Satir Model and Positive Psychology

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- Life long learner
“We can learn something new anytime we believe we can.”

—Virginia Satir

Photo Credit: http://pfti.org/great-teachers/virginia-satir/
Centering

Credit: Linda Graham
https://lindagraham-mft.net/
Positive Psychology

Martin Seligman (2000)
Optimal human functioning
Shift from «fixing the wrong»
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
3 components (Neff, 2011)

- Mindful Awareness
- Shared Humanity
- Self-Directed Kindness
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.
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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