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

Sibel Erenel, LMFT, AAMFT Approved Supervisor
sibele37@gmail.com
www.satir-tr.com
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!"
USE YOUR BRAINS!! BE A MAN, SON! NO CRYING OR SISSY STUFF!

DON'T BE TOO SMART!! JUST BE PRETTY! CRY IF YOU WANT YOUR WAY!

I THINK  
I FEEL

LONELY  
LONELY

talk
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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Feelings about feelings

PERCEPTIONS

EXPECTATIONS

YEARNINGS

SELF: I AM

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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YEARNINGS
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SELF: I AM
(unlovable, worthless)
1. Making contact
2. Validating
3. Facilitating Awareness
4. Promoting Acceptance
5. Making Changes
6. Reinforcing Changes

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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.
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

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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!

Contact: info@satir-tr.com
Instagram: satirciftveaileterapisi