I AM
Yearnings
Expectations
Feelings about Feelings
Perceptions
Feelings
Coping Stance
Observed Behavior
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

SELF
MA
MIND
BODY
PA
OTHER
SPIRIT
KID
CONTEXT
Satir System Overview

- SPIRIT
- KID
- CONTEXT
- BELIEF/CONCEPTS
- SELF-SYSTEM ESTEEM

TOOLS
SELF
MA
MIND
BODY
PA
OTHER
VEHICLES
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

Promotes high self and system esteem
Satir’s Recipe

✓ Resourcefulness
✓ Empowerment
✓ Congruence
✓ Inner system
✓ Patterns
✓ Externalization
Satir’s Self Esteem Maintenance Tool Kit

Detective Hat
Analysis

Wishing Wand
Desires, Aspirations

Courage Stick
Risk Taking

Wisdom Box
Inner Truth & Guidance

Heart
Compassion & Feelings

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

- Awareness
- Acceptance
- Authorship
- Articulation
- Application
- Activism
- Altruism

Peace Among
- Abundance
- Experience
- Culture

Peace Within
- Spirituality
- Empowerment
- Relationship

Peace Between
- Communication
- Abundance
- Experience
- Spirituality
- Empowerment
- Relationship
- Communication

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Ingredients of an Interaction

Intake ➔ Meaning ➔ Significance ➔ Response

- Feelings
- Feelings about feelings
- Rules
- Defenses
The Satir Change Process

Performing

- Foreign Element
- Transforming Idea
- Integration
- Practice
- New Status Quo

Old Status Quo

- CHAOS

CHAOS

Time

- Awareness
- Acceptance
- Authorship
- Articulation
- Application
- Activism
- Altruism

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End of Presentation
Satir’s Recipe

**Resourcefulness** – access self-esteem maintenance kit tools

**Empowerment** – author new possibilities and choices

**Congruence** – connect from positive authenticity

**Inner system** – surface the inner essence; it drives the outside behaviors

**Patterns** – family of origin interpersonal patterns for coping with – pain, pleasure, problems, performance, plans, power and possibilities. (7 P’s)

**Externalization** – externalize the inner world with multi-sensory methods

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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