

## Know yourself...live more fully

### The Satir Learning Centre of Ottawa

Do you sometimes wonder if there might be a little bit more to you than you might be aware of? When you were young, did you say, "I'll never do that when I'm grown up," but now find yourself doing it anyway? Might there be different ways of reacting to situations that come up in daily life? Would you like to see your family ... your workmates ... yourself ... in a more positive light? What about having a better sense of where you might be going in life?

What if you could find a way to look at your life differently? What if you could find the key to understanding yourself and why you repeatedly experience the same challenges in your professional and personal relationships? What if you could get past the anger, the hurt, and the fear in your life? What if you could learn how to feel great about yourself and become aware of the power you have to reconstruct your life?



Under the leadership of [Dr. Janet Christie-Seely](#), the **Satir Learning Centre of Ottawa** presented weekend workshops that teach you methods that help you choose, at a very deep personal level, how you react to what life presents you each day, every minute. These methods, developed by Virginia Satir, are collectively known as the **Satir Method**.

A core principle of the Satir Method is "congruent" communication, a style of communicating that allows people to give honest expression to their thoughts and feelings while ensuring that their verbal and non-verbal messages are in accord, or congruent. This communications approach also encourages awareness of the other person's position and feelings, along with the context of the relationship.

Non-congruent communication is the result of coping techniques that lead to blaming, placating, super-reasonable or distracting behaviours. Each of these four non-congruent stances, learned in childhood for survival, tends to lower self-esteem of both speaker and listener and promotes interpersonal conflict.

Congruence promotes high self-esteem in self and others and facilitates conflict resolution.