

Satir Model and Positive Psychology

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THE
VIRGINIA SATIR
GLOBAL NETWORK

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Dr. Nesteren Gazioglu

- Ph.D. Psychology
- Academic
- Therapist & Supervisor
- Board Member Couple and Family Therapy Association Turkey
- 2009-2013 Satir Institute Istanbul
- Life long learner

“We can learn something new
anytime we believe we can.”

—Virginia Satir



Centering

Credit: Linda Graham
<https://lindagraham-mft.net/>





Positive Psychology

Martin Seligman (2000)
Optimal human functioning
Shift from «fixing the wrong»

Gratitude

Compassion

Meaning

Optimism

Awe

Physiological Well-being

Mindfulness

Savoring



Gratitude Exercises



Good Things (Seligman, 2005)

Journal
Jar
Today
Letter

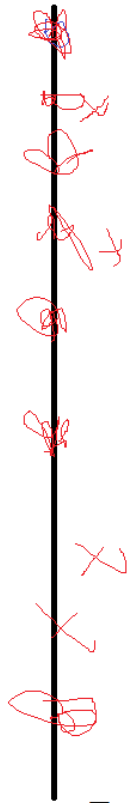
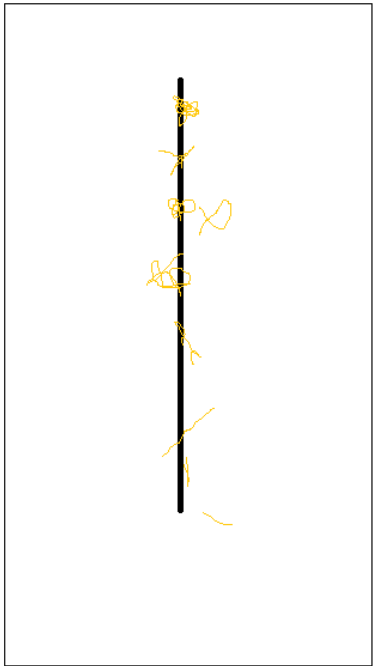


Family Map Game

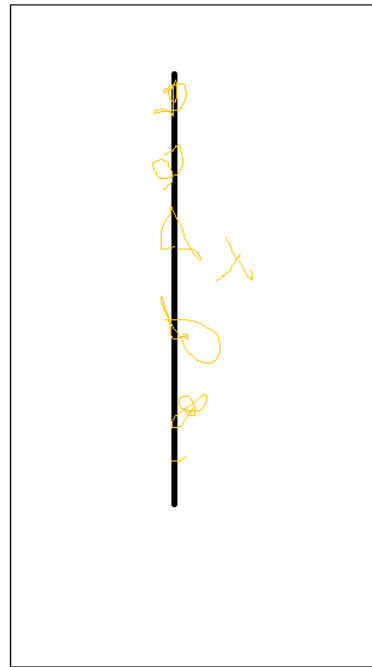


Flowers and Stones

Learned the technique in 2018 from Elizabeth Wieling
Gazioglu adopted to couples & families



Today



The background features a dark red base with several overlapping, wavy, organic shapes in shades of orange and yellow at the top, creating a sense of movement and warmth.

Self-Compassion

3 components (Neff, 2011)

- Mindful Awareness
- Shared Humanity
- Self-Directed Kindness

Family Compassion



Compassion

May you be happy.

May you be free from suffering.

May you be safe.

**May you be healthy and free from
all pain.**

**May live with ease, happiness and
good health.**

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Meditation

**Acceptance
Forgiveness**

**Family -
Group /
Meditation**

Virtual Hug

We need 4 hugs a day for survival. We
need 8 hugs a day for maintenance. We
need 12 hugs a day for growth.

~ Virginia Satir

Thank You!

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