

Family

Reconstruction: *A Process of Transformation*

In honour of its 25th Anniversary, *Psychotherapy Networker* magazine—partnering with Columbia University—conducted the largest survey of American Clinicians ever funded by the National Institute of Mental Health, asking the question: “Who were the people over the last 25 years who have most influenced your practice?” Virginia Satir came in at number five among the top ten. The article goes on to describe her as ‘a giant amongst therapists’ and as ‘an evangelist, for a vision of Family Therapy as the means of healing a wounded world.’

The Haven is fortunate to have been closely associated with Virginia Satir; she presented two courses a year from 1982 to her death in 1988.

Through Your Experience of Family Reconstruction You Can:

- **Discover** your parents as people...to connect with them as human beings instead of seeing them in their stereotyped roles
- **Appreciate and connect** deeply with your family roots
- **Update** the past and reduce the negative impact of earlier experiences
- **Unblock** distorted or limited perceptions and deal with unmet expectations
- **Move beyond** your survival pain towards actively growing
- Put what no longer fits in the present into your ‘museum’
- **Access your inner resources** and become your own responsible choice-maker

The objective of the three generational Family Reconstruction process developed by Virginia Satir is to revisit and re-connect with one’s family roots, to meet with and to understand our parents (major care-givers) as people...instead of seeing them only in their stereotyped roles as father and mother. It is a powerful psychodynamic process providing the opportunity—in the present—to update the past and to reduce the negative impacts of some experiences and learnings from the past. Letting go of what no longer fits provides the freedom for new choices and revised conclusions, makes room for a healing process toward a deeper recognition and acceptance of self and others.

Assumptions

The family of origin is our first ‘faculty of learning.’ Each family, over generations, passes on morals, beliefs, rules, attitudes and methods of coping that are absorbed consciously or unconsciously. All of us learn conflicting messages about what we should do in order to meet adult and parent expectations, and we sometimes ‘lose ourselves’ in the process of trying to be loved, accepted, validated, and make ourselves safe. Character is developed in this process of learning to survive and cope with the realities of one’s particular family. What was useful in the past, however, may not be useful today. Our past can illuminate the present rather than contaminating it with old patterns of coping.

Satir Processes incorporate psychodrama, gestalt, guided imagery, accessing the unconscious, sculpting, and working in triads—all within the framework of the family system, and the special beliefs underlying Virginia Satir’s approach to becoming fully human.



Prerequisite for Family Reconstruction & Journey to Self With Maria Gomori

For those who have not had previous experience with the Satir Model, join Pat Bragg, Jeremy Kredentser and Janine Tougas for the following introductory course.

Participants Note: Please bring along your family maps, transformed family rules, family chronology and circle of influence.

The Dynamics of Freedom Transforming your past into your preferred future

Participants in this interactive 3-day course will become familiar with their Family Map, Family Chronology, and Circle of Influence; explore Family Rules and learn how to transform them into Guidelines; learn and practice Satir’s Communication approaches. Along with these practical learning objectives, participants will be introduced to the Beliefs and Vision of Virginia Satir.

The Leader

Maria Gomori MSW, DipC, PhD

is an Approved Supervisor with the American Association of Marriage and Family Therapy, and a retired Associate Professor with the Faculty of Medicine, University of Manitoba.



She worked intensively with Virginia Satir for over 20 years and has been an advanced trainer in Satir's Avanta International Training organization since 1981.

Maria has established an international reputation as a workshop leader, teaching, demonstrating and applying her interpretation of the Satir model. She has conducted workshops throughout Canada, the United States, Europe, South America, Thailand, China, Hong Kong, Taiwan and Australia.

She co-authored with Virginia Satir et al *The Satir Approach to Communication* and *The Satir Model – Family Therapy and Beyond*. The Satir Model book was chosen by the AAMFT Foundation for the 1994 Satir Education and Research Prize. Her autobiography *Passion for Freedom* was published in 2002.

Maria has a unique and creative way of integrating Satir with her learnings from many other great teachers and her own experiences in living.

The Satir Professional Development Institute of Manitoba or, as it is known less formally, the **Manitoba Satir Institute**, was founded in 1991 by individuals committed to furthering the work of Virginia Satir in helping people to better realize their true human potentials. The Manitoba Satir Institute is a non-profit educational organization with a mission to provide training and consultation services to individuals, couples, groups, and organizations in the Satir Model of human systems. The Institute offers professional training programs as well as workshops and seminars for the general public.

Family Reconstruction

With

Maria Gomori



*Satir Professional
Development Institute
of Manitoba*