

# Northwest Satir Institute 2011 Workshop

“It is not stress but how stress is dealt with that determines the outcome.” –Virginia Satir

An introduction to the Virginia Satir system of growth and self care in personal and professional settings

March 5, 2011 9:00 am - 4:00 pm

Introduction and overview

- a) Metaphor of the personal Iceberg
  - b) “Forgiving Parents” The Iceberg in healing relationships - Video
  - c) Discussion and practice
- Lunch break (1 hour)
- d) “The process of change” – Video and discussion
  - e) “Teaching Family Therapy” –Video
  - f) “Temperature Reading”

Cost: \$75.00 Includes 6 CEUs

For information: Nancy Macdonald 206-362-2531 or [cdnbvr76@aol.com](mailto:cdnbvr76@aol.com)

Send registration form and check payable to:

Northwest Satir Institute,  
c/o P.O. Box 55711, Shoreline, WA 98155

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Registration for The Growth Process of Virginia Satir Workshop

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Professional Affiliation: \_\_\_\_\_