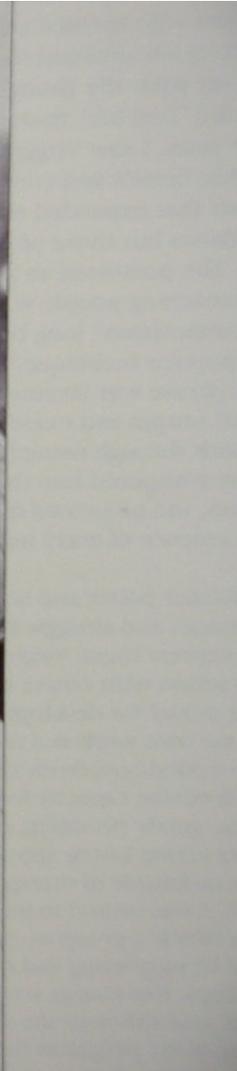
A scenic mountain landscape with a valley, forested hills, and a wooden signpost in the foreground. The sky is blue with scattered white clouds. The foreground features a wooden signpost with two directional signs, one pointing right and one pointing left, both with yellow and green icons. The middle ground shows a valley with green fields and a small cluster of buildings. The background consists of rolling green hills and distant mountain peaks under a blue sky with white clouds.

**A conversation about triads and an
appreciation of Satir's genius for creating
tools for change in systems.**

**Stephen Buckbee, LMSW, LPC
interviewed by Hana Scibranyova, Ph.D.**

In 1985 I met Virginia Satir at the Oasis Center in Chicago, Ill. She was teaching a two-day program, I saw her work and then wanted to learn from her. I had studied NLP and Hypnosis and it was missing something. I read *People Making* and Conjoint Family Therapy. When I heard that Satir was in the Midwest I went to see her and have never regretted it.







The Bateson Team, 1955; William Fry,
John Weakland, Gregory Bateson, Jay Haley.

“Bateson Team 1955” William Fry, John Weakland, Gregory Bateson, v Jay Haley

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Palo Alto men



Virginia told me to create a teaching triad. In 1988 Mike Dupont, Dan Doyle and I began to use Satir tools to develop a program to help the state of Michigan decrease the number of deaths of juveniles in County jails by promoting “alternatives to incarceration”. We used the Mandala to talk about the uniqueness of every human and diversity.

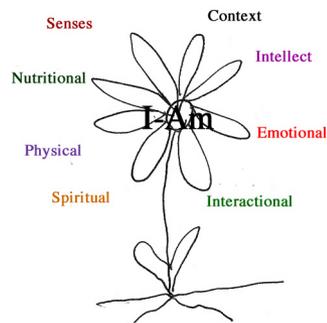
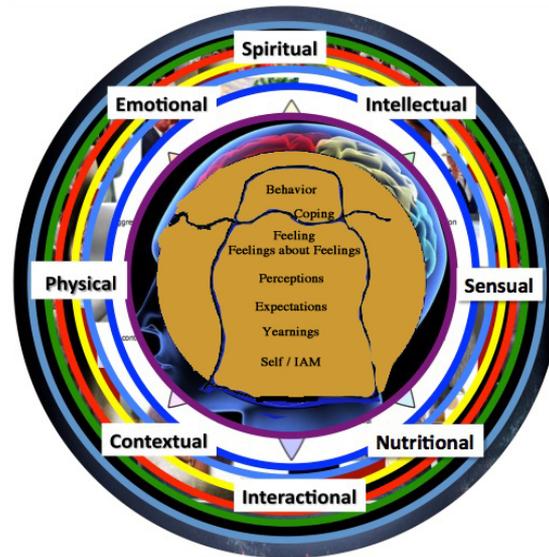
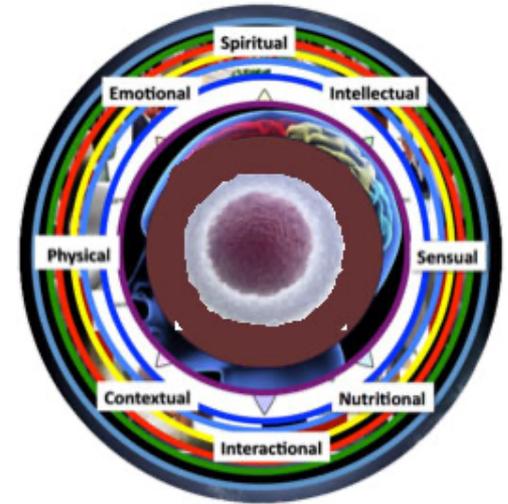
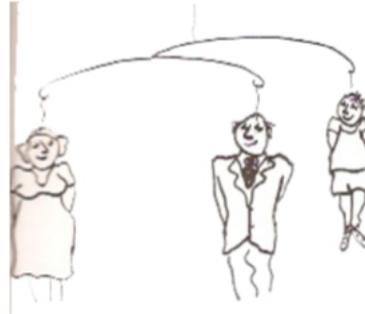


Nothing is so simple that it can not be misunderstood.



Primary Triad

Nobody gets in without it.



<https://news.northwestern.edu/stories/2014/12/stunning-zinc-fireworks-when-egg-meets-sperm>
<https://vimeo.com/114680729>

A sperm and an egg got together to create us, so we all started out as part of a triangle.

Triangles make best contact one at a time, an activator, a responder and an observer.

Satir would often break her teaching groups, both “Star”, counselor and observer .

Star, therapist (etc.) and observer or Presenter, observer and therapist



Graphic From “The Satir Model” Science and Behavior Books

Safety of having two people watching your back. Having two additional observers and two additional connections with the audience who can attend to the context and pace what is being seen.

Story telling and teaching.

Having partners that share a common understanding is key. It is important that each person is operating within a common frame i.e.; Iceberg, Mandala, process of change, communications stances, temperature reading etc..

Trust allows play **Spontaneity**. If you dance without a script but you know the theme it allows room for improvisation, and creativity.

Triads welcome diversity. Each member brings their own history and wealth of information.

A teaching triad allows a way, at any given moment, to model what they are talking about in a fashion that allows the audience to observe in a safe way.

Learning triads offer support and the possibility of connection and conflict. They offer the ability to change rotate roles.

Triads are fun and able to move an audience left to right deep subject in a light hearted fashion. IFFI

Teaching triads offer rest and bubbling time they keep the audience moving and engaged.

Respect for each other and their resources allows development of content.

Teaching triads and learning triads offer the possibility of processing experiential viewpoints. Scenarios may be presented in a way that offers both Internal and external experiences.

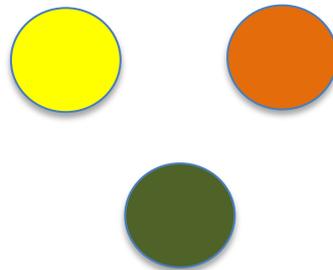
Teaching triads offers the possibility of processing events both during and afterward.

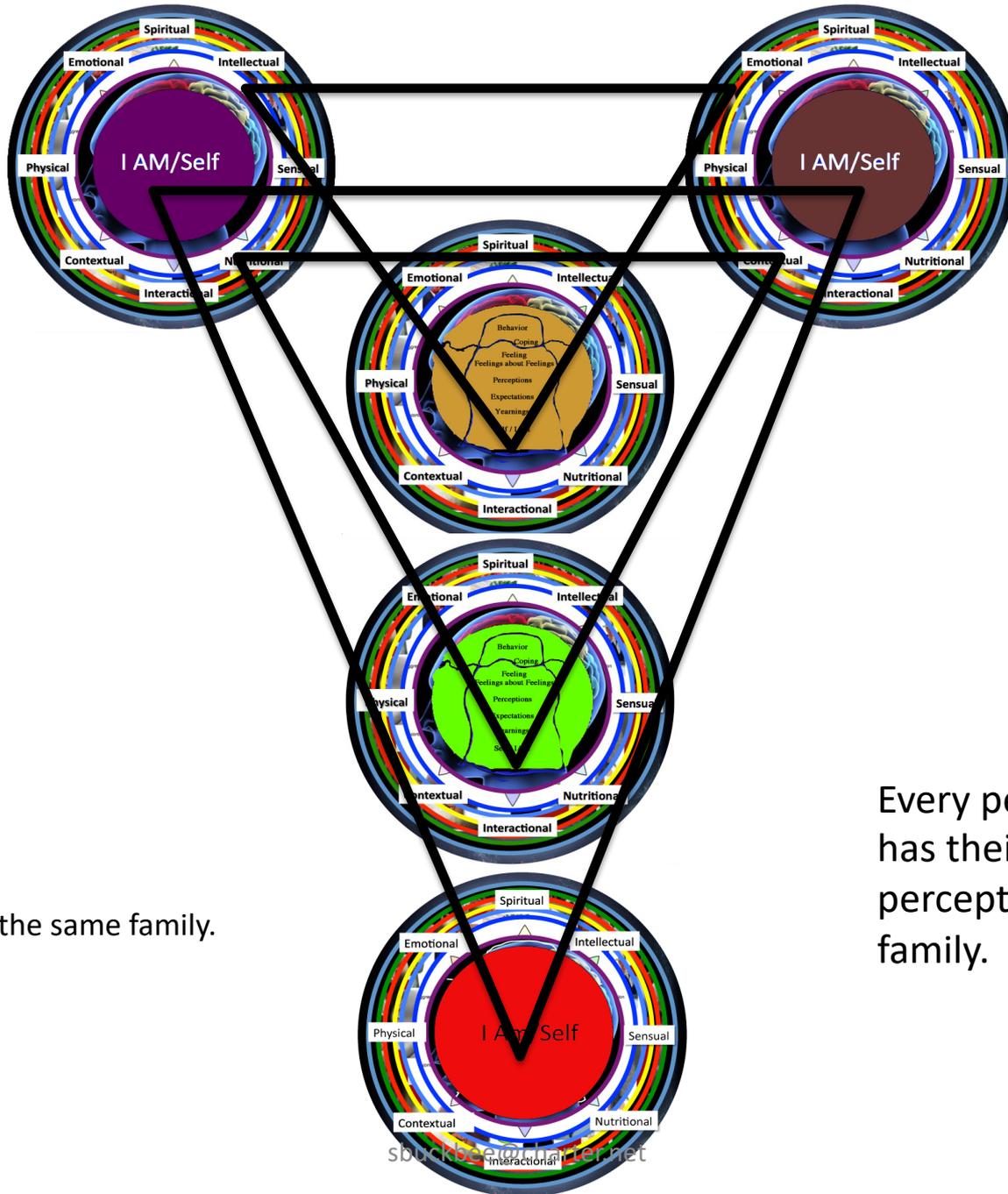
DYAD

Communication



Triad

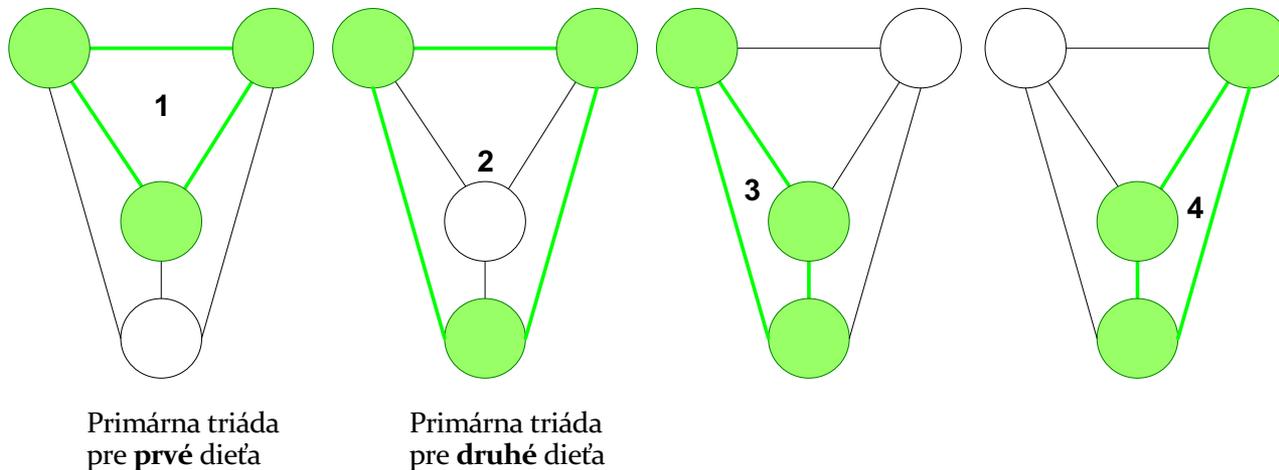




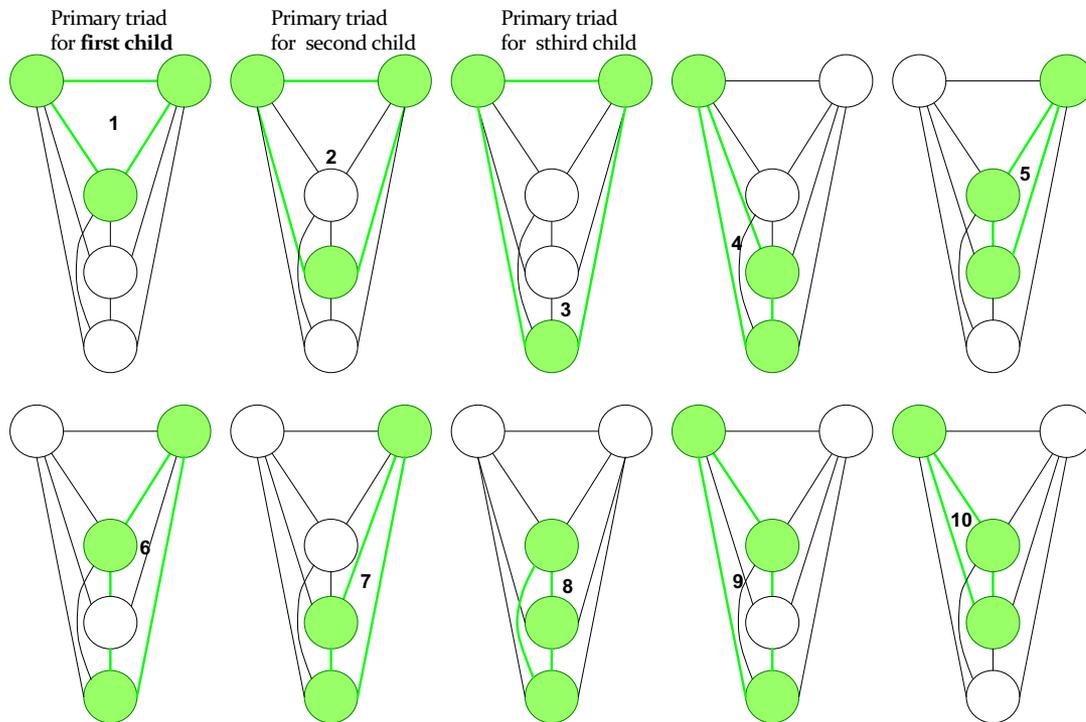
No one grows up in the same family.

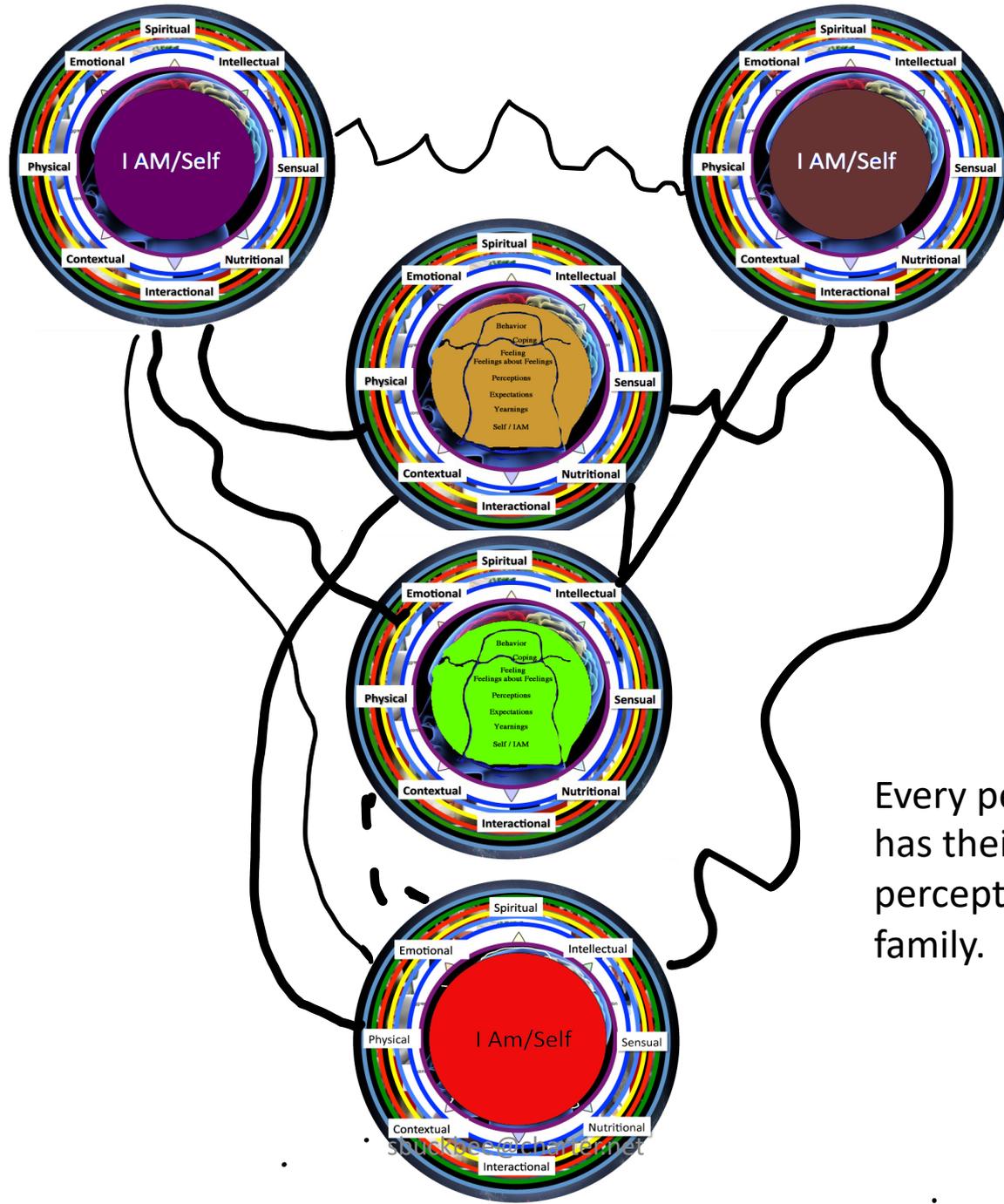
Every person in a family has their own perception of their family.

How many triads in a family of 4 members



Five member Family

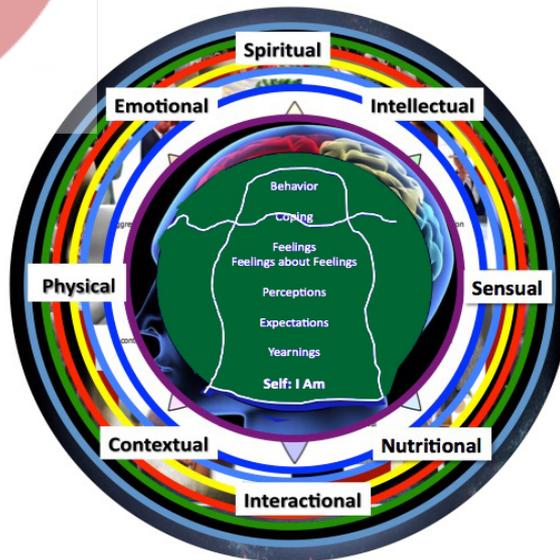
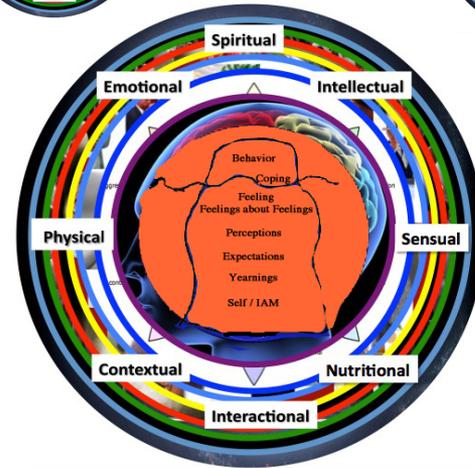
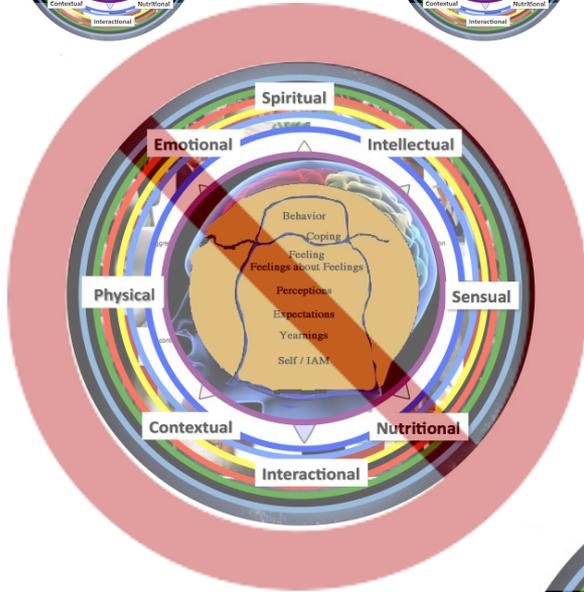
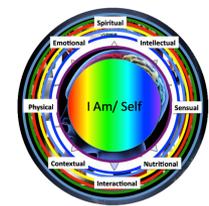


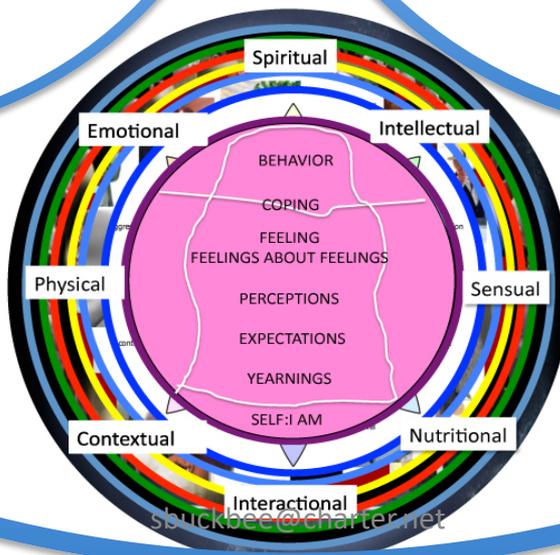
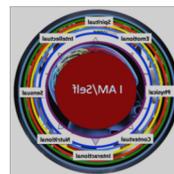
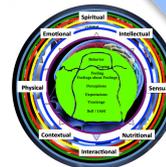
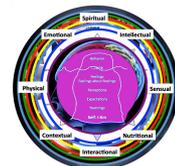
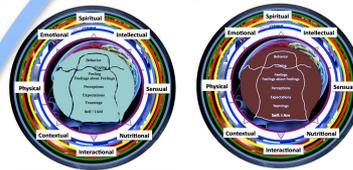
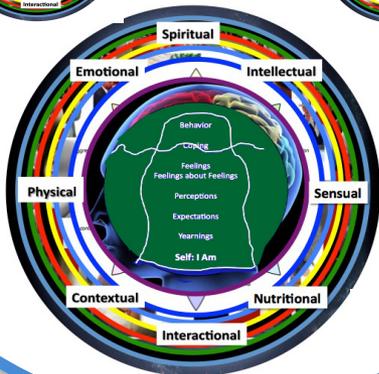
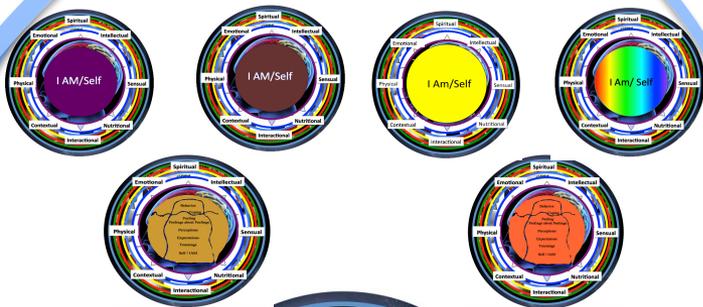


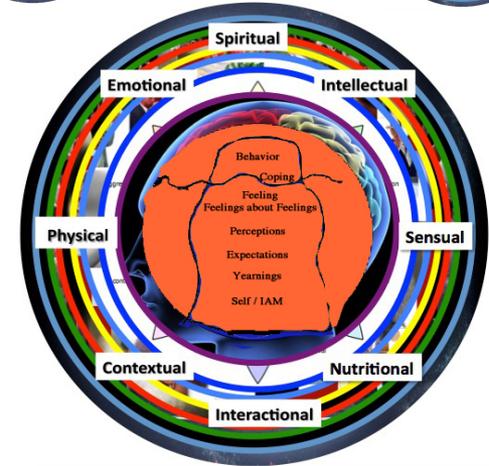
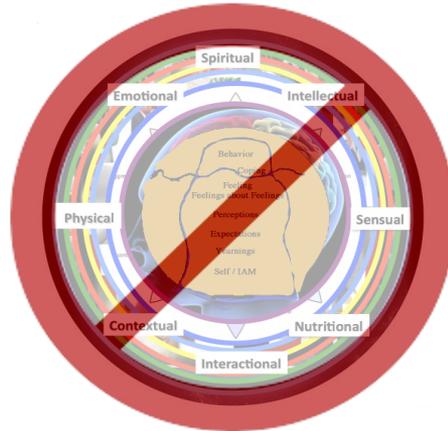
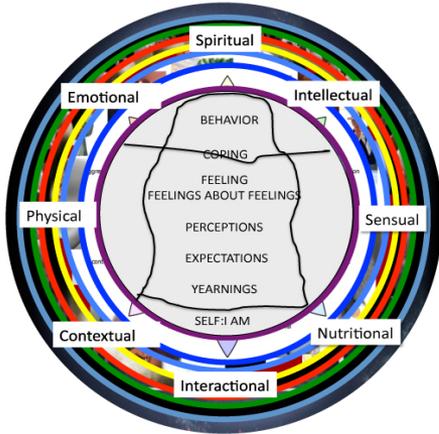
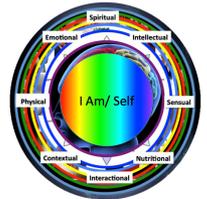
Every person in a family has their own perception of their family.



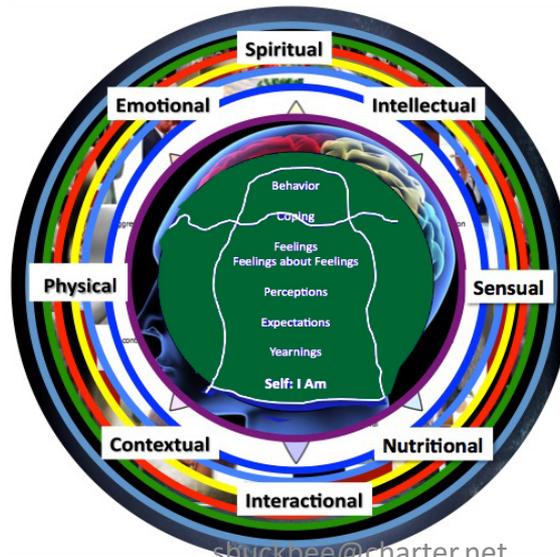
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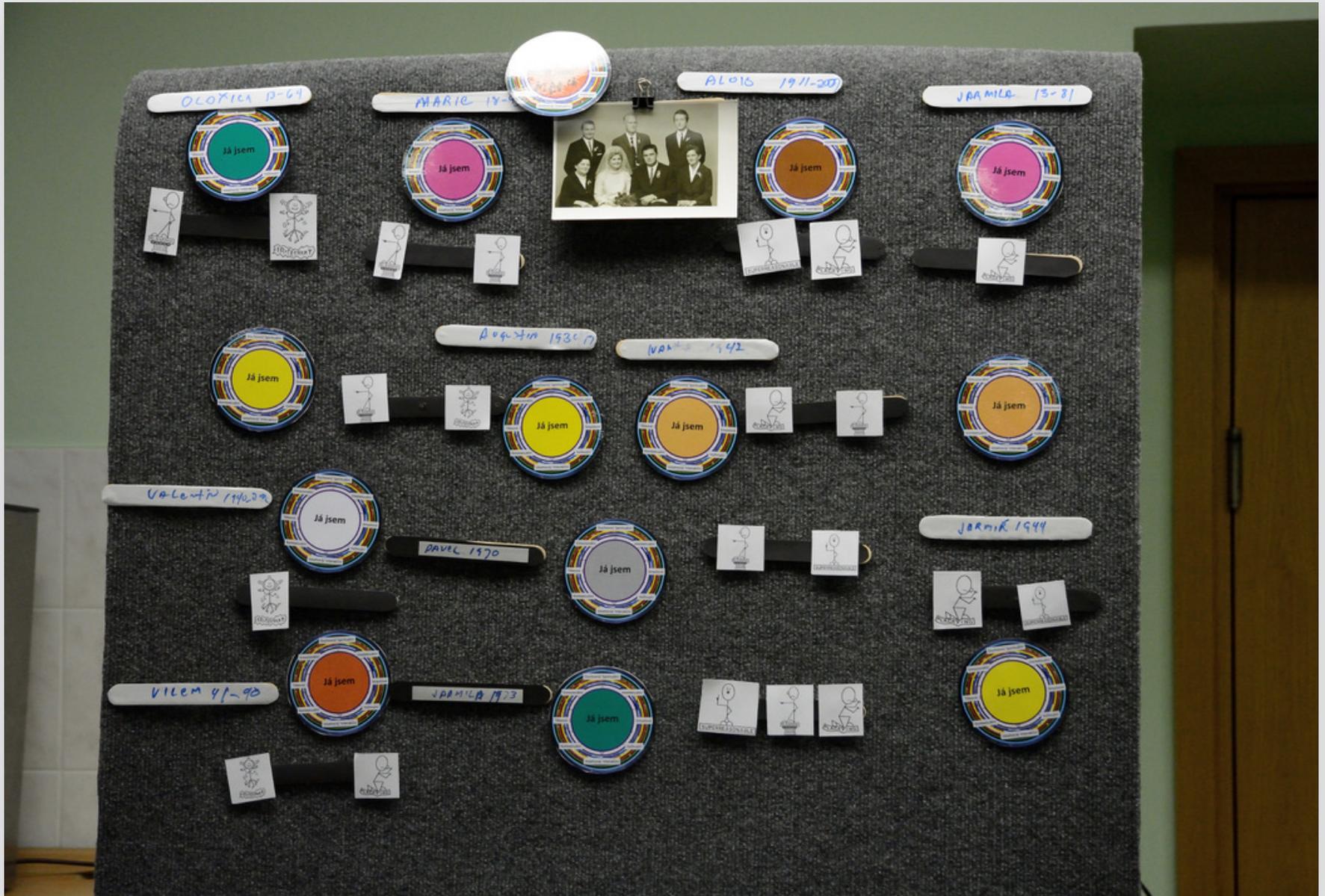




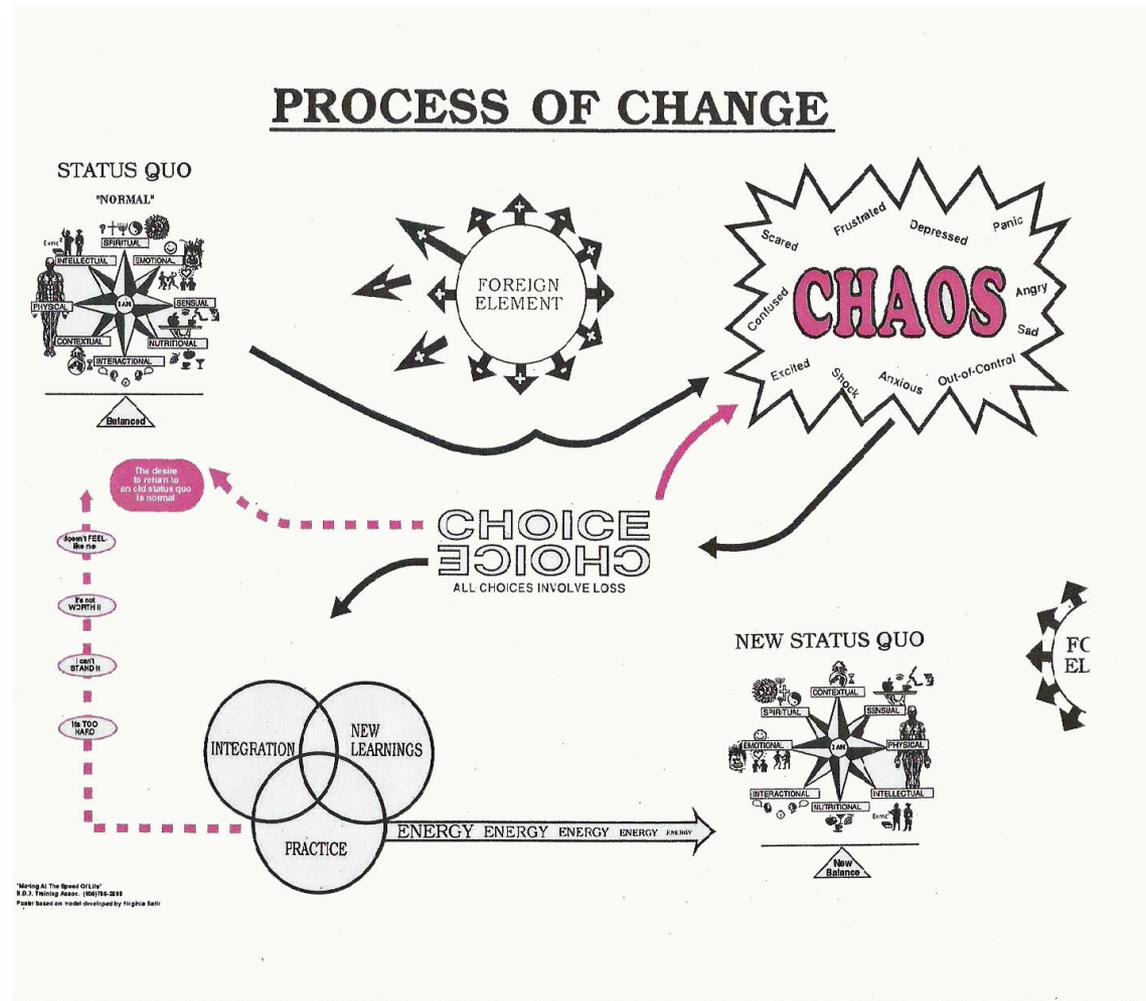
New Partner

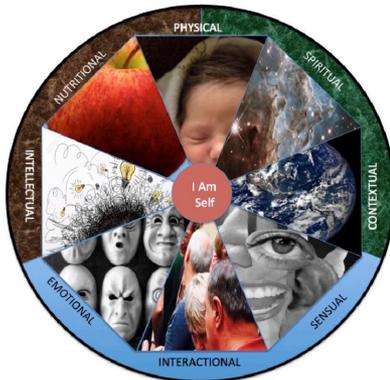
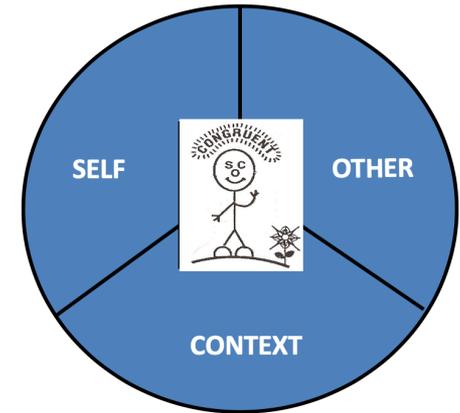
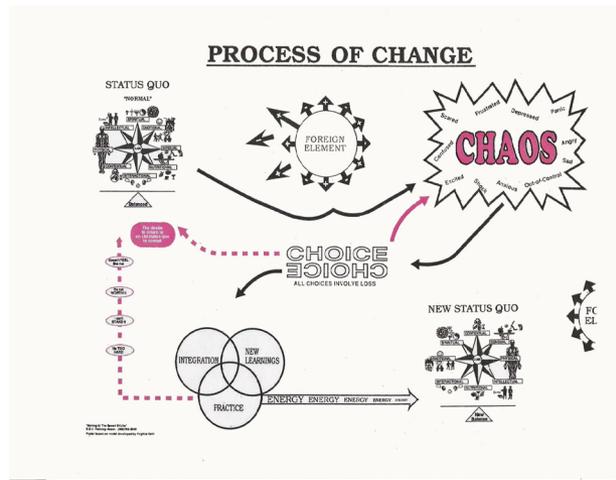
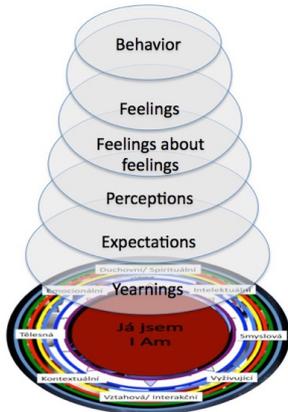


When systems add
On they become more
Complex and introduce new
And different rules.



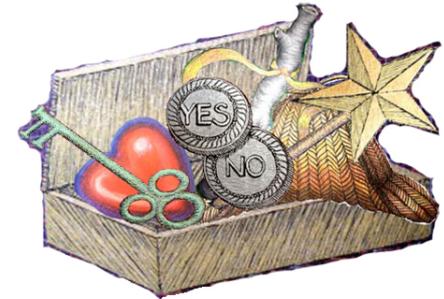
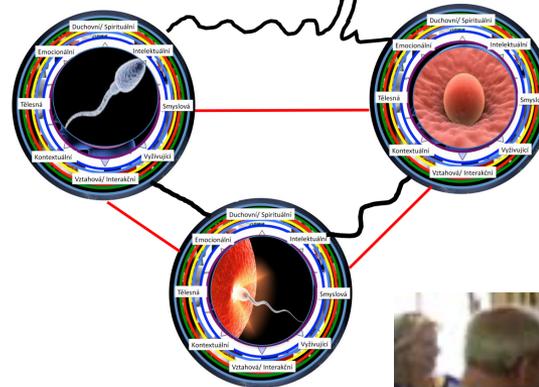
Change is constant because the Universe is all about change. How we deal with change is where the action is.





- Date of Birth
- Place of Birth
- Religion
- Employment history
- Education
- Dates of Marriage
- Divorce
- Coping stances 1&2
- Social, Private, Professional
- Descriptive Adjectives
- Military Service
- Health Problems
- Ethnic Background
- Expectations, Hopes, at the time of marriage, relationship.

Family Maps



The Five Freedoms

The **FREEDOM** to see and hear what is here, instead of what should be, was, or will be.

The **FREEDOM** to say what you feel and think, instead of what you should.

The **FREEDOM** to feel what you feel, instead of what you ought.

The **FREEDOM** to ask for what you want, instead of always waiting for permission.

The **FREEDOM** to take risks in your own behalf, instead of choosing to be only "secure" and not rocking the boat.

Take only what fits and what does not fit put it aside and move on.

