



İNSAN GELİŞİMİ VE
AİLE TERAPİSİ ENSTİTÜSÜ®
(HUMAN DEVELOPMENT &
FAMILY THERAPY INSTITUTE, TURKEY)

Working with Couples in the Satir Model in Building Intimacy and Helping Resolving Differences

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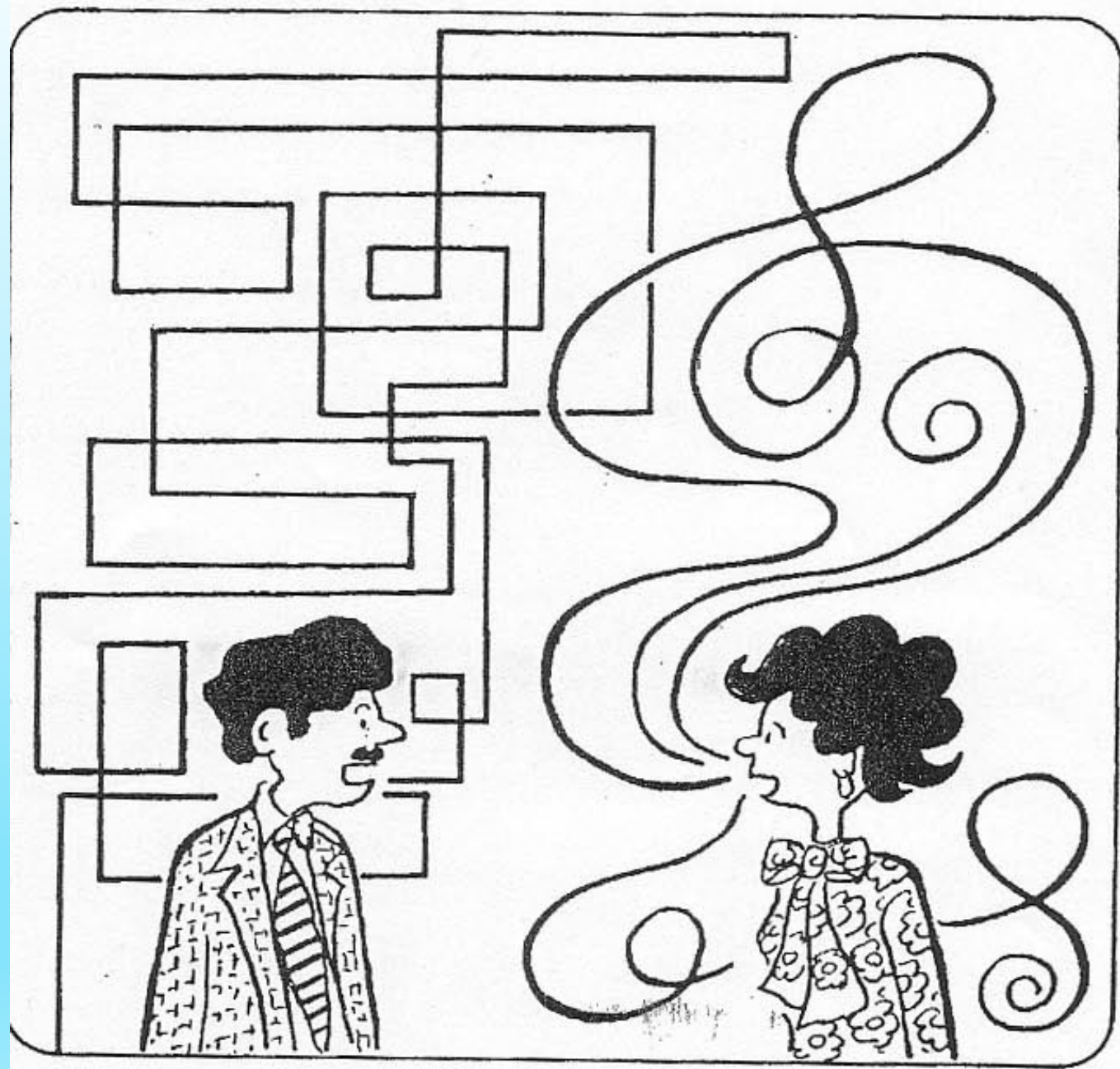


*We connect on the basis of
our similarities; we grow on the
basis of our differences.*

Virginia Satir

BUILDING PEACE

- Peace Within
- Peace Between
- Peace Among



"We're having a communication problem!"





SATIR MODEL META GOALS

1. Having a higher self-esteem
2. Being better choice makers
3. Being more responsible internally and externally
4. Being more congruent

FIVE ESSENTIAL ELEMENTS OF TRANSFORMATIONAL CHANGE

1. Therapy is **SYSTEMIC**
2. Therapy is **EXPERIENTIAL**
3. Therapy is **POSITIVELY DIRECTIONAL**
4. Therapy is **CHANGE FOCUSED**
5. The therapist is **CONGRUENT**

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Gomori, M. 1991. *The Satir Model:
Family Therapy and Beyond*. Palo
Alto, CA: Science and Behavior
Books. Inc.

BEHAVIOUR

COPING

FEELINGS

Feelings about feelings

PERCEPTIONS

EXPECTATIONS

YEARNINGS

SELF: I AM

BEHAVIOUR

COPING

FEELINGS

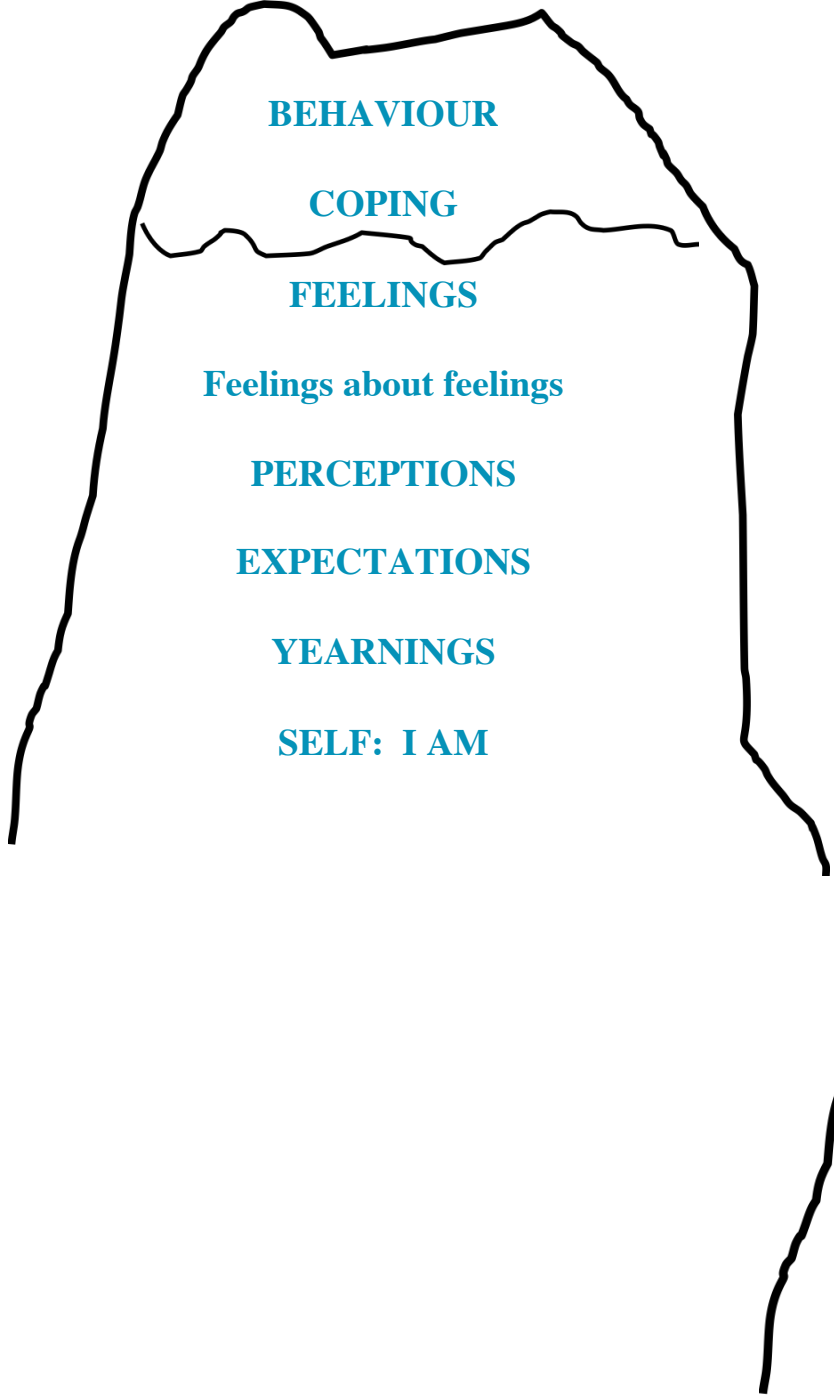
Feelings about feelings

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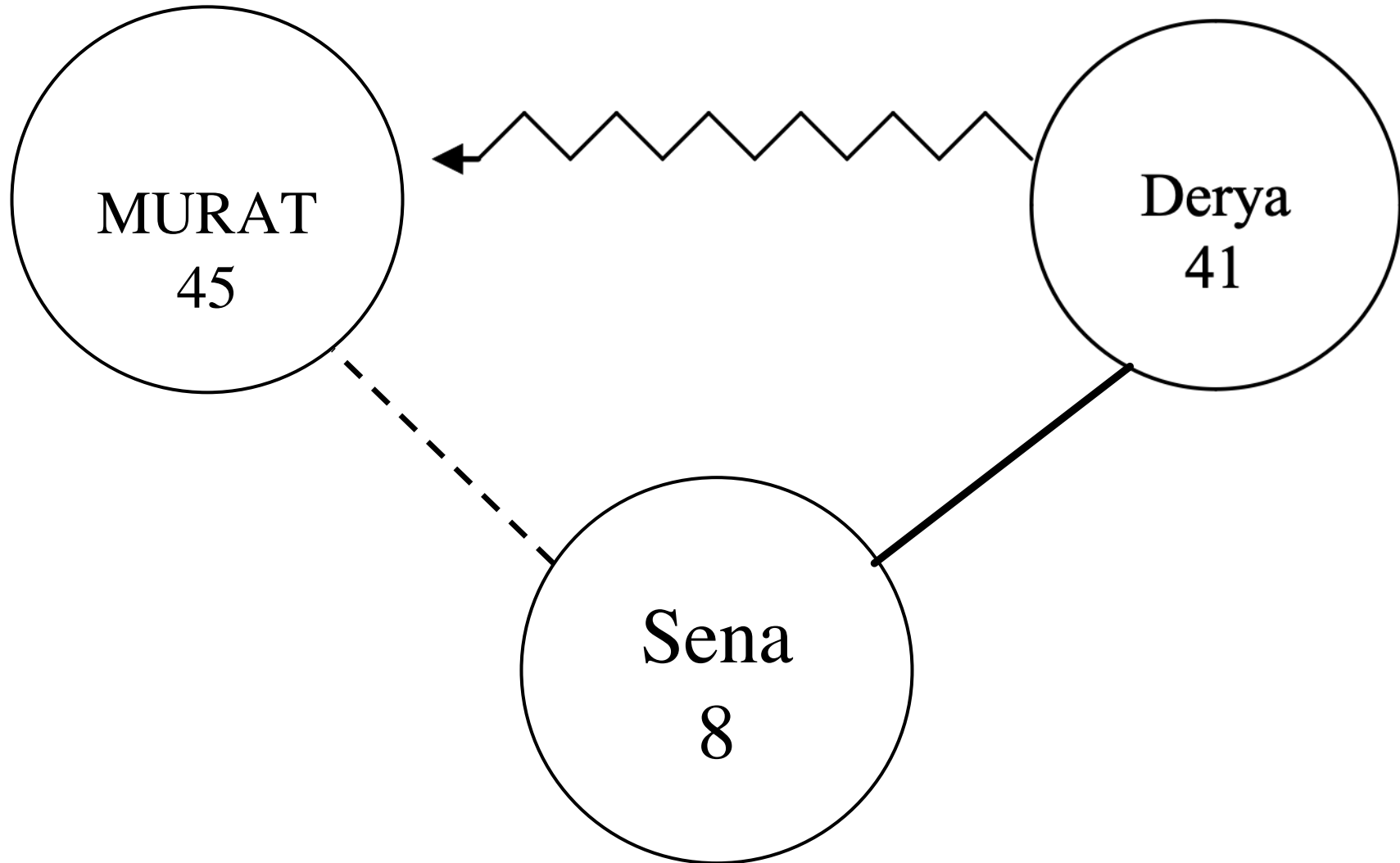
YEARNINGS

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MURAT'S ICEBERG

BEHAVIOUR

lying; not taking responsibility for child and home; not keeping promises; being late to home.

COPING

Blaming - Irrelevant

FEELINGS

(anger, helplessness, worry, sadness)

FEELINGS ABOUT FEELINGS

(anger, guilt, sadness)

PERCEPTION

“My wife does not set me free and does not understand; My daughter is very demanding and does not listen; Everyone expects a lot from me.”

EXPECTATIONS

“My wife should not push me hard and she should set me free by not interfering; My daughter should act respectfully; I must protect my freedom from interference; I should meet my family's expectations”

YEARNINGS

(universal)

(love, being accepted, being connected, freedom

SELF: I AM

(worthless)

DERYA'S ICEBERG

BEHAVIOUR

complaining and blaming; taking on home and child responsibilities; nagging

COPING

Placating-Super-reasonable

FEELINGS

(anger, being hurt, helplessness, fear, sadness, disappointment)

FEELINGS ABOUT FEELINGS

(anger, guilt, helplessness)

PERCEPTION

"I can't make my daughter listen to my word; My partner does not care about me; My partner doesn't want to spend time with me; All responsibilities in the house are left to me."

EXPECTATIONS

"I should please my partner and child; I should guide my daughter right; I should bear my responsibilities; I should make my family happy; My partner should be loyal and be close to me; My partner should be more responsible; My daughter should respect me and not be persistent, she should listen to my word."

YEARNINGS

(universal)

(love, being accepted, being connected, freedom

SELF: I AM

(unlovable, worthless)

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PROCESS FOR CHANGE

1. Making contact
2. Validating
3. Facilitating Awareness
4. Promoting Acceptance
5. Making Changes
6. Reinforcing Changes

WORKING WITH COUPLES

- Exploring, understanding, validating and assessing
- Creating a common goal of therapy -
- Focusing on WE- Our Relationship
- Working on the Survival reactional dynamic- Resolving Differences effectively
- Enhancing Intimacy, trust, sharing, respect, love
- Working on Unfinished business
- Working on Transformational Change
- Being Congruently intimate Peace Within, Peace Between

FOCUS IN THERAPY PROCESS

- Exploring how problem becomes a problem
- Exploring impact of their survival copings.
- Exploring yearnings and life energy.
- Impact of their icebergs on each other and on the relationship.
- Impact of early learnings and family of origin patterns, unfinished issues.
- Impact of the survival dynamic and relating style in creating a relationship problem i.e. conflict, distancing which compromise love, respect, trust, sharing and intimacy.
- Hopes and Dreams From the initial phase of the relationship.

- Exploring Life energy yearnings, essence
- Exploring the hopes and dreams
- Exploring resources of each person and the strengths of the relationship
- Identifying unmet expectations, restrictive rules & roles and perceptions
- Identifying unresolved issues, past feelings and hurts.

- For resolving differences increasing understanding of self and the other.
- And helpful tool using ingredients interaction and as learning ways to resolve differences.

Resolving Differences:

Using differences as an opportunity for growth

“Differentness cannot be handled until sameness is appreciated” **Satir, V. in Brothers, B.J. (1991)**

“We connect on the basis of our similarities; we grow on the basis of our differences.” **Virginia Satir**

- Conflict, fighting, anger.
- Deny, avoid.
- Compromise.
- Resolve.
- Grow (2008, John Banmen & Kathlyne Maki-Banmen)

TRANSFORMATIONAL CHANGE

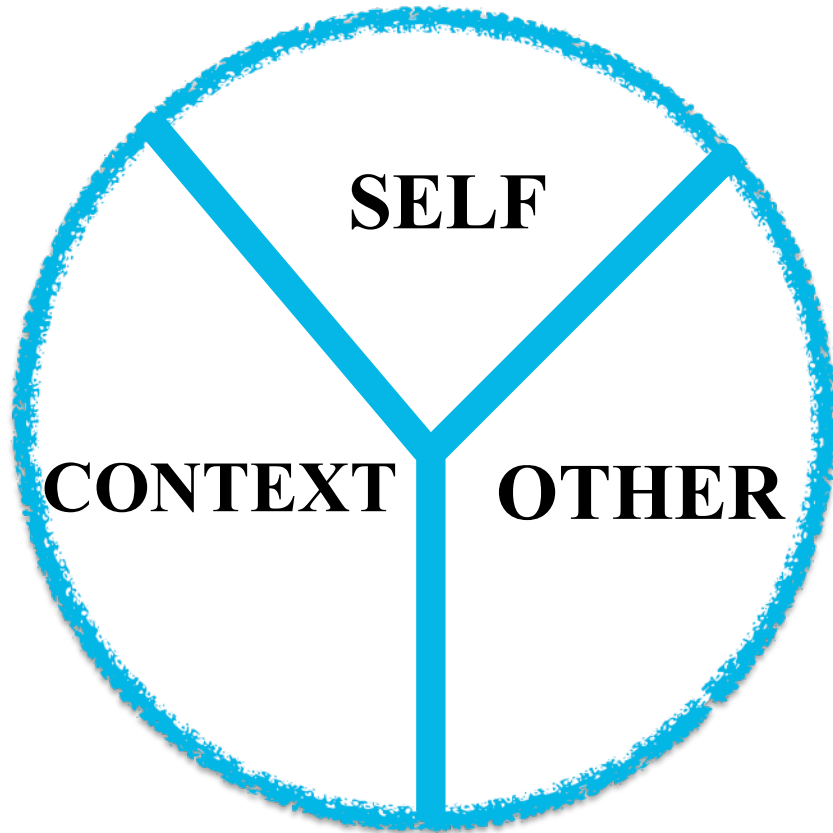
- Chaos of the experience of Survival energy and Life Energy
- New Decision for Change and Growth

Transformation:

- Transforming unmet expectations.
- Transforming restrictive rules, roles, and perception
- Transforming impact of past feelings and hurts.

INGREDIENTS OF INTERACTION

Satir, V. , Banmen, J., Gerber, J., Gomori, M. (1991) *THE SATIR MODEL: Family Therapy and Beyond*.



With the ingredients process we learn to:

- 1- Change our coping patterns, learning to communicate congruently
- 2- Increase our self-worth
- 3- Update our rules into guidelines
- 4- Reduce our defensiveness

BUILDING INTIMACY: Connecting on Our Deepest Selves

“Connecting of one self with the other-with the ability to value and nurture the self”

Virginia Satir

*“Intimacy is a mutual sharing of inner experience in a spirit of mutual respect, free of in human rules.” Satir, V. in **Brothers, B.J. (1991)***

Forms of Intimacy

- Emotional
- Intellectual
- Aesthetic
- Social
- Recreational
- Physical
- Spiritual
- Sexual

PILLARS OF A RELATIONSHIP

- Love
- Respect
- Trust
- Sharing and Intimacy

GOALS FOR ME

*I want to love you without clutching,
appreciate you without judging,
join you without invading,
invite you without guilt,
criticize 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

THANK YOU!



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