She gave us ways to assess what kind of leader we are (active, directive, teacher, guide, facilitator, or fellow sufferer) so participants were able to hone in on personal take-aways from the workshop. She

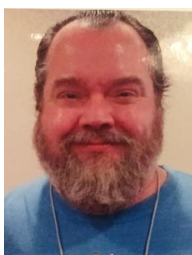
emphasized the value of pre-group screening, saying it can sometimes take several sessions culminating in a group agreement that is tailored to each group member. A well-crafted Group Agreement provides structure for handling conflict and other signals of group disappointment. I appreciated Ann's ideas for ways to assess what kind of group is most appropriate for a particular client and when NOT to place a person in a therapy group. Predictors of group success include members who clearly want to change and can disclose personal feelings and members who are similar in their levels of ego development but different in their interpersonal styles. Her quote from Foulkes stuck with me: group therapy "is a hall of mirrors" in which we are able to confront individuals with aspects not seen. Remembering that termination of a group or times when a member leaves are rich opportunities to deal with farewells and endings. I can only imagine how safe and stimulated I would be as a member of one of Ann Steiner's groups!

## Dream Work – Bring a night time dream – Bob McGarey (CE Credits)

The type of dream work that Bob presented is much less interested in identifying a cognitive "meaning" of the dream, than it is in helping the dreamer fundamentally change how they feel about themselves and their life. And that's what happened. Kay volunteered to work through a dream because she had recently had some difficult experiences in her life, and she finished the session feeling the first bit of "happy" that she had felt in months. It was clearly a powerful approach to working with dreams.



## Evening Activity: Improv Games and Therapeutic Laughter – Todd Hart



Several evenings during the week improv happened!

Theory: Failure is an option – aim to be boring – yes, and – Trust – don't force the funny. Activities included: Whoosh, Bang Pow, Word at a time expert, String of pearls, #1 fan, Rock Paper Scissors. In addition to improv games we also did intentional laughter (simulate laughter to stimulate laughter) where the body is unable to tell the difference but the health benefits of laughter still happen. Need a laugh in public? Pull out your cell phone and laugh. No one will know the difference.

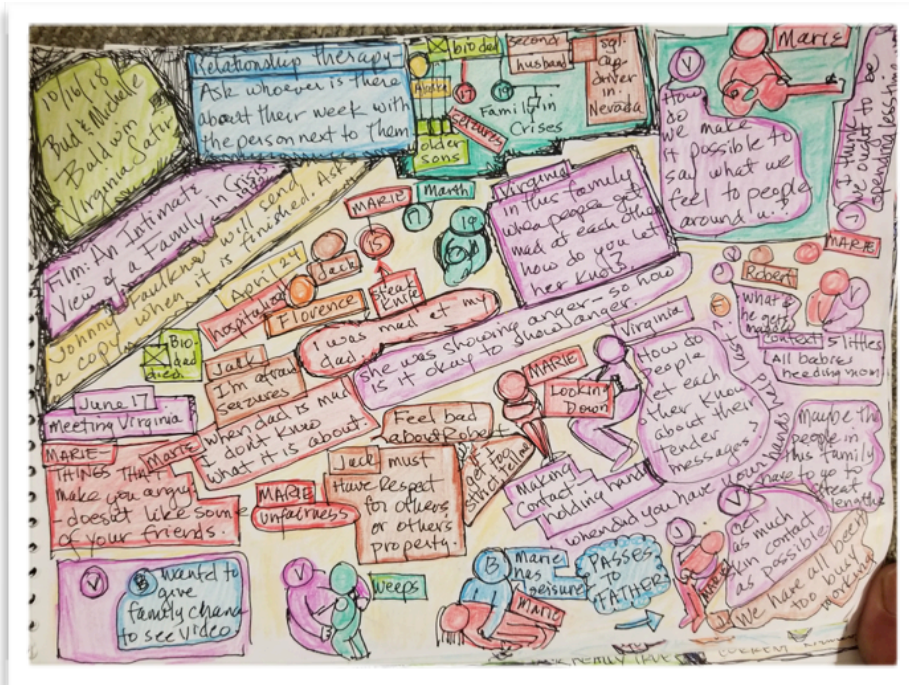
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"Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and roles are flexible - the kind of atmosphere that is found in a nurturing family." - Virginia Satir

Plenary – **Film: Family in Crisis** – Johnny Faulkner, Bud & Michele Baldwin, Virginia Satir



The plenary's focus was the premier showing of a 1972 film entitled *Family In Crisis*, set for upcoming re-release after extensive, and ongoing restoration work led by Satir Archivist Johnny Faulkner. An insightful introduction of the film was made by Bud and Michele Baldwin via live video link from their home in Chicago. The film powerfully shows Virginia Satir and Bud Baldwin at their most human, working with a family over an extended period of time.



3:00-4:30

## Virginia Comes Alive – Pat Jameson (CEC)

This workshop was designed to illuminate my ongoing work teaching and training students in Satir philosophy, methods and approach at Carlow University, Pittsburgh, PA, using the work of Satir set forth in *New Peoplemaking* and *Making Contact*. I also presented the foundational premise of Relational Cultural Theory





(RCT) integrating RCT with Satir's Growth/Seed Model. In the workshop participants were engaged experientially- exploring cultural and familial messages about self, sharing how those messages shaped their lives. They also engaged in a Praise for Being exercise, giving and receiving praise for being from one another. This exercise utilized Satir's philosophy of full presence, nurturing touch contact and fully dwelling with the other person.

Participants then reflected on the experience and shared what the experience like for them. Participants were also engaged in a Self Mandala meditation which brought into awareness aspects of self for further exploration and growth. Along with Satir this workshop explored the core concepts of Relational Cultural theory and the key components of what constitutes a growth fostering relationship and how RCT intersects with Satir's philosophy, beliefs and approach. The workshop closed with a rendering of Satir's Declaration of Self-Esteem led as a closing meditation. Overall the workshop was very favorably received. Participants were informed, engaged and left feeling full and enriched from having participated.

### **Investigating Religious Fraud – Pete Evans**



Pete Evans presented a workshop about Trinity Foundation's investigations of religious fraud and excess again this year titled "It's Time to Stop the Bleeding". A reliable global missions organization estimates there will be approximately \$63 BILLION dollars worth of ecclesiastical crime worldwide this year, in contrast with only \$57 Billion in missions giving worldwide. Pete detailed the evolution of a manipulative television and mail marketing system which uses a deceptive appearance of loving concern and religiosity to gain people's trust and donations. He described a lucrative methodology begun by an obscure evangelist named Gene Ewing which has enriched a multitude of TV preachers and has exacerbated the poverty of the world's poorest people while televangelist jets and mansions are spreading around the world. If you would like to stay informed about these investigations with a monthly email newsletter, please contact [pete@trinityfi.org](mailto:pete@trinityfi.org).

### **Message From Ancestors – Nadia Fetekeova**

The workshop on Ancestors began with the star's primary triad (mother, father, child) drawn on the white board and above it the dyads of grandparents and great-grandparents. That visual diagram provided the star and the group of role players with a concrete reference point to return to as we reflected on and shared messages, hopes and wishes from the ancestors with the star. It was beautiful to watch Nadia speaking her native language and seeing Eva translate seamlessly for the English-speaking role players. Nadia's kindness and sensitivity were palpable as she directed the process. She made time for everyone to report out takeaways, recognizing that we are all impacted during experiential work. Thank you, Nadia!



4:45 -6:15 – **Brainstorm about Journal** (Continuation) – Pat Jameson (CEC)

### **Building Sound Self-Esteem – Bob McGarey (CEC)**

Bob presented the work of Lilburn S. Barksdale, and pointed out how Barksdale's work has some major similarities with Virginia's. They both see the inner beauty and value of the

core of the individual, regardless of whether their actions or thoughts are "good" or "bad." Barksdale presents a series of "Observable Realities" that help people really "get" that they are fundamentally worthy of love.

## Freedom to Choose, Prison Project – Jim Hartshorn



Based on Victor Frankel's book *Man's Search for Meaning*

We have been going to two prisons (men's and women's) in Madera, CA for over 12 years and counseling the inmates there with remarkable results and much appreciation from our clients there. We use simplistic counseling techniques designed for this particular group of mostly murderers. The prison has reported to us that the recidivism rate for this group is about 5% instead of the normal 45%. For more formation: [freedomtochooseproject.org](http://freedomtochooseproject.org)

**Evening Activity: Film By Bill Roller Interviewing Daniel Elsberg – Bill Roller**

**Wednesday – October 17, 2018**

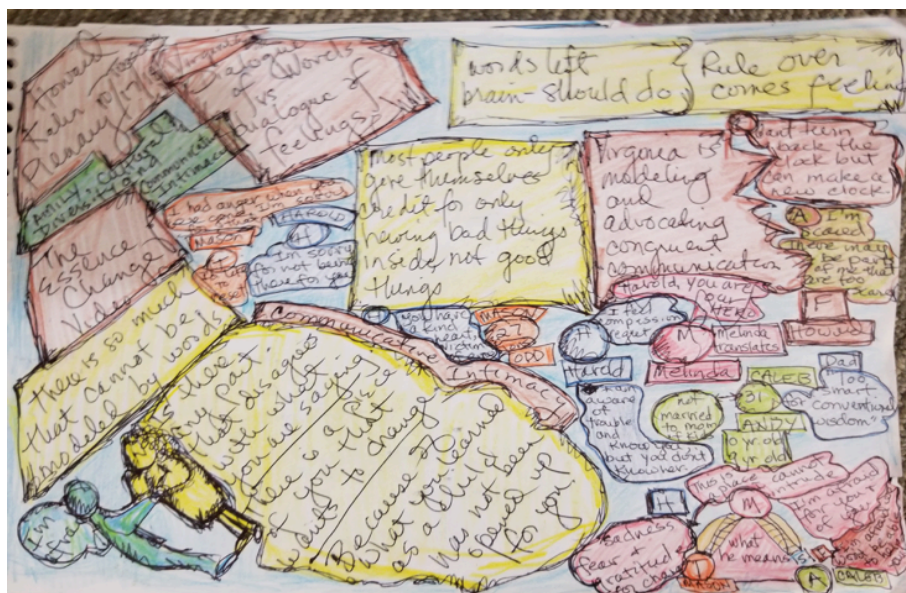
## Plenary – Family Therapy, Cultural Diversity and Communicative Intimacy

- Howard Kahn (CEC)



This plenary workshop consisted of a short lecture on family, cultural diversity and communicative intimacy, followed by a demonstration of family therapy. Lecture material presented the well known idea that, when families suppress or deny the existence of feelings and thoughts of family members, there is a strong likelihood of emerging psychological symptoms and emotional distress. It was proposed that promoting open communication where all are free to comment and express themselves promotes symptom relief by building trust and emotional closeness. The demonstration of family therapy

involved four family members. Father and mother were an actual married couple, and two volunteers from the conference represented their two sons. The experience was engaging and quite moving. The demonstration showed the value of communicative intimacy for promoting family trust, individual awareness and personal growth.





3:00-4:30 –

**The Satir Hologram, Seeing and Walking** – Jean McLendon (CEC)

Jean MacLendon offered a workshop that presented the Satir system as a hologram. Her session gave participants an introduction to the hologram and a taste of the kind of experiential work the hologram invites. Beginning with the primary triad and working her way through the different tools and sets of ideas that make up the whole Satir growth model, Jean laid out the components of the hologram on the floor, one key word at a time, showing how the different Satir tools and sets of ideas lead into each other. To picture how the hologram looks imagine a large floor space laid out in a pattern of color coded canvas strips, each with a key word painted in black. Imagine also a set of symbolic objects that represent personal inner resources in a cluster near the center of the hologram. And there you have it-- a complete visual and spatial representation of the whole Satir system and how the parts relate to each other. Jean concluded the session by inviting participants to reflect on their experience and to share with the group where they might locate themselves on the hologram to further their growth. She mentioned that this presentation is an introduction to the in-depth Satir Intensive she and Hugh Gratz offer in the summer at UNC.

**How To Be Assertive and Loving Too!** – Bob McGarey (CEC)

Some people think assertiveness is "looking out for number one" or making sure we get our own needs met and everyone else can go to hades. However, real assertiveness doesn't require us to be aggressive (that is, only concerned with ourselves), and it's not about being passive either (that is, letting everybody else get what they want and ignoring our own needs). Assertiveness happens when we are -- as Virginia would say -- aware of both self and others at the same time. And real assertiveness increases the probability that everybody is going to be satisfied.

**Global Warming, Its More Than Sea Level Rise, It is Existential**

– Bill Hansen &amp; Janet Christie-Seely



Recent scientific and governmental reports have painted a dire picture of the future of earth if our output of carbon dioxide into the atmosphere, by the burning of fossil fuels, is not curtailed in the next few decades. Science has revealed the following facts:

- (1) Six of the seven mass extinctions in the geologic record were the result of carbon dioxide and methane entering the atmosphere to create a super-greenhouse climate. Only one extinction was caused by asteroid impact.
- (2) The current Level of carbon dioxide in the atmosphere (405 ppm) is the highest level in millions of years and is rising by 2 to 3 ppm per year. Once in the atmosphere, carbon dioxide will remain for thousands of years and is the driver of global warming.
- (3) There is enough fossil fuel reserves of coal, oil shale, tar sands, petroleum and methane that if burned for energy would cause another extinction event on earth similar to

the most recent one 55 million years ago. These reserves must be left in the ground to avert that coming catastrophe.

Alternatives sources of energy such as wind, solar, 4th-generation-liquid-sodium nuclear reactors, electric vehicles and sources yet to be developed are clearly the answer. Society's biggest problem has been denial and fear which have stifled meaningful action. This is the challenge and opportunity of our lifetime and must be faced with courage, hope and love for our planet and its denizen.

4:45-6:15 –

**Self-Management for More Joy In Your Life – Maria Rosa Reifler**  
(CEC)



Self-management is the ability to make wise choices to achieve a fruitful and joyous life. Maria Reifler (CECs) presented this workshop and focused on how to achieve more joy by being aware of how we use the following: Principles of Self-Management 1) Respect Create a safe space for myself and others 2) Choice Am I a winner or victim of my choices? 3) Uniqueness There is only one of me, there is only one of you. 4) The Human Brain: understanding it helps me to be a winner. Part I – (Reptilian) protection and survival Part II –(Limbic system) emotional and social needs Part III –(Neo cortex) intellect: logic and creativity 5) The Body Care and safety 6) Feelings Keep my feelings or choose to let them go. When I clean my negative feelings and replace them with positive ones, I realize that I can rejoice more and more. 7) Personal Power: I am a “10.” I have all the power I need, and I need to manage it. I am powerful! 8) Clear Communication Tiger (how to express oneself) and elephant (how to apply the listening skills to let others know they have been heard) 9) Problem solving Use the clear communication skills to find out what the real problem is and reach solutions. 10) Inner wisdom Listen to myself to find out what is my truth 11) Gratefulness Daily appreciation for myself, others and everything! 12) Working together as a team. We all win!!!

**Learning Clinical Supervision from Virginia Satir – Grace Yung**



Dr. Grace Yung presented on Virginia Satir's method of supervision via the use of an audio recording of Virginia providing consultation. The attendees were given a verbatim transcript of the 10 minute session. The audio recording of the session was played all the way through to give an overview of the way Virginia interacted. Then, the session was broken into several sections. Each section was played followed with discussion on the philosophy and principles of Satir's clinical supervision practice and the way in which Satir supervised. Dr. Yung identified ten

major skills/techniques, listed the functions of Satir's questions and shared her perspective on the essence of Satir's supervision.

**Evening Activity: Men's and Women's Group Together**



**Thursday – October 18, 2018 - FREE DAY**

We took this day to rest or explore Victoria, go fly fishing on the river, try zip lining, visit Butchart Gardens, hike and shop.

**Friday – October 19, 2018**

Plenary – **Congruence** – Jean McLendon

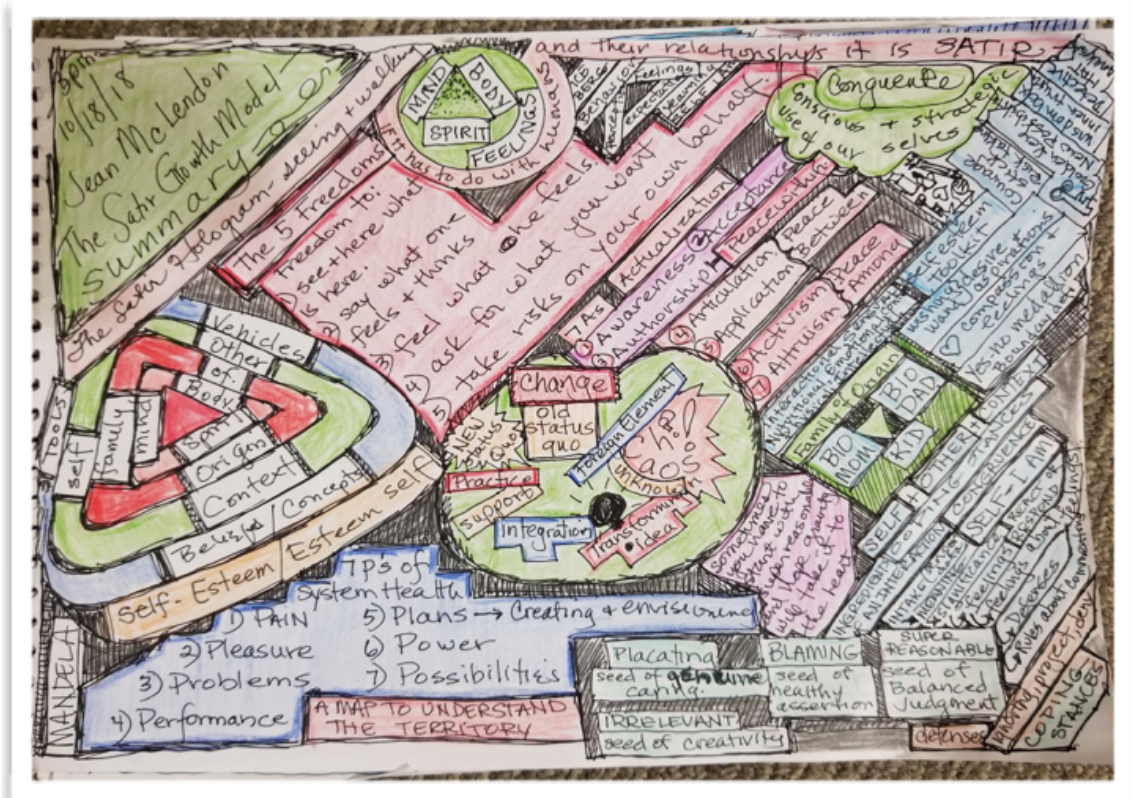
For this jam-packed, very organized plenary session, a highly enthusiastic Jean presented a deeply condensed version of the most essential of Virginia's concepts and models. She quickly covered the main concepts: The Change Model, The Five Freedoms, Family of Origin, the Mandala, the Self-Esteem Toolkit, and Ingredients of an



Interaction. Then she integrated some of her own innovations and understandings such as reframing the dysfunctional coping stances in terms of the seed of something positive, such as Blaming being the seed of healthy assertion, and placating being the seed of genuine caring. This seemed very consistent with Virginia's drive to turn our negative, judging perceptions into more palatable underlying intentions; anytime we disown a part of ourselves or vilify it, we undermine our self-esteem. I especially liked Jean's 7 A's of Actualization that corresponded with Virginia's goals of Peace Within: Awareness, Acceptance and Authorship; Peace Between: Articulation and Application; and Peace Among: Activism and Altruism. Her other innovation, The 7 P's of system health also provided a nice map of progress from Pain to Pleasure, to Problems, to Performance, to Plans, to Power and finally Possibilities; each with a set of actions that defined the level of health.



She completed the tour with her integrated diagram of Self Esteem/Esteem Self. Altogether it was a masterful comprehensive review of the hugely transformational models we use in this work.



3:00-4:30 –

**Advanced Dream Work** – Come one, come all. Bring a night time dream. - Bob McGarey (CEC)

Several people were impressed enough with the "Guiding Dreamwork" class that they lobbied hard for a chance to attend it again later in the week. So Bob decided to let someone who had attended the first session to try out guiding the work on another dream, with Bob as the supervisor/guide for the dream guide. Harold offered to serve as the dream guide with Bob's help, and Renee told us two of her dream snippets that we then worked on. As if to prove again Virginia's contention that there is an inner wisdom within each person, the two very-different dreams merged into a single theme and message towards the end of the dream work, surprising everyone including Bob.

### Sharon Loeschen's Coaching Program – Johnny Faulkner (CEC)

The purpose of the program is to train those who wish to be coaches and mentors in effective helping skills. The title was chosen because the concepts and skills are based on the work of Virginia Satir. Following are six skills covered systematically in sequence by the training exercise: 1) Making Contact 2) Validating by Reflecting Feelings, Highlighting Inner Resources and Affirming Values 3) Facilitating Greater Awareness of Defensive and Disliked Parts and What Drives Them 4) Promoting Acceptance of Defensive and Disliked Parts 5) Eliciting Positive Choices and Constructive Changes 6) Reinforcing Positive Choices and Changes This was an introduction program that could lead to certification if the participants would contact Satir Global for additional training. The exercised was



managed by dividing the class into two's and assigning them roles to role play assigned interactions based on the above. Role playing was educational and intense between partners.

4:45-6:15 –

### **How Can AHP Help Satir and You – Bob McGarey**

Did you know that at one time Virginia served as president of AHP (the Association for Humanistic Psychology)? As current co-president, Bob has been trying to discover how the association can better support the work that individuals and organizations have been doing with Virginia's theoretical framework, and how it can better support the individuals themselves. So the group explored the topic and did some brainstorming. Bob also presented the history of AHP, talked about how it has changed over the years, and explored the potential it now has for re-invigorating humanistic psychology on a national and international level.

### **EMDR Tx in Clinical Practice – Richard Kennedy (CEC)**

We all have memories, but traumatic memories come up and don't get processed. We attach meaning to experiences that can get stuck and become the default response to problems that arise. EMDR (Eye Movement Desensitization and Reprocessing), developed by Francis Shapiro, is a well-researched set of protocols for helping clients integrate and change troubling patterns. There are distinct protocols for working with addictions, anxiety, eating issues, recent events and groups. Protocols tend to follow an 8 step process which includes history taking, building trust and rapport, and assessing clients' capacity for intense emotional experiences and ability to utilize internal strengths for self-regulation. In the intake, a target issue is identified, typically by the client noting the earliest or worst memory of the issue. Thoughts, feelings, body sensations and images are fleshed out as well as Subjective Units of Distress (SUDs) on a scale of 1 - 10. Bi-lateral stimulation, either visual, auditory or tactile, is provided while the client remembers the image, sensations, thoughts and emotions connected to the scene, thus the client gives dual attention to the memory AND the bi-lateral stimulation. In Richard's demonstration, he noticed when the client changed and checked in with her. He then directed her to continue focusing on her scene AND watch the hand movement from left to right across her visual field. Richard stated that the goal is to get out of the maladaptive response, bring the SUD to a 0 or 1 and install a positive cognition and/or image. The group shared ideas such as the butterfly hug (with bilateral tapping), and foot or hand tapping alternating sides of the body to get that cross-hemisphere stimulation. Harold shared that walking may do the same thing. All agreed that when the earliest memory can be accessed and integrated other joyful memories can then filter in.



### **Evening Activities:**

- Virginia Satir Global Network Annual Meeting

**Saturday – October 20, 2018****Plenary – Hypnotherapy – Betsy Gast**

Hypnosis is relaxed, focused attention - an experiential state in which one is deeply connected to the creative unconscious and still has the intelligent, conscious mind-presence to hold intention and take action. Generative trance unites conscious mind and the creative unconscious. In day-to day functioning, we tend to be in Beta brain waves. A hypnotic induction or meditation takes us into slower Alpha waves. Betsy worked with a volunteer who identified chronic pain in a location of her body. She relaxed, deepening her relaxation and identified an inner guide to support her. She then moved towards the location of the pain (rather than away from it, which is our natural tendency) and offered support to herself by placing her own hands on the painful area and dialoguing between her hands and the painful location. Her inner guide gave additional support over her shoulder. The volunteer (you know who you are:-) )reported feeling calm and peaceful after the experience. Later in the day she reported having gone up and down the stairs in the hotel with no pain. I'm curious how she is doing several days post-IHLRN!



3:00-4:30

**Talking About Sex in Couples Counseling – Betsy Gast (CEC)**

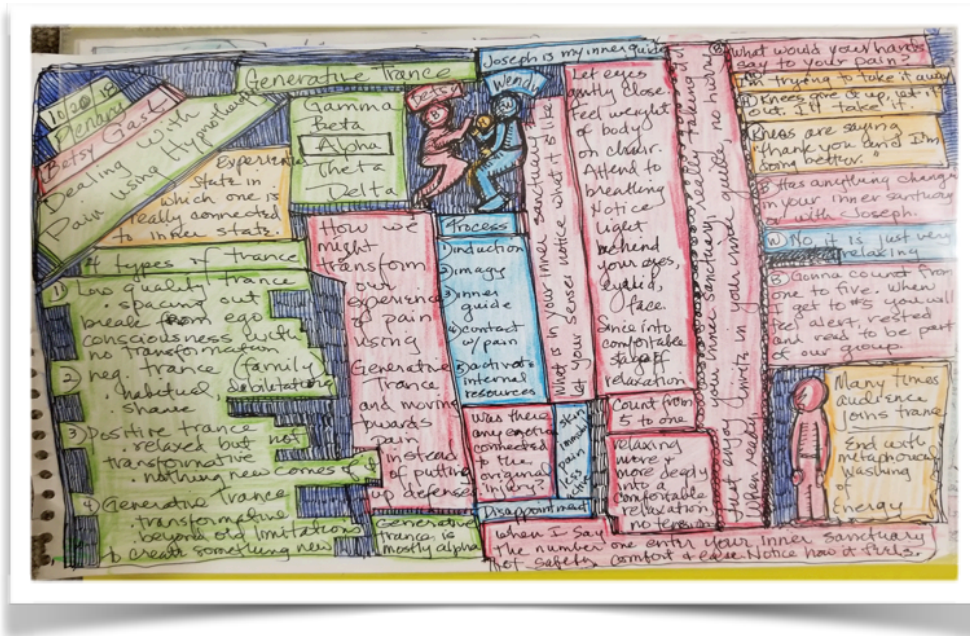
First, participants named the following issues they deal with and want to know more about: scientific explanations for sexual function/dysfunction, how to address sexuality with parents of the identified patient, specific questions such as erectile dysfunction, libido, sex and aging or illness, working with transgender and gender non-conforming clients, how sexual needs are expressed in prisons, polyamory, and the role of pornography. Betsy started the discussion with the following questions: When working with a couple, what are some clues to you that sex needs to be addressed? Answers: Physical, biological problems, circling around the topic What is your favorite or “go to” way to bring up the topic and assess? Answers: Intake form, give list of common topics of conflict: money, sex, children, etc., just ask, ask couple to hold hands and look into each others’ eyes, take each others’ pulse on wrists, use Universal list of Needs Inventory as homework - write it down and share it later (be sure to include sexual expression as a basic human need), non-sexual sensuality exploration, asking how often: once a day, week, month, year We discussed the value of a sexual history but did not go too far on this subject but in general, it depends on the couple and the individuals. Participants talked quite a bit about how a history of sexual trauma can impact clients/patients. One idea was using empty Kleenex boxes placed on the floor for each trauma going back in time to make a concrete visual of the trauma history. The group discussed how couple’s sexual relationship may be a microcosm of their entire relationship and, at times, could be just one specific issue.

**Experiential Addictions and Trauma – Judi Oakes**

The experiential demonstration on how Trauma, Addiction and Coping are linked to to development of the brain precipitated many questions and comments. It became evident that too much information was attempted to be revealed in too little time. A lively discussion ensued. Short and sweet - too short. It was too big a topic without enough time. Good information but needs more time or less information for this important subject.







### Parts Party for Self-Awareness – Linda Leviton (CEC)

Experiential workshop:

The Parts Party for One: How to have your own Parts Party for fuller understanding of yourself



Virginia Satir's traditional Parts Party requires a setting in which there are people who can play each individual roll. But what do you do if you are practicing individual therapy and your client still needs the valuable information provided by a parts party; or what if you are alone and want to benefit from Satir's valuable model of understanding and healing? Linda Leviton shared her ideas on a way to allow participants to explore their parts on their own and in small groups, and to use this model in new ways to help them address old patterns and beliefs, as well as making peace with old judgements.

After explaining how the typical Parts Party works, and why it does, Linda demonstrated an example of how to take the basic elements of Satir's Parts Party (finding and naming three best traits- "superpowers" and three disowned or disliked traits- "kryptonite" - the iconic superhero, Superman's, critical weakness). She then explained how a superpower can also be a person's kryptonite. The goal of the Parts Party for One was to use the conscious awareness of the parts to understand when life situations trigger inordinate emotional responses and how to use this awareness to engage with curiosity instead of reacting to the triggering events.

The goal of the Parts Party is to fully access all our idiosyncrasies so that we can appreciate ourselves and optimize the gifts we bring to the world.

### Tools of NVC (Nonviolent Communication):

Peace within by hearing positive intentions,  
Peace between by speaking our deepest longings and  
Peace among by serving all.

Liv shared the ways Nonviolent Communication (NVC) offers a practical application or "how to" process that can help students of



Virginia Satir's teachings bring them into everyday living.

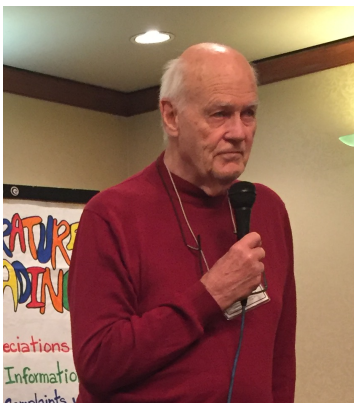
We practiced wearing Giraffe (NVC) ears to hear words we don't like hearing. This means listening for what is really important to others instead of thinking about what is wrong with them or wrong with us if it is our internal voices we don't like hearing.

Time limited the full use of the NVC Dance Floors for participants to get the bodily feeling of walking through the steps of the NVC process. However, there was a quick demo and the steps were laid out on the floor for all to see the use of the 4 steps of the process to be used both internally and out loud with another as well as both in regards to what is going on inside of oneself and inside of another.

The participants had some very good and hard questions to take the workshop deeper.

### **Acquiring A Taste for Miracles and Enlightenment – Ron Nelson**

Acquiring a Taste for Enlightenment through Miracles



Enlightenment means different things to different people. When you ask some people, they don't have a clue what you're talking about. Others think of the Western Enlightenment of the 17th and 18th centuries. A few relate enlightenment to an inner process of happiness, unconditional love and spiritual awareness. Our group focused on spiritual enlightenment, which we defined as the exclusive presence of love in our hearts leading to the enlightened realization of our true spiritual self, as opposed to our physical, in-this-world ego self. The miracle, of course, is the loving presence of God in our heart. Some think of it as their soul. We all agreed that enlightenment is worth acquiring a taste for. Clearly, a practice, but not necessarily

easy to do. Meditation was discussed as one means toward acquiring this taste. And everyone loved the definition of miracles as love's presence. It was pointed out that miracles should be expected, recognized as they occur, experienced and above all, consciously appreciated. An open mind and a thankful heart. And on that happy note, we concluded with hugs all around!

4:45-6:15 –

### **Spreading Satir – Kay Weber**

Kay shared with us 1. the purpose of the workshop - to call upon people who have learned from or about Satir to make an effort to express and articulate our involvement and journey with Virginia Satir; 2. a meditation that brought us into our heart and deep connection with what we had experienced in our "Satir journey"; 3. a genuine invitation to write from our heart and soul, especially what happened in the meditation, and not to screen what



has been written with our rules of what is right or wrong. We then had 30 minutes to write what comes out into our mind. We took turns to share what has been written, and respond or connect with each other if we choose to. Kay then invited us to continue the process and send the "raw draft" to Pat Jameson who coordinates the Satir journal.

## The Virginia Satir Global Network News Flash

office@satirglobal.org



Joanne Kennedy and Eileen Strider at the IHLRN meeting in Victoria, British Columbia earlier this month.

Joanne is the current president of IHLRN and Eileen just became a member of their Board. We are delighted that Eileen has agreed to be on the IHLRN Board as she has also just been elected to the Satir Global Board. This will give us the opportunity to build on what we are already doing together, for example, offering continuing education credits at the IHLRN meetings and supporting the development of the Satir archives.

The two organizations truly complement each other as IHLRN offers an annual beautiful, healing community experience while Satir Global offers ongoing networking of persons around the world through video-conferencing, the weekly Satir Global News Flash, online courses and Satir related products in their online shop.

Working together to further Virginia's teachings seems to get more important and relevant with each passing week of violence and hatred being acted out by those who fear and vilify the differences of others.

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"2019 is the 50th anniversary of IHLRN and we are hoping to have a large, diverse group of attendees who use Virginia Satir's work in many ways. To make travel as convenient as possible for the largest number, IHLRN will be held at the Dana on Mission Bay, San Diego California from Sunday Oct. 27, 2019 to Sunday Nov. 3, 2019. Please save the dates and join us if you can.

In creating IHLRN, it was Virginia Satir's intent to create a welcoming and inclusive community in which participants could learn from each other, from the experience of being in the group, and present new or original material AND be in a beautiful and inspiring setting. This week long meeting offers a unique opportunity for learning, sharing and fellowship in the Satir model.

### Silent Auction Results

Thanks to everyone who brought things for the auction and the wonderful women who stayed up until 11:00 to get the auction closed and counted. When everything was finally received we made \$2,516.50 for the Scholarship Fund. Well done everyone! Maybe by the time we meet in San Diego, everyone will have a Paypal or Venmo account and we can make this cashless and paperless collection. - Wendy

**Saturday Evening Celebration:** We enjoyed the annual men's and women's choruses, skits, songs and dancing as we parted for another year.

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**See you all @ The Dana On Mission Bay, San Diego, Ca. for IHLRN's 50th Conference...**





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“I want to love you without clutching, appreciate you, without judging, join you without invading, invite you without demanding, leave you without guilt, criticise you without blaming, and help you without insulting. If I can have the same from you, then we can truly meet and enrich each other.” - Virginia Satir

**PASSINGS...****Margarita Suarez**

We are deeply saddened to tell you of the passing of Margarita Suarez. Margarita was the executive director of AVANTA for fourteen years and dedicated her life to promoting peace and justice.

Upon returning to the US after serving in the Vietnam war, Margarita had the opportunity to study with Virginia Satir and she said that her experience with Virginia saved her. She was able to get out of total despair and reconnect with hope. Because of the impact of Virginia's teachings, she decided to work to teach them to others. She did this first as a trainer for Virginia and then a few years after Virginia died, she became the executive director of Avanta, the Virginia Satir Network, now known as the Virginia Satir Global Network.

Margarita's funeral was an amazing service where people shared story after story of how Margarita had helped them, from the El Salvadoran family that had suffered much as immigrants, to the parents who had lost children to death, and to the family who wrote a poem of gratitude to her for the love she had shown them.

As people spoke, the common themes that came through were remembering Margarita's ability to be funny, her compassion for people being unfairly treated, her generosity, her ability to speak truth to power and her wisdom.

As someone said, Virginia, always emphasized that each person is unique, but Margarita was UNIQUE, a special gift to the world! She will be sorely missed.

Sharon Loeschen, President

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**Mary Martha Christianson**

February 3, 1934 - October 18, 2018

Mimi was a long-time IHLRNER who will be remembered for her independent, adventurous spirit and deeply loving character. Her contributions to IHLRN go well beyond her years on the board and scholarship committee. She was generous, warm and straight-talking. Mary Martha did not cotton B.S. and loved laughing at the goofiness of the human predicament. She is and will be sorely missed.





**IHLRN Sites (49 Years)**

1970 Hacienda Vista Hermosa, Morelos, Mexico (1)  
1971 Hacienda Vista Hermosa, Morelos, Mexico (2)  
1972 Sarasota, Florida (1)  
1973 Naples, Florida  
1974 Venture Inn, Palm Springs, California  
1975 Maui, Hawaii  
1976 Ishcia, Italy  
1977 Coolfont Conference Center, Berkeley Springs, W.VA  
1978 Aspen, CO  
1979 Hacienda Vista Hermosa, Morelos, Mexico (3)  
1980 Several Hotels in Menton, France  
1981 Hacienda Vista Hermosa, Morelos, Mexico (4)  
1982 Hacienda Vista Hermosa, Morelos, Mexico (5)  
1983 Sheraton-Molokai, Molokai, HI  
1984 Esalen Institute, Big Sur, CA  
1985 Hotel Libertas, Sveti Stefan, Yugoslavia  
1986 Biltmore Hotel & Resort, Palm Springs, CA (1)  
1987 Hacienda Vista Hermosa, Morelos, Mexico (6)  
1988 Rarotonga, Cook Islands  
1989 Hacienda Vista Hermosa, Morelos, Mexico (7)  
1990 Ramada Resort Hotel, Palm Springs, CA (2)  
1991 Hotel Dom Joao II, Portimao, Portugal (1)  
1992 Hacienda Vista Hermosa, Morelos, Mexico (8)  
1993 Longboat Key Hilton, Sarasota, FL (2)  
1994 Haven-By-the Sea, Gabriola Island, BC, Canada (1)  
1995 Hacienda Vista Hermosa, Morelos, Mexico (9)  
1996 Hotel Dom Joao II, Portimao, Portugal (2)  
1997 Haven-By-the-Sea, Gabriola Island, BC, Canada (2)  
1998 Longboat Key Hilton, Sarasota, FL (3)  
1999 Hacienda Vista Hermosa, Morelos, Mexico (10)  
2000 Renaissance Antalya Beach Resort & Spa, Turkey  
2001 Radisson Poco Diablo Resort, Sedona, AZ  
2002 Hacienda Vista Hermosa, Morelos, Mexico (11)  
2003 Bethel Inn & Country Club, Bethel, ME  
2004 Barcelo Maya Beach Resort, Riviera Maya, Mexico  
2005 The Dana at Mission Bay, San Diego, CA  
2006 The Crossings, Austin, TX  
2007 Sueno Azul Resort, Sarapiquí, Costa Rica  
2008 Ashland Springs Hotel, Ashland, OR  
2009 Hacienda Vista Hermosa, Morelos, Mexico (12)  
2010 Sebasco Harbor Resort, Sebasco, Maine  
2011 The Grand Hotel, Tours, France  
2012 The Dana, San Diego, CA  
2013 Granlibaken, Lake Tahoe, CA  
2014 Prague, Czech Republic  
2015 Lake Junaluska, Asheville, NC  
2016 La Quinta, Palm Spring, CA  
2017 Sunriver, Oregon  
2018 Victoria, B.C., Canada

