

Family Reconstruction:

A Process of Transformation

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.

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.’ There are 26 Satir Institutes all over the world devoted to continuing the teachings of Virginia Satir.

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



Prerequisite for Family Reconstruction With Maria Gomori

It would be helpful for participants to have completed Level One Satir training. For those who have not had previous experience with the Satir Model, please call Pat Bragg. There are several key elements of the Satir model that you should be familiar with prior to participating in the workshop. We will provide a short introduction for you prior to the workshop. For further information please contact Pat Bragg at 254-1184.

Participants Note: Please bring along your family maps, and transformed family rules, also your family chronology and circle of influence, if you have them.

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. Maria's autobiography *Passion for Freedom* was published in 2002. and in 2009, she published *Personal Alchemy: The Art of Family Reconstruction*. We recommend you read this prior to the workshop. It is available through the Satir Institute.

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 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.

Early Bird Tuition for the workshop is \$300 prior to September 10, 2009. After that, the tuition will be \$350. SPIDM members will receive a \$25 discount.

We are limiting the number of participants to 24 so register early to guarantee a space.

A limited number of scholarships may be available. Please advise us regarding your need for financial support when you register.

There will be a non-refundable administration fee of \$100 if you cancel.

Website: [www: satir.ca](http://www.satir.ca)

To register phone: Pat Bragg at 254-1184

Email: patbragg@shaw.ca

or send your information and a cheque to:

501 Camden Place

Winnipeg MB R3G 2V8

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With

Maria Gomori



*Satir Professional
Development Institute
of Manitoba*

Dates: October 2-5, 2009

9 a.m.-5:30 p.m.

Robert A. Steen Community Centre,
980 Palmerston Ave. Winnipeg