

The Virginia Satir Transformational SEED Model:

A SPIRITUAL / ENERGY / EFFICIENT / DIPLOMAT
Model & Theoretical System for
Helping Individuals, Families, Communities & Organizations,
Change, Grow and Heal – Becoming All They Can Be



AKAMAI UNIVERSITY

Institute for CAM Studies 

University For Becoming More Fully Human
Based on Virginia Satir Growth Model and Energy Therapy

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Founder & President of Energy Medicine Partnerships Intl.

Dr. Bulbrook worked closely with Virginia Satir for 16 years and launched her international teaching organization called Avanta Network in 1980 during her role as associate professor in nursing at the University of Utah. She was conference coordinator and visionary in partnerships with Virginia for this event.

From the base of 20 years practice and teaching of psychotherapy at the master and doctoral level, in the 1980's Dr. Bulbrook moved full time into the holistic health field but carried with her the influence of Satir that integrated into her evolved life path practice & teaching energy therapy based on these principles.



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Bulbrook - Satir SEED Model



ISSSEEM 2014

Dr. Bulbrook's Background Cont.

- Her energy therapy background includes worldwide leadership in the practice and teaching of Energy Medicine, Healing Touch, Touch For Health and Energy Psychology integrated with indigenous healers in multiple countries as she served on the board of directors for these four international organizations.
- Her life experiences offered a unique way of integrating seemingly diverse world views including integrating health and healing in the future.
- Mary Jo is a spiritual medical intuitive who follows her spiritual guidance and uplifts her worldview from a research perspective that is lived, and valued.
- This includes an introspective analysis of her experience within the dynamics of life.



Presentation Abstract



- Dr. Bulbrook has evolved the worldwide legacy of Virginia Satir, master teacher and practitioner, to a Transformational SEED Model. The heart-centered **SEED Model** stands for: **SPIRITUAL / ENERGETIC / EFFICIENT / DIPLOMAT**.
- Virginia's goal was to help and empower individuals, families, communities and organizations **CHANGE, GROW & HEAL**.
- The evolution is based on an analysis and research of the Satir classical model & related stories, literature, research & films recorded by her, others as well as personally experienced / witnessed during my 16-year journey with Virginia and 20-year journey in energy therapy that I combined and integrated with Satir training that has evolved into the reframed SEED model to what is presented here.

Initial Elements in Satir Training

- In 1980 a four week therapist training experience combined with personal growth, specific skills and techniques of both didactic and experiential learnings
- Using body awareness
- Congruence in communication
- Learning in triad symbolic of the family unit
- Understanding the context of personal life

The “triad” is the unit of change – you, me and us.” You, me and the child – the core family unit. The same principles hold true and is symbolized by the blue flame designed for the first process community in Park City, Utah for Virginia.

Blue stands for the throat chakra or energy center and is symbolic of the throat chakra - communication.



Triad

Original Avanta Network Logo
Used with permission

Avanta Network

- Virginia Satir original teaching arm was called Avanta Network
- After her death, the name was changed to:
- Their web site is <https://satirglobal.org/>



Background to the Presentation

- In June 2016 was a 100-year celebration of Virginia's Life and Legacy title "Becoming More Fully Human: The Evolution" was offered in Vancouver by the Satir Institute of the Pacific with over 11 countries represented.¹
- I was a guest presenter with Mary Leslie with a workshop titled: "Widening Our Lens, Deepening Our Practice: An Exploration of Energy Within the Context of the Teachings of Virginia Satir."²
- That experience prompted me to formally organize parts of her legacy as a energy therapy unique to her seemingly magical way of presenting her ideas and interventions in multiple countries with multiple individuals who had varying presenting health / illness conditions and student interactions teachings worldwide as well.



Satir Institute
of the Pacific



Experience

PRESENTED BY:



Satir Institute
of the Pacific

YOU WILL WANT TO
BE AT THIS EVENT

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WWW.SATIRCONFERENCE.COM

Conference Venue

Sheraton Guildford Hotel
15269 104 Ave, Surrey, BC
1-888-627-8063

For more information, please:

Website— www.satirconference.com
Email— conference@cordiscovery.ca
Phone— 1-250-572-5568



**2016 International
Conference**

**Transformational Systemic
Therapy**

**Virginia Satir—Transformational Systemic Therapy
“Becoming More Fully Human: The Evolution”**

With over 40 presenters and 8 countries, this conference will bring knowledge, experience and depth to facilitating profound and meaningful change with your clients. Based on the work of Virginia Satir, participants will explore and discover the dynamic use of Transformational Systemic Therapy with various topics.

Celebrating Virginia's 100th birthday, registrants will be invited to attend a luxurious gala dinner with entertainment and gifts. A gift of connection: among, between and within.

Pre-Conference—Thursday June 23, 2016

Jean McLeandon ~ Anna Low ~ Robin Beardsley

Conference—Friday June 24 to Sunday June 26, 2016

Dr. John Banmen ~ Dr. Judith Landau ~ Dr. David Schnarch

TITLE SPONSOR:



100 Years Celebration Satirs' Life

Becoming More Fully Human: The
Evolution

Vancouver, BC

June 2016

Satir Core Teachings



Virginia did the same things with everyone namely:

- 1. Examined the feelings and ideas one has about oneself – self-worth;*
- 2. Explored the ways people use to work out meaning with one another, which Virginia called communication;*
- 3. Described the rules people use for how they should feel and act which eventually develop into what Virginia call the family system,*
- 4. Presented the way people relate to others people and institutions outside the family, which I call the link to society.*

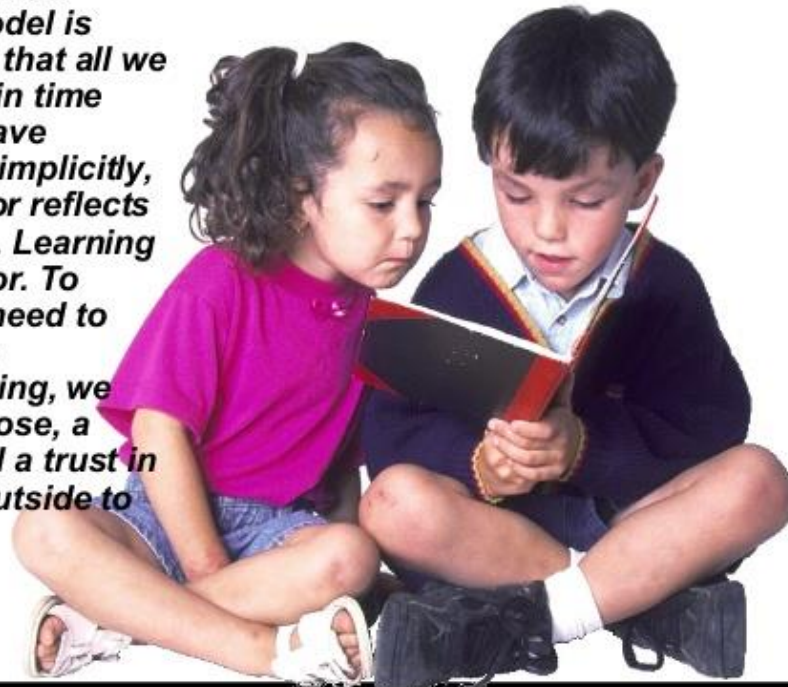
“No matter what kinds of problem first led a family into my office... I soon found that the prescriptions were the same. To relieve their family pain, some way had to be found to change these four key factors.”³

Human Process Validation

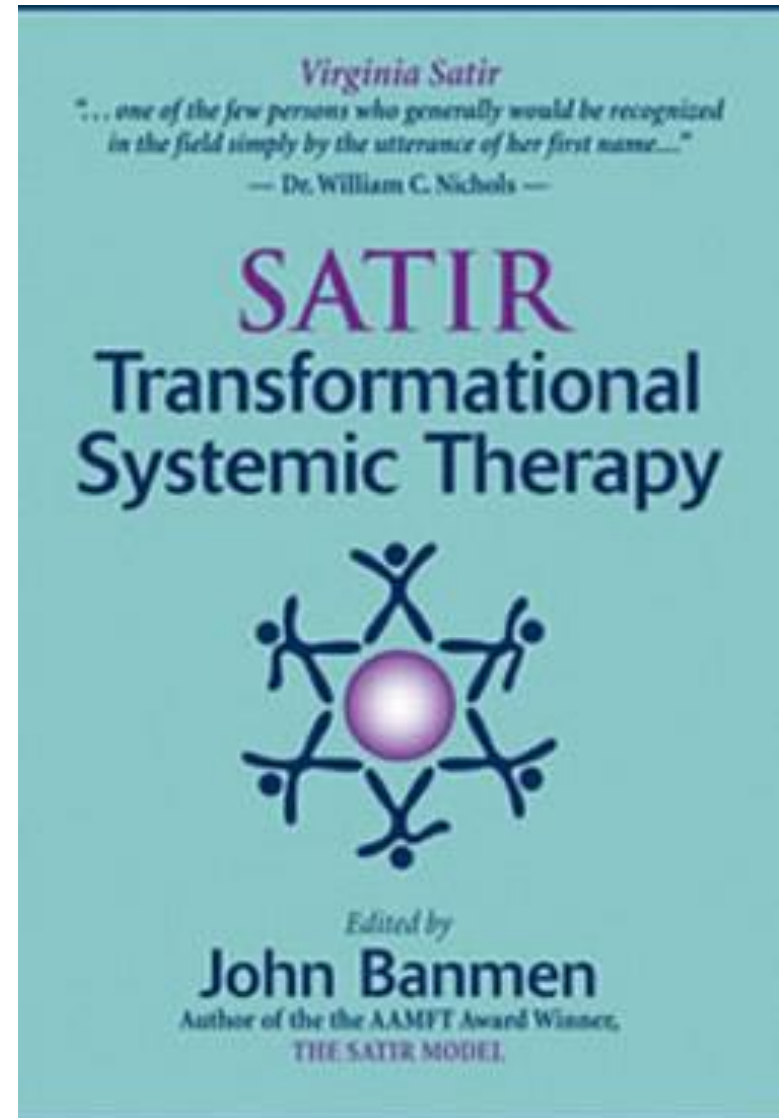


Satir's Beliefs from her notes

“My approach, the Human Process Validation Model is based on the premise that all we manifest at any point in time represents what we have learned, consciously, implicitly, cellularly. Our behavior reflects what we have learned. Learning is the basis of behavior. To change behavior, we need to have new learning. To accomplish new learning, we need a motive, a purpose, a nurturing context, and a trust in something from the outside to help us.”



John Banmen Virginia's Life Work



John Banmen's Comments on Satir Transformational SEED Model Goals₄

- **Raise Self Esteem –**
Level of one's essence
- **Become a Choice Maker –**
To health, happiness, peace and love
- **Become Responsible –**
Take charge of your life
- **Become Congruent –**
Say what you mean and do what you say

Satir Techniques

Process

- Sculpture
- Metaphor
- Drama
- Reframing
- Humor
- Touch

Specific Tools

- Communication Stances
- Family Stress Ballet
- Simulated Family
- Ropes as Therapeutic Tool
- Anatomy of Relationship
- Family Reconstruction

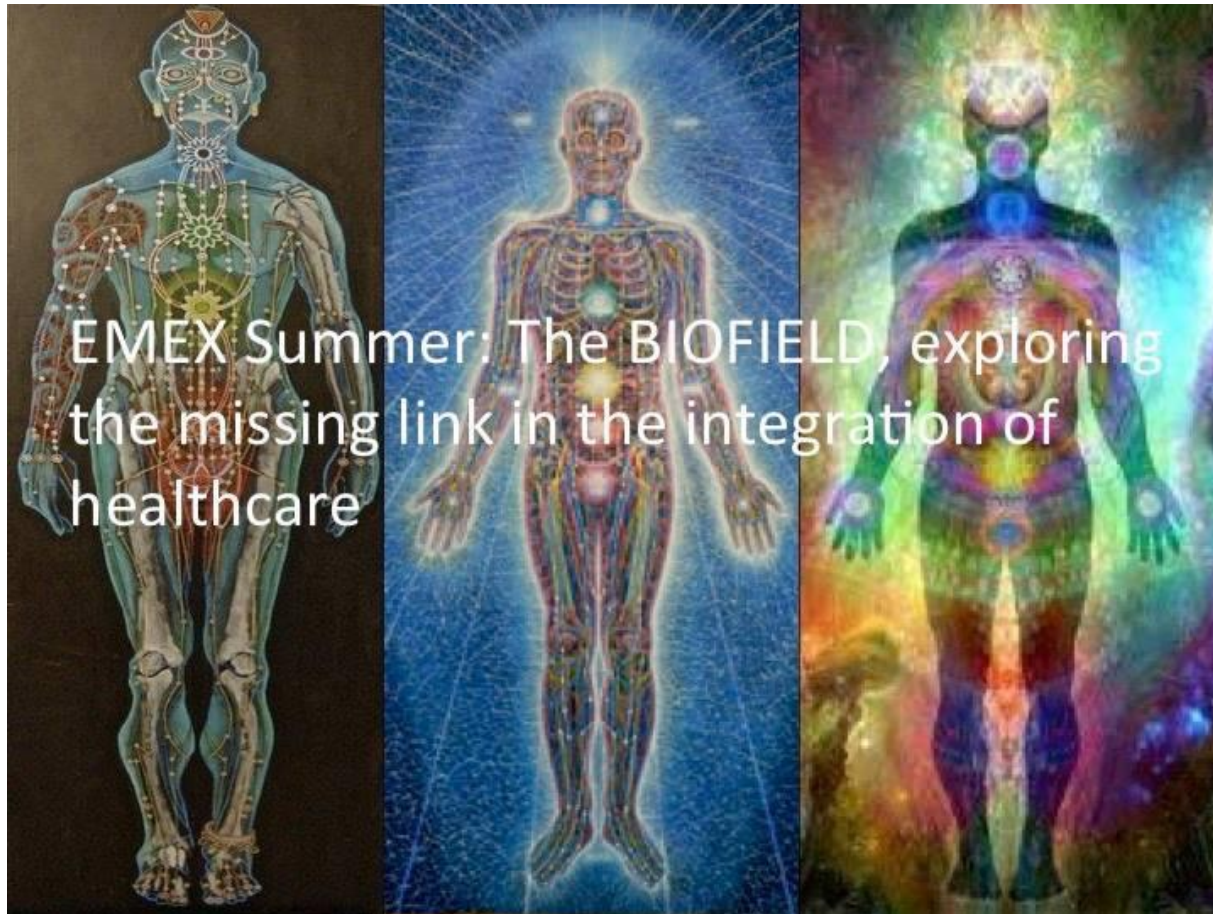
Banmen's Analysis of Satir's Work₄

- Experiential – Life Energy experienced in present and not past to energetic shift
- Systematic – intrapsychic and interactive
- Positively directional – reframe perceptions, generate possibilities
- Change focused – transformational change to get to a new place
- Self of the therapist – congruent therapist essential for clients to access their own spiritual life energy

Health Care Evolution

- Health care was and still is dominated by a medical-disease model of care including psychiatric situations.
- A psycho-social model that supplemented traditional care of psychiatric conditions evolved and was the main presenting framework during Satir's professional career.
- Virginia evolved a transformational systems theory of social / psychological / spiritual model of care that has evolved into the transformational SEED model I am presenting here.

Energy Medicine Exchange A Resource for SEED Model⁵



Satir Training Goal

Virginia transformed lives using a general systems approach of her day which was in fact simply contacting a persons spirit through a heart – centered approach to support Integrative Health.

She focused on achieving for all persons:

*“Peace Within,
Peace Between &
Peace Among.”*



VIRGINIA SATIR

PEACE WITHIN
PEACE BETWEEN
PEACE AMONG

Meditations of Virginia Satir



Peace Within, Peace Between, Peace Among

Edited by
Dr. John Banmen

Meditations have to come from a state of love.....

Therefore, before I lead a meditation, I need to prepare myself to be in that state of love and caring...so it is not only what you say, but what state you are in.

I sit down, relax and give myself permission to move into my own intuitive state before leading a meditation.

Most of the time, all I need to do is center myself, and I am connected with my inner source of energy, my life force.

(John Banmen, 2003) 6

Satir Eight Dimensions

Basic Inside

- Physical
- Emotional
- Mental
- Spiritual

Connecting Outside

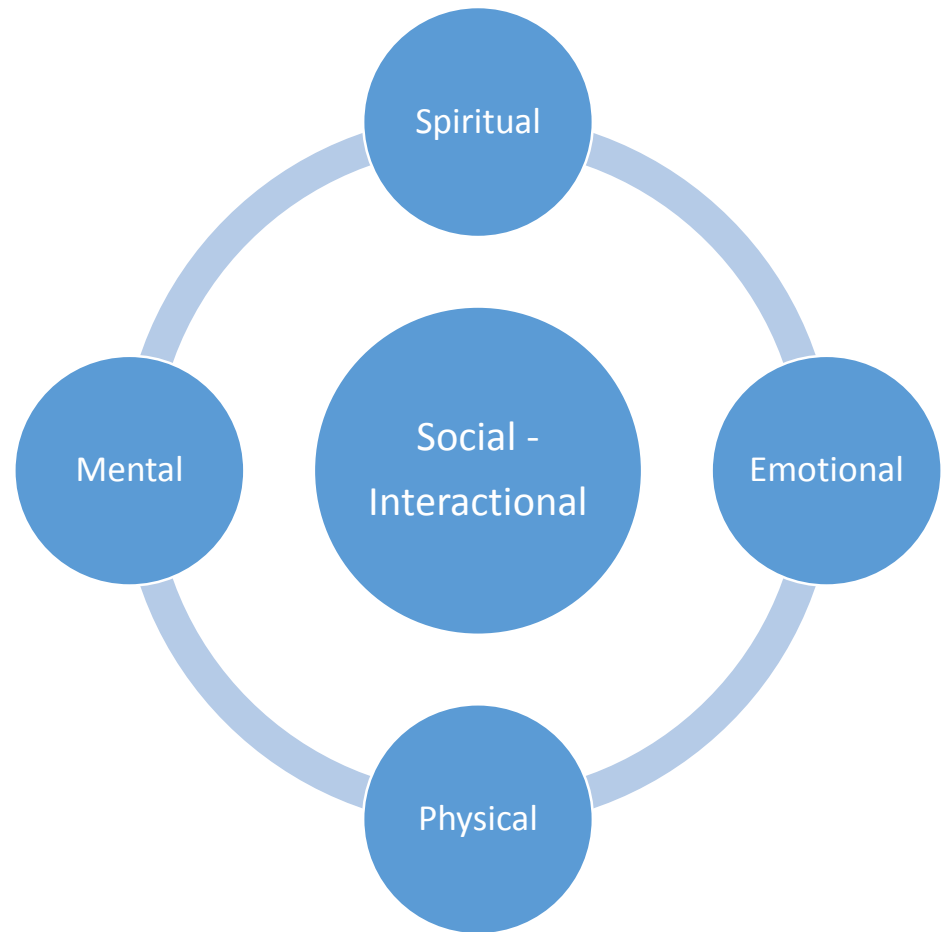
- Sensual
- Nutritional
- Interactional
- Contextual

General Systems Theory

- This treatise will comment on Satir's influence as a general systems theorist and serve to outline her influence using Energy Therapy.
- Ludwig von Bertalanffy in the 1950's created the general systems theory as a way of organizing data universally with applicable principles and laws would hold true regardless of the kind of system under study.⁷
- Virginia's work was / is spiritual getting at the core or the term of her day was "life force."
- Transform means to change completely the appearance or character of something or someone, especially so that that thing or person is improved.⁸

Integrative Health Dynamics

- ❑ Spiritual – love, value, pray, meditate
- ❑ Physical – nourish, rest, eliminate, build
- ❑ Emotional – feel, sense, connect, express
- ❑ Mental – think, create, study, process
- ❑ Social – link, connect, focus, build



Virginia Ahead of Her Time

- Understood the mechanism of change even though the language of her day did not understand energetic manifestations in communication.
- Practiced through gentle touch and congruent communication accessing blocked doorways in our lives through multiple timeframes.
- Taught others through a heart center loving approach to LEARN new ways to BE in the world rather than psychotherapeutic manifestations.

ENERGY THERAPY

[National Cancer Institute at the
National Institute of Health](#) ⁹

[National Center for Complementary and Integrative Health \(NCCIH\)](#)

Integrative Medicine

There are many definitions of “integrative” health care, but all involve bringing conventional and complementary approaches together in a coordinated way.

The use of integrative approaches to health and wellness has grown within care settings across the United States.

Researchers are currently exploring the potential benefits of integrative health in a variety of situations, including pain management for military personnel and veterans, relief of symptoms in cancer patients and survivors, and programs to promote healthy behaviors.



NCI is the nation's trusted source for cancer information

Definition of Energy Therapy

A form of complementary and alternative medicine based on the belief that a vital energy flows through the human body.

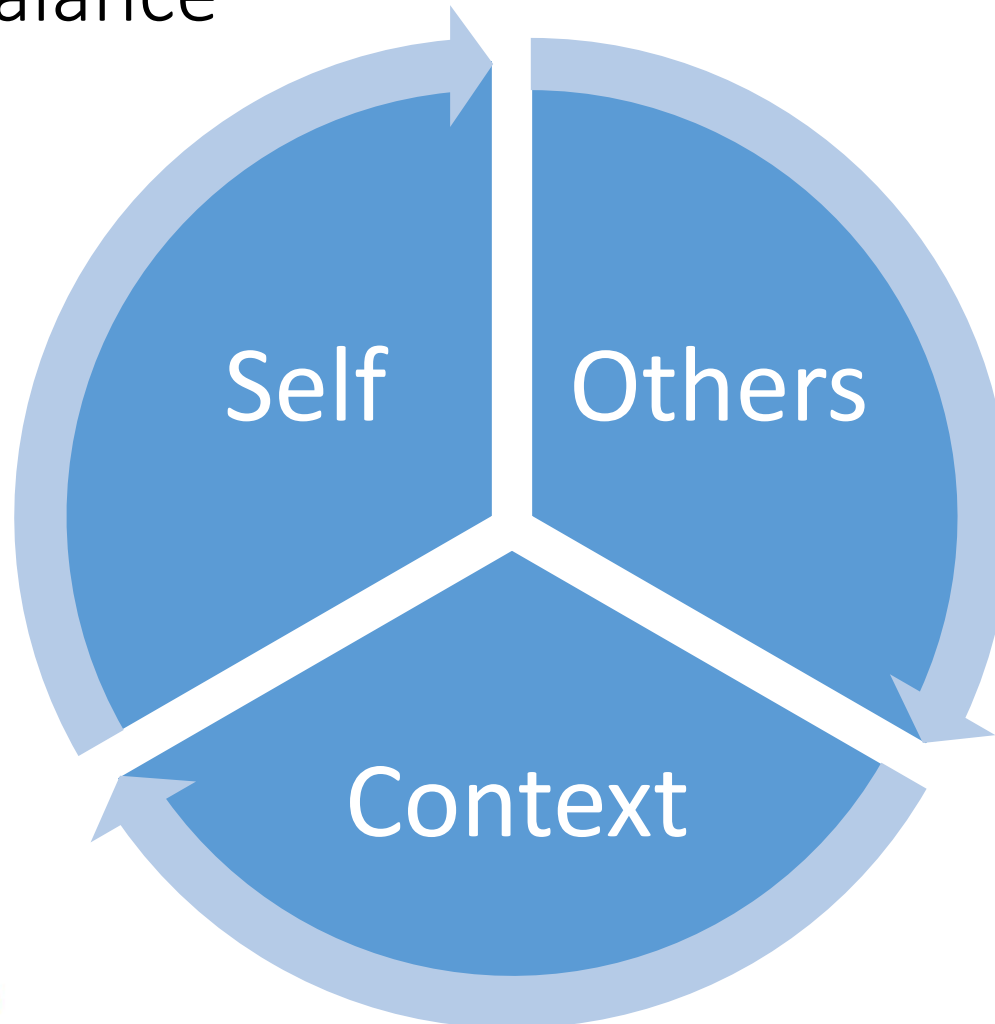
The goal of energy therapy is to balance the energy flow in the patient. It is used to reduce stress and anxiety and promote well-being.

Energy therapy is being studied in patients receiving cancer therapy, to find out if it can improve quality of life, boost the immune system, or reduce side effects. Also called energy healing.

Energy Therapy

- From General Systems Theory to Energy Therapy is a big change.
- The major difference is utilizing the science of biology and physics that form the background of the mechanism of transformation within the self and community.
- Energy Matrix concept incorporates the current thinking about how we are all connected and how change is possible.

Elements of Congruence Achieve Balance



Satir & Energy Therapy

Virginia learned how to shift energy within clients by connecting the souls together – from her soul to the clients within a family context as that was the key learning shaping our destiny.

She did not have the language of the energy system as now understood but was spiritually guided to influence a person energetically within the Self, Other & Context – the three components of the change process.

Evolved Satir SEED Model

Classical description of Satir Seed Model is reframed and evolved by
Dr. Bulbrook/s as:

Evolved Satir SEED Model **Spiritual Energy Efficient Diplomat**

Why do I propose this change?

*The change supports the current research and theory on the
laws of neuroscience, physics & biology.*

Classical Description Satir Seed Model



Virginia says:

“Parents need to be good gardeners...

They never say to the seed:

‘Listen, if you don’t grow in the way I want you to grow, I am going to throw you out.’

They take that initial seed and they say:

‘Now, I am going to find out what the growing conditions of this are... what is the light, fertilizer, temperature...’

That is what I would like to see people do with children...”

Satir SEED Therapist / Practitioner

Spiritual Energy Efficient Diplomat

- To make changes within and without we MUST examine the Life Energy of the person to support transformational change using the Satir process to evolved to a new place in your life and open to new possibilities.
- Dynamics of a persons life is controlled by the energy manifestations within them and without or their influenced by multi-dimensional time references
- Relationships are influenced by the Energy Matrix connecting all things within and without
- That is why I reframed Satir's SEED Model based on Energy Therapy innovations.

Satir's Congruence "Diplomat Process"



- *Communicate clearly*
- *Cooperate rather than compete*
- *Empower rather than subjugate*
- *Enhance individual uniqueness rather than categorize*
- *Use authority to guide and accomplish "what fits" rather than force compliance through the tyranny of power.*
- *Love, value, and respect themselves fully*
- *Be personally and socially responsible*
- *Use problems as challenges and opportunities for creative solutions...¹⁰*

8 C's Skills & Quality of Satir Diplomat Training

- Commitment
- Congruence
- Compatibility
- Competence
- Co-operation
- Compassion
- Consciousness
- Community

Spiritual Dynamics Expanded

Spiritual aspects of life is part of the energy matrix of the interconnectedness of all things.

Healing hands from a centered heart connection



Heart Power with Gregg Braden

Power of the Heart
To Create Destiny

“A field of energy affects all living things.
We are connected.
We are ONE.”

Scientific Evidence of
Sept 11, 2001

Reshaped destiny Braden is 2016
Templeton Prize Nominee – visionary,
scholar & scientist



Verbal permission to use this quote from
Gregg Braden given to MJB on Sept. 18, 2016
at the I Can Do It, Hay House Conference in
Phil. PA



Resilience from the Heart

Gregg Braden

Eminent scientist, best selling author and visionary

Preface to the new edition:

Resilience from the HEART

2015 from Hay House



“How do I make life better for myself and my family.”

This is the identical question Virginia asked which she was the leader in shaping mental health care to become a family oriented growth model vs. illness care.

Dr. Braden reports: “A new discovery of brain-like cells – sensory neurites – located within the human heart... is the portal to heart wisdom and our deepest levels of our intuition, as well as a gateway to the subconscious mind.”

<https://www.youtube.com/watch?v=UEu0mU74Z9Q>



In Virginia's own words how she came to develop family therapy

Personal story told to Mary Jo during one of
her intimate sharing's.

- As Virginia was interviewing a woman she thought she needed to see her husband to get a true picture of what was going on in the family that might influence her client's care.
- While she was interviewing both of the parents, as the husband talked, Virginia visualized the son on the fathers back illustrating the burden he was carrying that was influencing the entire family dynamics. Virginia then knew their son also needed to come for treatment. She postulated that what affected one member in the family the entire family was influenced.
- Hence for Virginia, family dynamics and family therapy became the essence of care of individuals.
- As Virginia started seeing entire families which for the day was not part of established psychiatric care, the visualizations continued to aid her in her work. She spiritually made contact with people at very deep levels.

Resilience from the Heart

Interview with Dr. Greg Braden with cyacyl

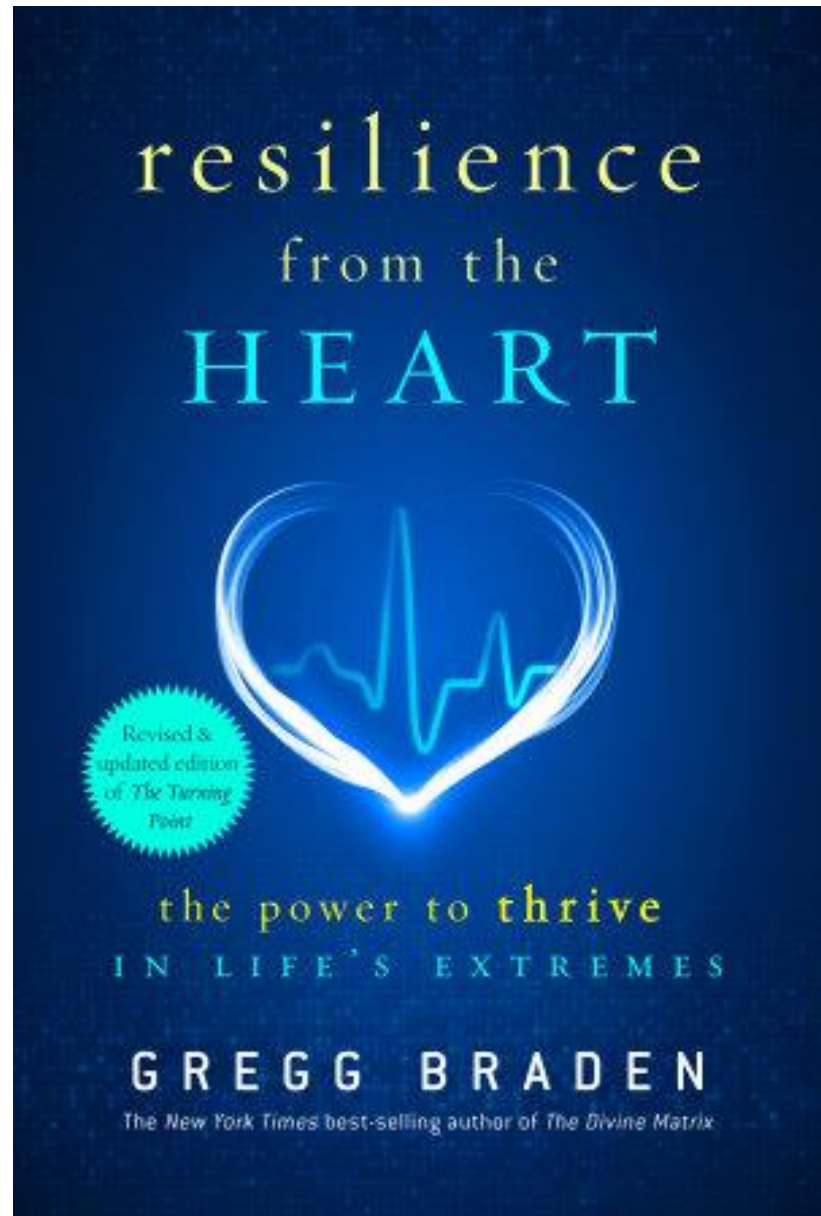
Feb. 4, 2016 on U Tube¹³

<https://www.youtube.com/watch?v=UEu0mU74Z9Q>



Change Your Attitude, Change Your Life Show Antonia Hagens host on MasterpieceLife March 3, 2016 ¹⁴

<https://www.youtube.com/watch?v=qpCg3opRrXg>



Science & Satir
on the same page



Awaken to the power of merging the brain and the heart to make decisions that are true and meaningful for you in all times and all situations

<http://www.hayhouseu.com/courses/wired-to-thrive-online-course-hhu> 15

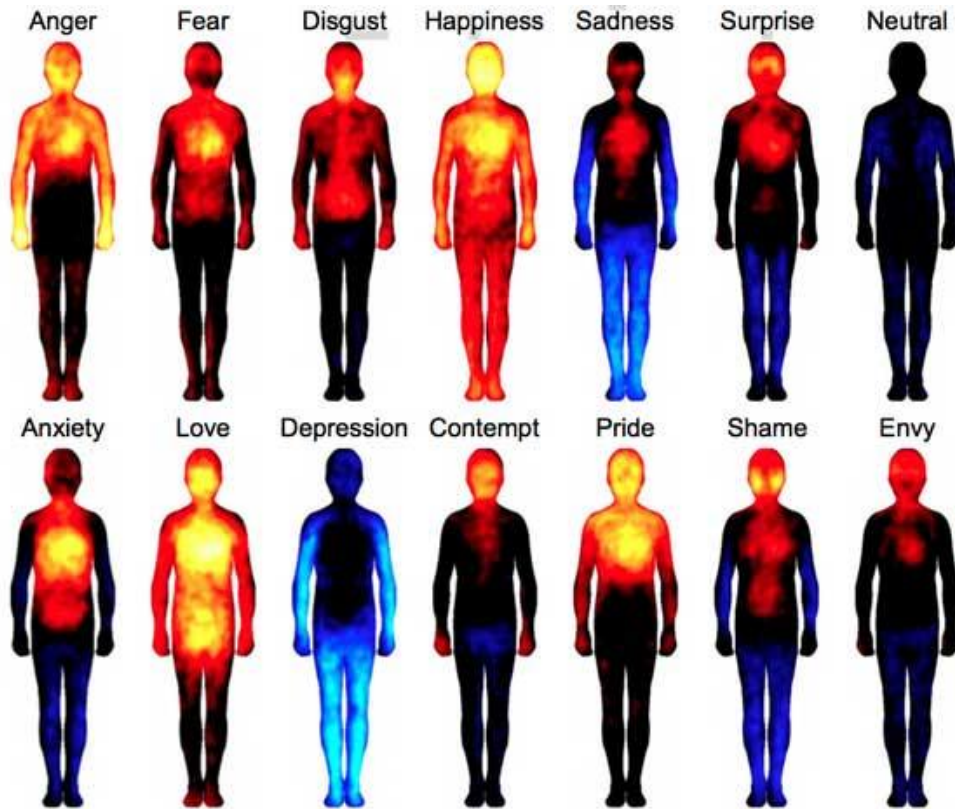


Energetic Matrix

We are all connected by an energetic matrix. Virginia understood that intuitively and practiced working with individuals from that frame of reference.

Modern physics confirms the magic of wave transmission and transformation. Learning how to access the source information of energy patterns that influences our lives is critical to this reshaping our destiny.

Mapping How Emotions Manifest in the Body – Hearing Bodies Talk



- Finnish Researchers published in Proceedings of the National Academies of Sciences say emotions influence our bodies in consistent ways.
- 5 experiments
- 701 participants asked to color the bodily regions whose activity they felt increase or decrease while viewing each intense emotional stimulus
- Emotions generated by reading short stories or watch movies.

The Atlantic Monthly Group 2014 copyright

www.theatlantic.com/health/print/2013/12/mapping-how-emotions-manifest-in-the-body/282713/ 16



Power of the Emotion Love

Loveability:

Knowing How to Love and
Be Loved 17

by

Dr. Robert Holden

Simply stated as outlined
in the chapters:

- Love is your destiny
- Love is who you are
- Love has not conditions
- Love knows no fears
- Love is the answer



Virginia
operated by
Love -
notice how
LOVE is
manifested
in the body
as recorded
by the
Finnish
Research.

Love



My Stroke of Insight: A Brain Scientist's Personal Journey

Dr. Jill Bolte Taylor ¹⁸

- Harvard trained neuroanatomist scientist describes her 7 year journey when her left brain function stopped
- One of her older brothers was diagnosed with schizophrenia at age of 31 but showed signs of psychosis prior to that
- What was and what was not helpful to communicate to her

*What Dr. Bolte Taylor suggests are tools that Virginia used to connect with her “mental health” clients, groups, and organizations in helping them change and grow. **We MUST reach them, not blame or shame them.***

She searched how to take her dreams and connect them to reality vs. stay in delusions.

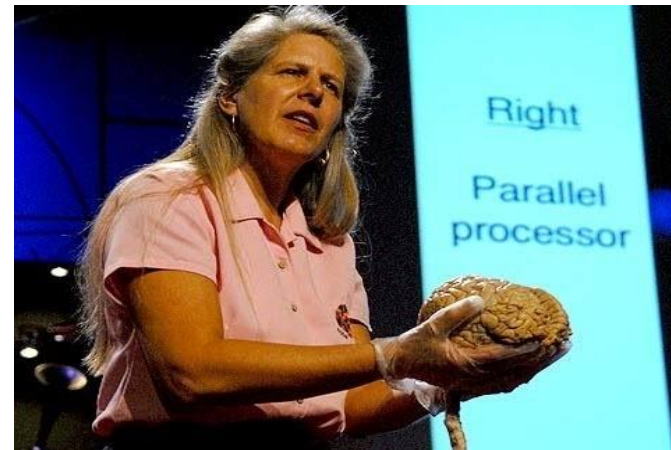
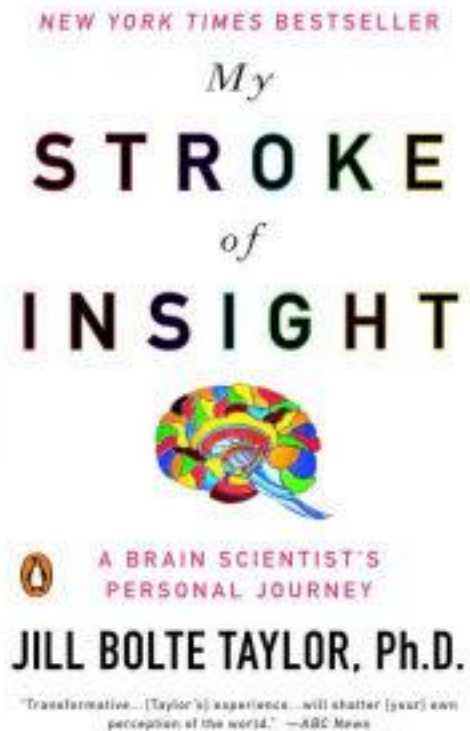
Her insights:

- Take responsibility for the energy you bring to the person such as to soften your brow & slow down your movements.
- Approach each person with reverence.
- Be truthful & gentle, connect with the individual, look them in the eye, speak with permission to him / her, have patience, be aware of your body language and your facial expressions.

Dr. Jill Bolte-Taylor

Ted Talks Video on U-Tube ¹⁹

https://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight?language=en



The Structure of Magic

Richard Bandler & John Grinder with introductions by Virginia Satir & Gregory Bateson 20

Neuro-linguistic Programming

A Book about Language and Therapy

The amazing healing wisdom of energy medicine – an integral health way of healing body, emotion, mind and spirit



Healing with Language: Your Key to Effective Mind-Body Communications

Joel P. Bowman & Debra Basham expanding NLP ²¹

Creative Skills for Understanding & Influencing Yourself & Others

Change Personal History Exercise Outline:

1. Identify the imprint of unwanted behavior, or feeling and anchor it kinesthetically.
2. Find a powerful, positive imprint.
3. Find the required resources.
4. Create & install a new memory.
5. Bring the new memory into the present.
6. Futurepace the new memory's continuing influence.



Meditations of Virginia:
Peace Within, Peace
Between, Peace Among

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Edited by Dr. John Banmen p.3



Meditations have to come from a state of love.....

Therefore, before I lead a meditation, I need to prepare myself to be in that state of love and caring...so it is not only what you say, but what state you are in.

I sit down, relax and give myself permission to move into my own intuitive state before leading a meditation.

Most of the time, all I need to do is center myself, and I am connected with my inner source of energy, my life force.

Virginia's Comments on Spirituality

Recorded in THE NEW PEOPLE MAKING,
Satir 1988

Reported in an article by Mary Jo Bulbrook
titled "Healing Occurs When Two Energies
Unite," Honoring the Life and Work of
Virginia Satir

Healing occurs when two energies unite is the hallmark expression of the phenomena that occurs as Virginia touched the life of a person. Virginia's goal and vision was to use her whole being and becoming to help individuals, families and groups grow to a new place.

She reports that in her many years as a therapist often getting the 'untreatable' from others practice, she noticed that the person changed and got better. She attributed this change to:

"I was working to contact their spirits, loving them as I went along. The question for me was never whether they had spirits, but how I could contact them. That is what I set out to do. My means of making contact was in my own congruent communication and modeling that went with it.

It was as through, I saw through to the inner core of each being, seeing the shining light of the spirit trapped in a thick black cylinder of limitation and self rejection. My effort was to enable the person to see what I saw, then together, we could turn the dark cylinder into a large, lighted screen and build new possibilities.

I consider the first step in any change is to contact the spirit. Then together we can clear the way to release the energy for going toward health. This too is spirituality in action."

(Satir 1988 pg 340, 341)."

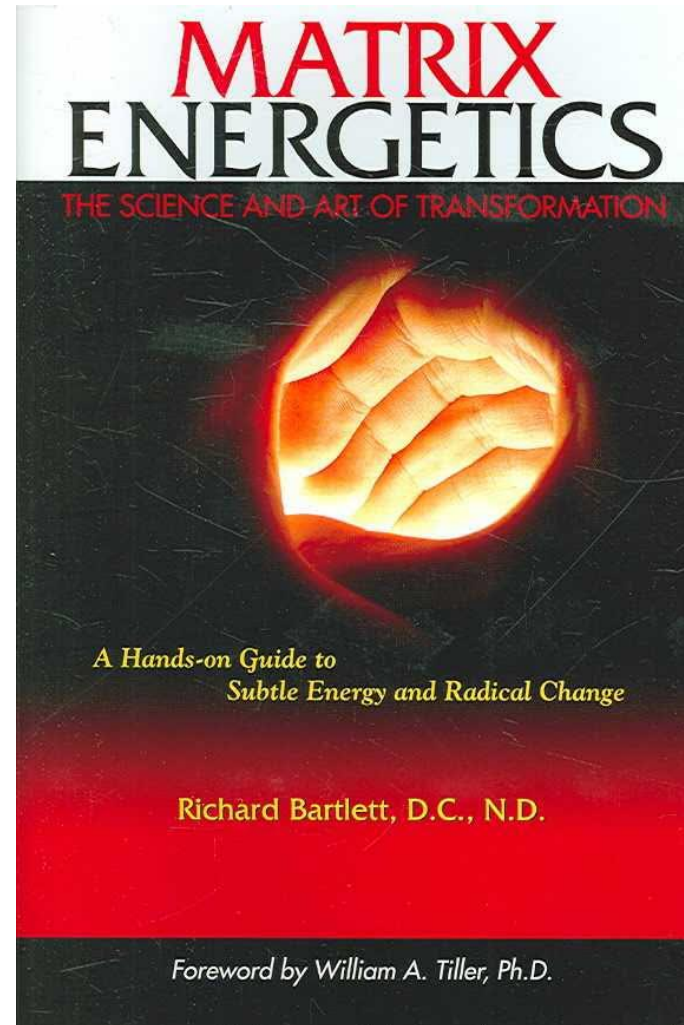


Matrix Energetics ²³

The Science & Art of Transformation by Richard Bartlett

Dr. Bartlett discovered that by lightly touching his clients while at the same time applying focused intent, he could restore them to a physically, mentally, and spiritually balanced state. This occurred instantly shifting misalignments that the person had for years. He reports that astonishing of all, he could teach anyone how to do this!

Virginia held the intention that all clients are worthy of love. She touched their spirits and held the highest intention for them to heal, increase their self work and become whole.



Virginia on Spirituality

Right before her death when John Banmen was interviewing Virginia she shared she was channeling. She asked John to not share that in the book.

When asked if we were now able to share her comment John said it was now time to do so.

Permission given to Mary Leslie as reported at the 100th year celebration of the life of Virginia Satir Conference. 2

- People marveled at the incredible changes individuals and families made. Most were unaware of the full impact of Virginia's highly developed ability to perceive information at various levels of consciousness.
- Virginia's intuition included visually seeing pictures embedded in the energy fields that surrounds all living things as illustrated by seeing the son hanging onto the fathers back in the first clinical work suggesting the need for seeing the whole family.
- Although at the time this phenomena occurred, Virginia didn't understand why or how the visualizations happened. She just know the insights furthered the therapy process for the client. In providing clinical care, the role of "hunches", or intuition is underplayed!
- Throughout the years I encouraged Virginia to be come more public about her "visions" that helped her to become the master therapist she was.

Dimensions of Spirituality

Bulbrook Additions

Energetic Dimensions

Within

- Energy Centers
- Energy Field
- Energy Tracts
- Hara Alignment
- Core Star

Energetic Interactions

Without

- Unwanted Energies
- Fragmented Energies
- Spiritual Attunement

Bulbrook / Satir Interface

**Within –
Inside the Self**



**Without –
Energetic
Connection to
Others through
Energy Field and
Chakras**

Energetic Manifestations of Satir's Communication Stances

Satir Message & Description

- Blamer
- Placator
- Super Reasonable
- Irrelevance
- Leveler - Congruent

Inside

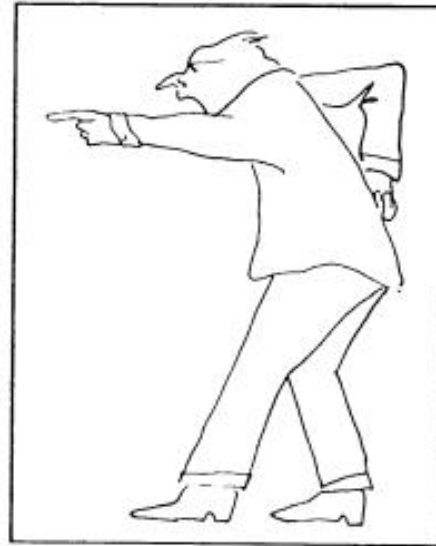
Bulbrook's Descriptions

- Field Descriptions
- Chakra Descriptions
- Potential harmful impact on receiver

Energetic



Classic Satir
Communication
Styles Pictures 24



Blame



Compute



Distract

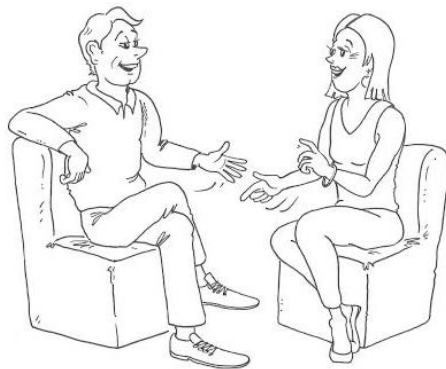


Plakate



Communication Styles

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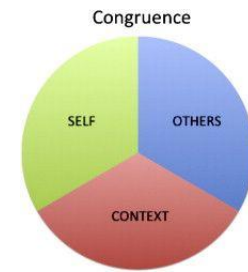
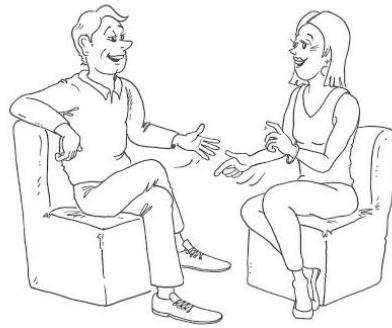


Virginia Satir Stances & Communication Framework



Picture	Stance	Represents	Posture	Used for
	Thinker or Computer Super Reasonable	Intellectual Without Feelings Dissociated	Hand on face with index finger extended. Arms could be folded in front and crossed over heart	Appear wise, smart about a topic or could be disassociated from emotional attachment to information
	Irrelevant or Distractor	Moving in many directions at once from topic to topic Spontaneous Not clear boundaries	Arms and hands in different directions Asymmetrical	Lightens things when they are to serious Can add humor to make things easier
	Blamer or Critical Stance	Control Power Dominating	Finger pointing. Hands on hips. Leaning forward in a superior position. Loud voice.	I am right. Get a point across. Authority
	Placator	Helpless Follower Service	Head slightly titled up with apologetic look Hands or palms up.	Giving in to someone's else opinion or authority Pleading to get out of trouble

Congruency



Clear communication, called “leveling” or “flowing,” heals ruptures, breaks impasses, and builds bridges between people.

Message: The effect is congruence and says “I like you.” The voice is warm and the person looks at you. The message is single and straight and represents a truth of the person at that moment.

Inside: The words match the facial expression, body position and voice tone. Relationships are easy, free and honest with self-esteem high.

(Satir, The New People Making. 1988. p. 93.)

Bulbrook's Energetic Description of Leveler

Able to hold your ground. Clear in communicating needs. Set physical and emotional energetic boundaries. Meets a person at the level they are.

Field Description of a Leveler

Physical, Emotional, Mental, Spiritual – Open and flowing with clearly defined boundaries.

Chakra Descriptions of a Leveler

All chakras are about equal, open and flowing allowing for the energy to come in and go out easily.

Potential impact of a Leveler / Clear Communication on receiver

Enhances the flow of energy for the other person.

Clear communication helps things to grow.

Blamer Defined



Satir Communication

The Blamer finds fault, is a dictator, or boss who acts superior.

- Message: “If it weren’t for you, everything would be all right.”
- Internal feeling is tightness in muscles and organs with increase in blood pressure. The voice is hard, tight and often shrill and loud.
- Message: Body accuses “I am the boss around here.”
- Inside: “I am lonely and unsuccessful.”
- Blocks: Others are blocked.

Bulbrook’s Description

Energetic bullets attack a person that can be taken in at vulnerable spots in their energy system.

Elaboration: A blamer energetically attacks another person with varying intensity. This impacts their energy system as well as the senders energy system including: energy field, energy centers, energy tracts, hara line, core, earth and soul stars either creating holes, tears, shattering or disruptions in energy.

The receiver of blame can experience varying amounts of pain if they are unable to block, or shield themselves from the energetic targeting.

The blamer can operate with malicious intent or with benevolent intent.

(This seems like an oxymoron, but in reality means the person unknowingly sends hurtful energetic flow to another out of awareness. This is quite different from someone who has intent to harm another.)

Blaming creates a vulnerability to outside energetic energies in a weakened energetic state.

Placator Defined



Satir's Communication

Stances

A placator (hands up and begging on their knees) is ingratiating, pleaser, apologizing, and never disagrees no matter what.

- Message: "I am helpless" in a victims posture.
- Inside: "I feel like a nothing; without you I am dead. I am worthless."
- Blocks: Self is blocked.
(Satir, *The New People Making*. 1988. p. 85.)

Bulbrook's Energy Description

Energetic pleading and sucking energy with a result of blocking the self energetically.

Elaboration – The placator has a weak field with little or no boundaries.

The heart is open wide and others may walk all over it taking advantage of the person who keeps giving and hoping to be accepted or fit in with the crowd.

Ideas are kept to the self and if challenged the person will easily back down.

Super Reasonable



Satir's Communication Stances

The computer is very correct, very reasonable and shows no semblance of feeling.

The person seems calm, cool and collected, dry, often cool and detached. Voice is dry monotone and words are likely to be abstract.

The body computes. The person blocks out the self and the context.

- Message: is "I'm calm, cool and collected and have all the answers."

- Inside: the person feels vulnerable.

Bulbrook's Energy Description

- Blocks out others and the context through creating interpretable boundary.
- Field Description of a Super Reasonable
- Physical – Rigid energy & stony.
- Emotional – Not flowing, blocked and hard shell.
- Mental – Closed, thinking is rigid.
- Spiritual – Unavailable, undeveloped with holes.

Irrelevancy



Satir's Communication Stances

Whatever the distracter does or says is irrelevant to what anyone else is saying or doing.

This person doesn't respond to the point.

- Message: "I am off somewhere else."
- Inside: The person is feeling: "Nobody cares, there is no place for me here."



Bulbrook's Energy Description

Not grounded, does not make sense and jumps around in communication.

Elaboration – Blocks out the self, other and context therefore the flow of energy is irrational and the circuitry is not wired up properly.

Field Description of Irrelevancy

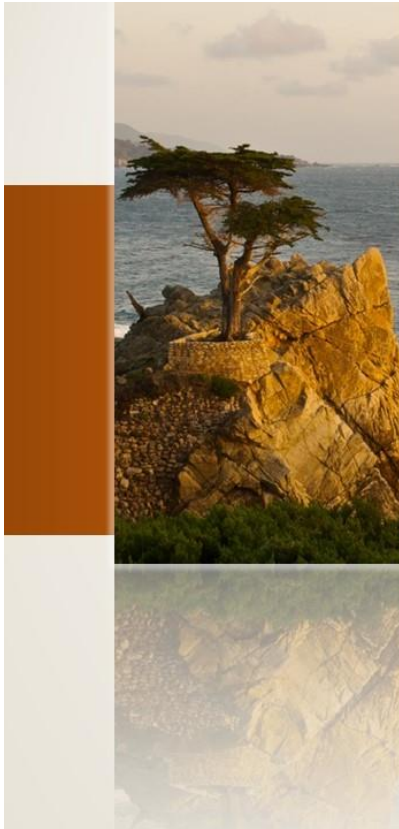
Physical – Non-existent or close to the body what little is there.

Emotional – frazzled and off center.

Mental – Gaps, some huge.

Spiritual – Not connected.

Integrating Satir SEED Model & Bulbrook's Energy Therapy



Helping Individuals & Families Change

The Magic of Virginia Satir with Energy Therapy

Part 1: Becoming You

Filmed in Perth, Western Australia at
Edith Cowan University



Healing From Within & Without

Bulbrook, MJ, Film Series 1990 from Perth,
Western Australia at Edith Cowan University

- Based on the combination of the work of Virginia Satir, renown expert in family care with Dr. Bulbrook's pioneer work in body, emotion, mind and spiritual health and healing titled: Healing From Within and Without.
- The three-part series is: Becoming Your, Shaping You and Becoming Well
- Includes original film footage of Satir at the Edith Cowan University in the 1970's that was interwoven into Dr. Bulbrook's filmed theoretical model in 1990's.



**Blending Satir &
Energy Medicine
Process for
Growth &
Change 26**

*Free the Self
From the inside
out!*

Filmed in Perth, 1990
Western Australia at
Edith Cowan University



Part A – Becoming You

- Who are you? What are your innermost needs?
- What is getting in the way for becoming who and what you want to be?
- Explore through experiential techniques ways to unlock those secrets

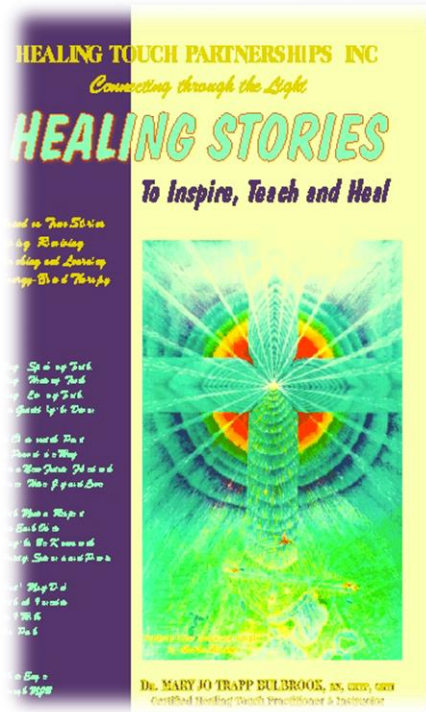
Part B – Shaping You

- What forces have shaped you to become who you are?
- In order to create a new future, hidden hurts, pain and anger may need to be released.
- Release the past and be released.

Part C - Becoming Well

- What isn't working in your life?
- How are you limited physically, mentally. Emotionally or spiritually?
- This concrete program is designed to pinpoint needed change and ways to become well.

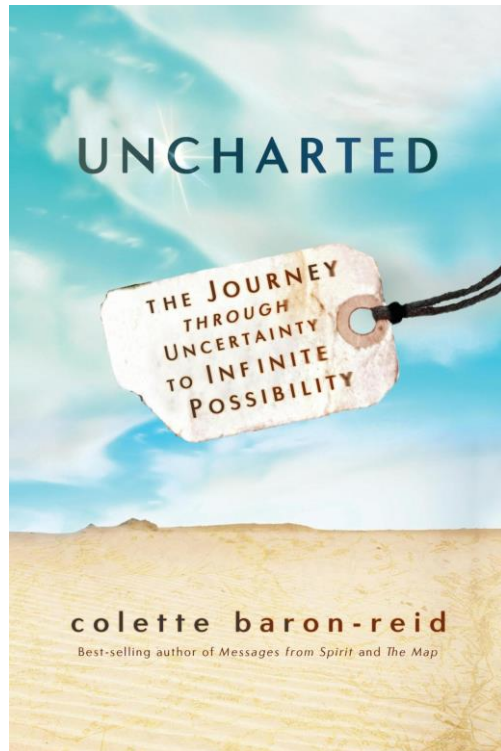
Healing stories Satir with famous healer Olga Worwell



Uncharted

Languageing the New Consciousness for
Caring for Self and Others 27

*Worldwide Release Date
Sept. 20, 2016*

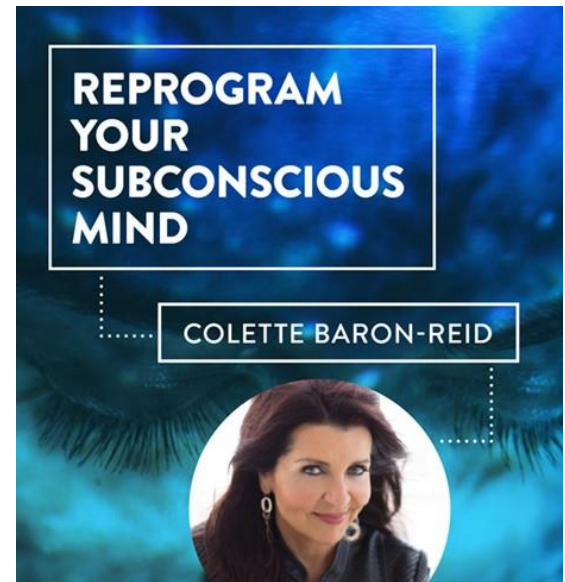


Magical & Transformative

Experience the Clarity & Power

Terminology for the New Consciousness that
correlates what Satir did and said.

- Spirit
- Realm of Spirit co-creation
- Spiritual amnesia
- Spiritual narcolepsy
- Dragons
- Uncharted
- The first sense
- Small self



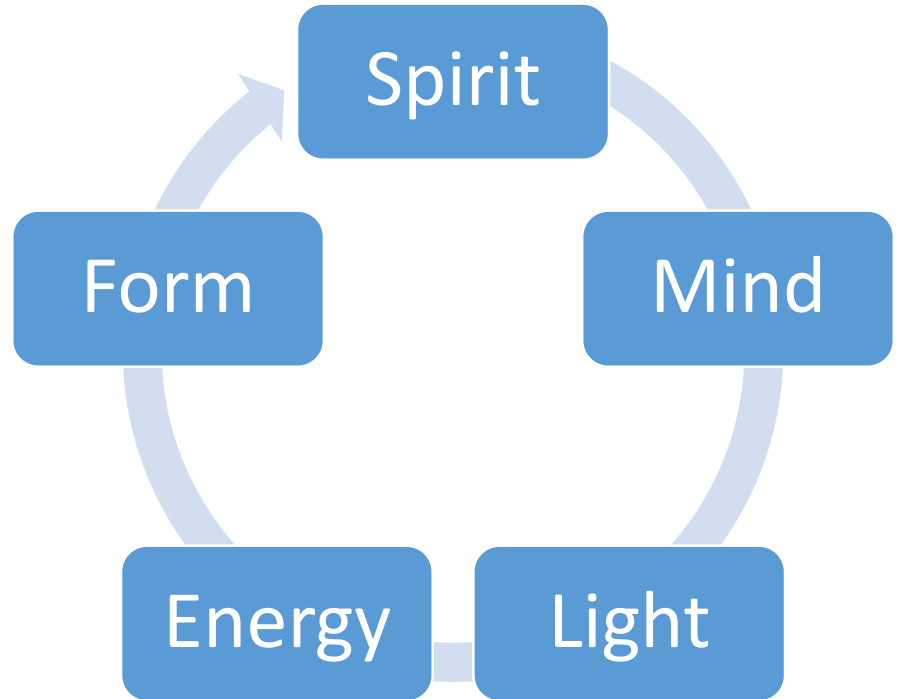


Uncharted steps
outlined to the
right with
Energy Therapy

Blending Knowledge (Guidance,
Insight, Seeing Strength &
Shadows, Movement, Manifest) &
Skill using Energy Therapy – Hara
Alignment (Soul Star, Individuation
Point, Soul Seat, Tan Tien, Earth
Star)



Photo from I CAN DO IT
Hay House Cf, Phil. Sept 18, 2016





Virginia's Core Statement



Card send to Mary Jo from Virginia with personal message to her.



Core Value

“Respect differentness and form bonds based on sameness” is the cornerstone of her teachings.⁷





VIRGINIA SATIR

PEACE WITHIN
PEACE BETWEEN
PEACE AMONG



*I believe we make a difference in the world,
a world in which peace is possible when we
“love and value ourselves enough and
recognize that we are spiritual beings....
Peace begins with me... When one lives
peace, the change starts.”⁶*

Virginia's Comments on Spirituality

Recorded in THE NEW PEOPLE MAKING,
Satir 1988

Reported in an article by

Dr. Mary Jo Bulbrook titled "Healing Occurs When Two Energies Unite," Honoring the Life and Work of Virginia Satir



Healing occurs when two energies unite is the hallmark expression of the phenomena that occurs as Virginia touched the life of a person. Virginia's goal and vision was to use her whole being and becoming to help individuals, families and groups grow to a new place. She reports that in her many years as a therapist often getting the 'untreatable' from others practice, she noticed that the person changed and got better.

She attributed this change to:

"I was working to contact their spirits, loving them as I went along. The question for me was never whether they had spirits, but how I could contact them. That is what I set out to do. My means of making contact was in my own congruent communication and modeling that went with it.

It was as through, I saw through to the inner core of each being, seeing the shining light of the spirit trapped in a thick black cylinder of limitation and self rejection. My effort was to enable the person to see what I saw, then together, we could turn the dark cylinder into a large, lighted screen and build new possibilities. I consider the first step in any change is to contact the spirit. Then together we can clear the way to release the energy for going toward health. This too is spirituality in action."

(Satir 1988 pm 340, 341.)

Living the Five Freedoms

The Five Freedoms

To See and Hear what is here, instead of what should be, was or will be.

To Say what one feels and thinks, instead of what one should.

To Feel what one feels, instead of what one ought.

To Ask for what one wants, instead of always waiting for permission.

To Take Risks in ones own behalf, instead of choosing to be only 'secure' and not rocking the boat.

Virginia Satir



The Satir Therapy Model became a powerful framework for examining your self, your situation and your choices.

Virginia believed that counseling and therapy experiences

seek to engage powerfully with the inner self. Counseling sessions encourage the client to face pain and problems, to accept the present, and to discover inner joy and peace of mind.

Certificate Program in Integrative Health
Helping Individuals, Families, and
Organizations Change

Integrating the Virginia Satir Process and Energy Therapy

A Certificate Program in Integrative Health Blending Energy Therapy with Virginia Satir's Process Helping Individuals, Families, and Organizations Change

Offered through Energy Medicine Partnerships International
Affiliated with Akamai University — Division of Continuing Education

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Direct: 1.919.923.2409

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www.energymedicinepartnerships.com



Virginia Satir and Mary Jo in
Seattle—circa 1977

Mary Jo supported Virginia's dream of launching her teaching legacy—Avanta Network, over a 16 year period. She coordinated the first training held in Park City, Utah in 1982 at the University of Utah where Dr. Bulbrook was Director of Psycho-Social Nursing.

This training is open to anyone desiring to become a Certified Specialist/Diplomat in Integrative Health — blending the Satir model with Energy Therapy. This program includes being willing to undertake in-depth study; commit to high standards of practice; operating under a Code of Ethics; receive on-going mentorship and supervision as needed both in the training and maintaining competency and updates as required.



AKAMAI UNIVERSITY

Institute for CAM Studies 

www.cam.institute



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AKAMAI UNIVERSITY

Institute for CAM Studies



University For Becoming More Fully Human

Based on Virginia Satir Growth Model and Energy Therapy



Headquarters:

3211 Gibson Road, Durham, NC 29903



UNITING
HEALERS
WORLDWIDE



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