Observed Behavior

Coping Stance

Feelings

Feelings about Feelings

Perceptions

Expectations

Yearnings

I AM

Four Satir Model Goals

◁ Raise clients' self-esteem

◁ Facilitate clients' becoming their own choice makers

◁ Facilitate clients' becoming responsible for themselves

◁ Facilitate clients' congruence

Satir System Overview
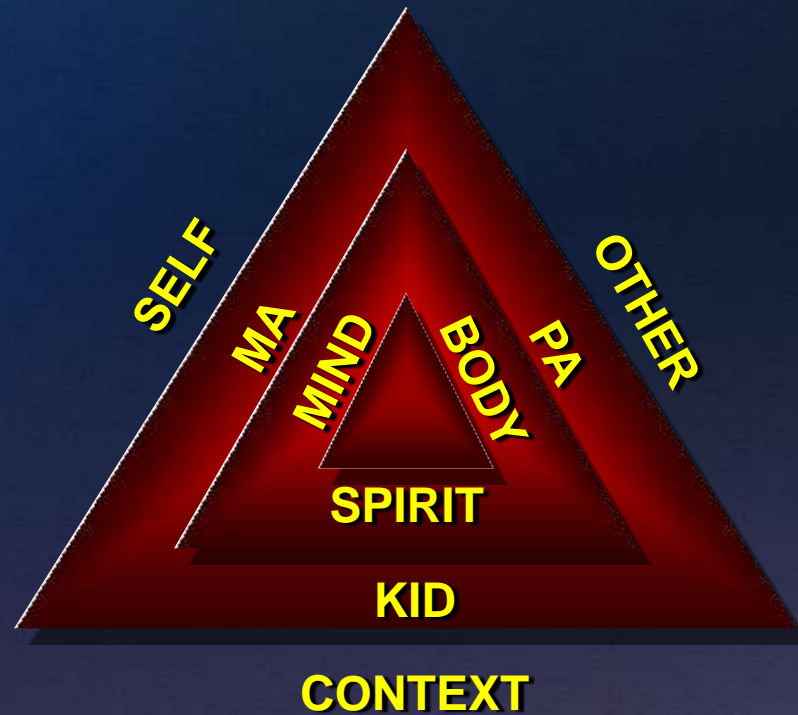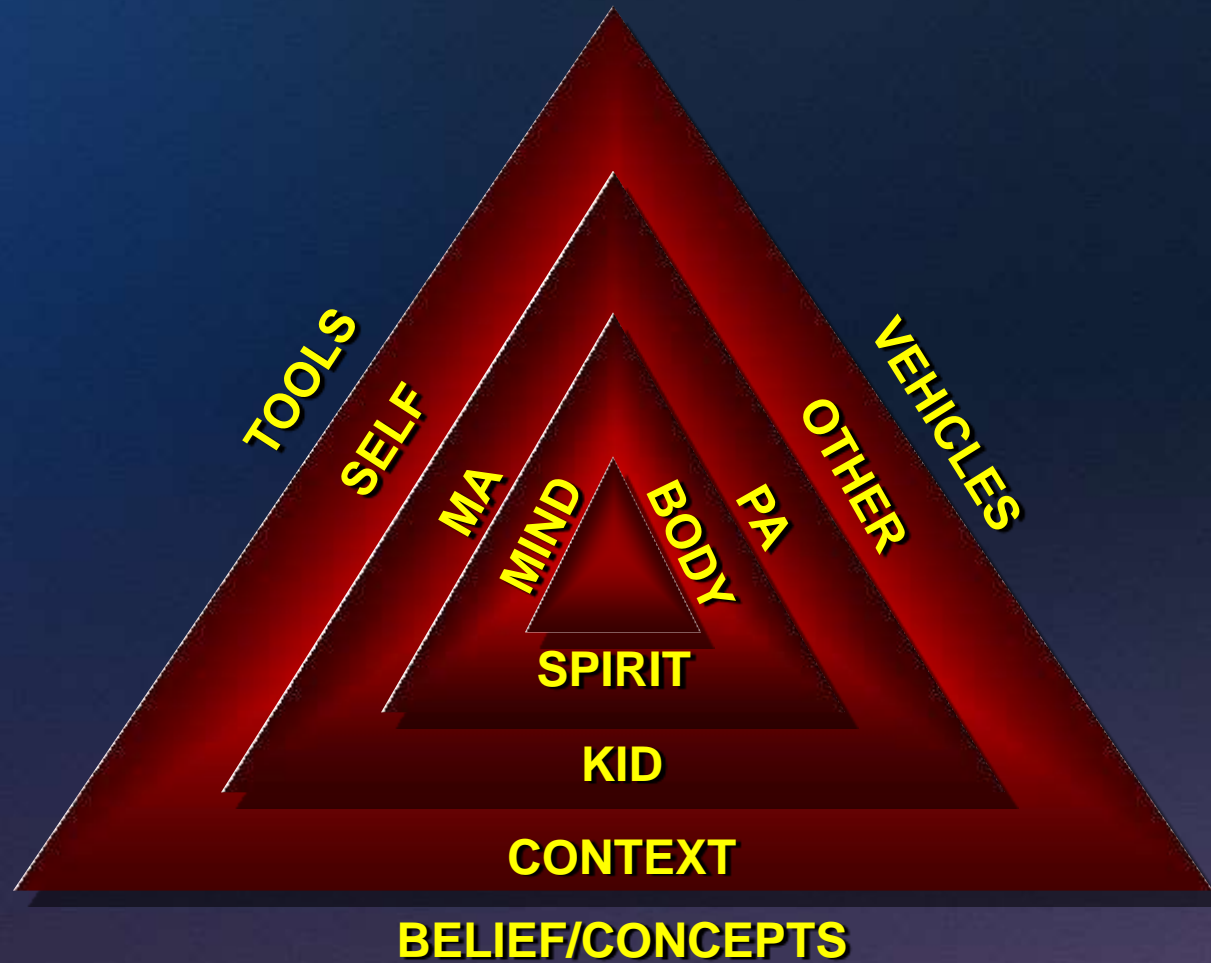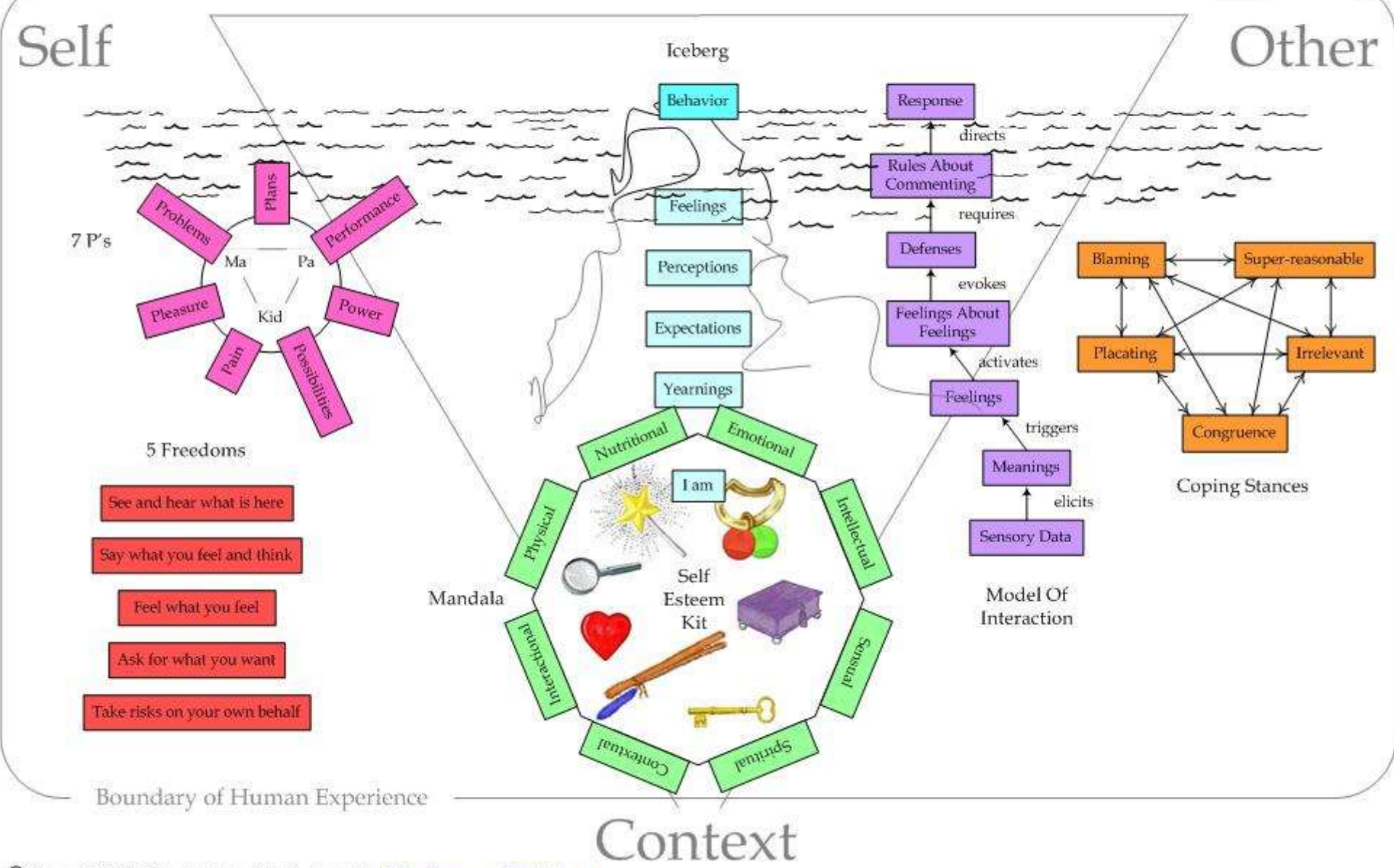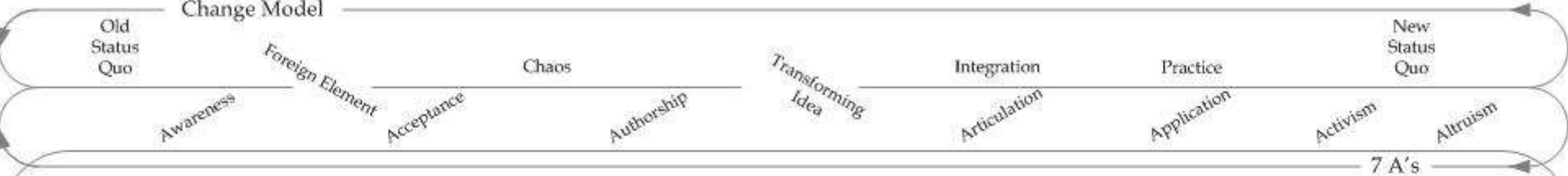
Satir System Overview

Satir System Overview

Satir System Overview

Satir System Overview

TOOLS

SELF

VEHICLES

MA

MIND

BODY

PA

OTHER

SPIRIT

KID

CONTEXT

BELIEF/CONCEPTS

SELF-SYSTEM ESTEEM

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Old Status Quo

Foreign Element

Chaos

Transforming Idea

Integration

Practice

New Status Quo

Awareness

Acceptance

Authorship

Articulation

Application

Activism

Altruism

7 A's

Self

Other

Iceberg

Behavior

Response

directs

Rules About Commenting

requires

Feelings

Defenses

evokes

Perceptions

Feelings About Feelings

activates

Expectations

Feelings

triggers

7 P's

Plans

Performance

Problems

Ma   Pa

Power

Kid

Pleasure

Possibilities

Pain

Blaming

Super-reasonable

Placating

Irrelevant

Congruence

Coping Stances

Meanings

elicits

Sensory Data

Yearnings

Nutritional

Emotional

Physical

I am

Intellectual

5 Freedoms

See and hear what is here

Say what you feel and think

Feel what you feel

Ask for what you want

Take risks on your own behalf

Interactional

Self Esteem Kit

Sensual

Mandala

Contextual

Spiritual

Model Of Interaction

Boundary of Human Experience

Context

Congruence

1) Health

- physical & emotional awareness
- consciousness about breathing
- nutrition & exercise as nurturance
- mental alertness

2) Relationships

- equalitarian
- contactful
- energizing
- valuing
- interactive

3) Performance

- relaxed
- focused
- motivated
- coachable

4) Contexts

- safe
- respectful
- responsive
- stimulating

Congruence

Self   **Other**

Context
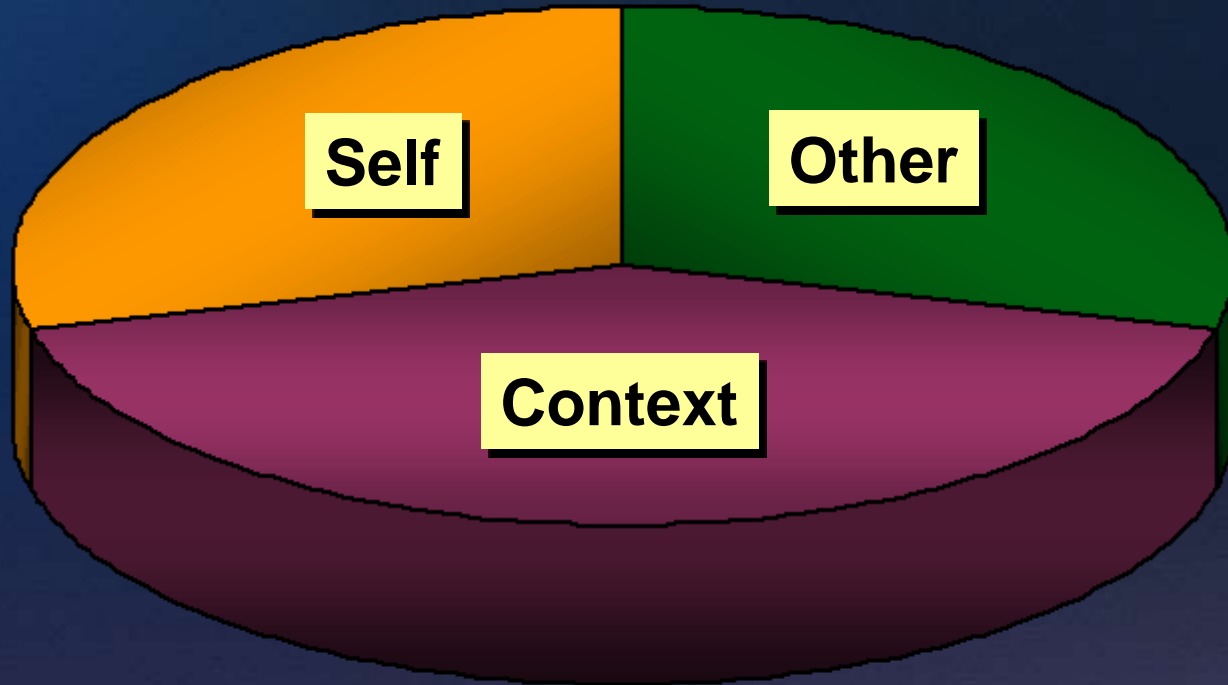
Promotes high self and system esteem

Satir's Recipe

- Resourcefulness

- Empowerment

- Congruence

- Inner system

- Patterns

- Externalization

Satir's Self Esteem Maintenance Tool Kit

Wishing Wand
Desires, Aspirations

Detective Hat
Analysis

Courage Stick
Risk Taking

Heart
Compassion & Feelings

Wisdom Box
Inner Truth & Guidance

Golden Key
New Possibilities

Yes-No Medallion
Boundary Definition

7 P's of System Health

- Pain ⟶ Grieving and Healing
- Pleasure ⟶ Celebrating and Recognizing
- Problems ⟶ Learning and Changing
- Plans ⟶ Creating and Envisioning
- Performance ⟶ Commitment and Competence
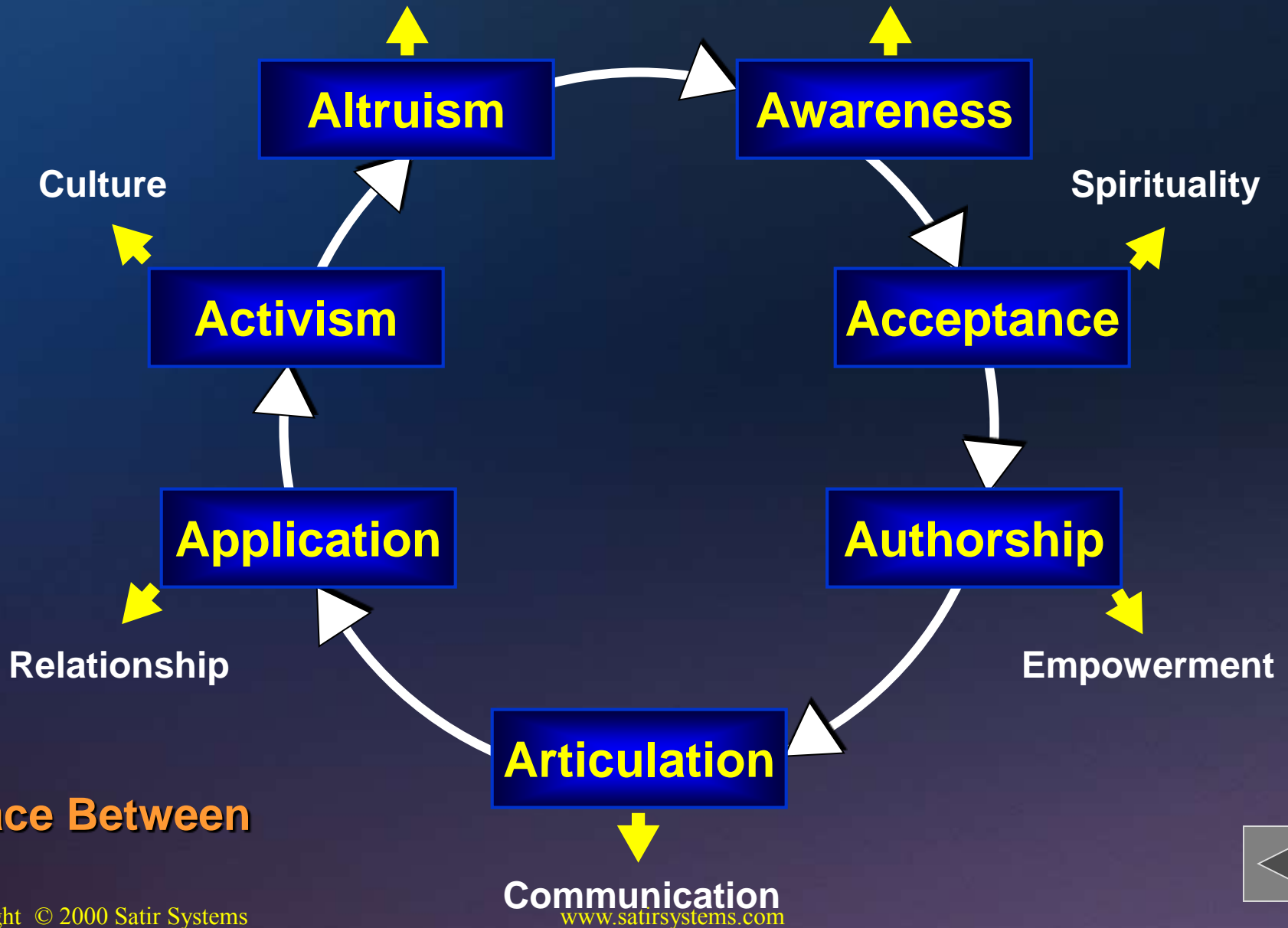- Power ⟶ Energy and Capability
- Possibility ⟶ Faith and Hope

The Seven A's

Peace Among

Peace Within

Abundance

Experience
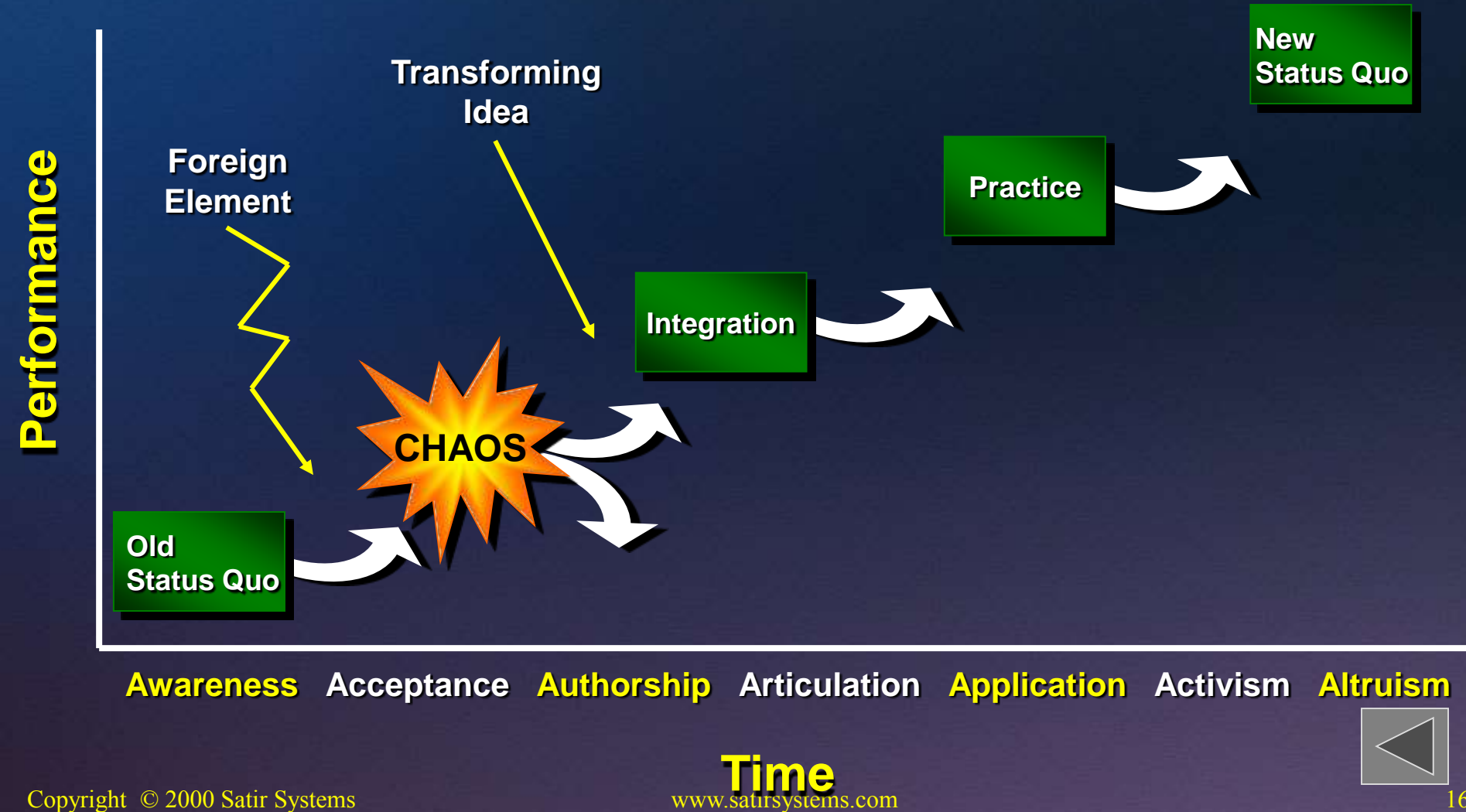
Altruism

Awareness

Culture

Spirituality

Activism

Acceptance

Application

Authorship

Relationship

Empowerment

Articulation

Peace Between

Communication

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Ingredients of an Interaction

Intake → Meaning → Significance → Response

Significance:
- Feelings
- Feelings about feelings
- Rules
- Defenses

Satir Institute of the Southeast
a not for profit organization (501-C-3)

Become involved!

Get information on training, sponsorship, scholarships, and donations to further this work.

Satir Institute of the Southeast, Inc.

87 South Elliott Road # 203

Chapel Hill, NC 27514 or

919-967-2520 or

JMcLendon@satirsystems.com

End of Presentation

Satir's Recipe

<u>R</u>esourcefulness – access self-esteem maintenance kit tools

<u>E</u>mpowerment – author new possibilities and choices

<u>C</u>ongruence – connect from positive authenticity

<u>I</u>nner system – surface the inner essence; it drives the outside behaviors

<u>P</u>atterns – family of origin interpersonal patterns for coping with – *pain, pleasure, problems, performance, plans, power and possibilities.* (7 P's)

<u>E</u>xternalization – externalize the inner world with multi-sensory methods

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Satir Systems

Models and Methods for Change and Growth

Based on the work of Virginia Satir

Presentation created for students of the Satir Systems Performance Development Yearlong Program