

Communication Within the Family: See Life Through a New Lens

*An engaging and transformational weekend
workshop for individuals and families.*

Become aware of the power you have to reshape your life.

Learn why you repeatedly experience the same challenges
in your professional and personal relationships.

Learn to transform anger, hurt, and fear into energy for a
positive future.

See how family patterns through the generations impact
your life now.

**April 23-25, 2010
Ottawa, Ontario**

Friday evening, Saturday, & Sunday
Registration & welcoming 6:30 pm Friday

Free Information Session
Friday, April 9, 7:00 – 9:00 pm
3427 Greenbank Road
RSVP required

Workshop Leader

Janet Christie-Seely, MD, FCFP
Professor of Family Medicine, University of Ottawa
Executive Director of the SLCO

(613) 823-0366
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www.satiottawa.ca

Know yourself ... live more fully

Learn how to change your life or help others change theirs.

GOALS OF THE WORKSHOP

This 2½-day workshop can help you achieve the self-awareness and confidence necessary to make personal changes. It focuses on the origin of self-esteem and its essential role in how we view others and ourselves.

“ Supportive
community was very
comforting. ”

You'll discover that an examination of family histories can produce valuable insights into generational behaviour patterns that have affected your attitudes and beliefs from childhood.

You will be taught a range of life and communications skills that can equip you to create and handle change in all aspects of your life. Move more easily toward your goals once you understand the **change process**. Learn how to communicate **congruently** so that you respect yourself and the other person, a way of communicating that can build self-esteem. See your layers of self-awareness through the metaphors of the **Iceberg** and the **Kaleidoscope**. Learn how to use the **Ingredients of an Interaction** when communications become explosive. Try **Temperature Reading**, a different way of running meetings (at home or at work) that ensures all get heard and improves participation.

“ The feeling
of safety. ”

Experience the **Family Reconstruction** that presents one person's family history over four generations. From this, you will better understand how families work and how patterns repeat through the generations. As you start to understand your own family patterns, you will have more choice in your life, you will see your parents and siblings with new understanding, and you will be able to choose to change your family patterns.

LEADER

Janet Christie-Seely, MD, FCFP, is Professor of Family Medicine at the University of Ottawa, a family therapist trained in CBT, EMDR, NLP, and hypnotherapy. She is an author and has been a lecturer and workshop leader in many parts of the world. Trained by Virginia Satir, over time, the student-teacher relationship evolved into a shared passion for improving the human journey. Janet was instrumental in founding the Satir community in Ottawa. She is a member of the Virginia Satir Global Network, which has members in 42 countries.

SOURCE

Much of what is presented at the workshop is drawn from the work of **Virginia Satir**, a pioneer in family systems therapy and an inspiration to generations of family therapists. Her legacy is a vibrant network of therapists and lay people who continue to be involved in the Virginia Satir Global Network and in the Satir Institutes worldwide. The *Satir Model* helps people rediscover their essential value through exercises that encourage self-awareness and personal growth.

PARTICIPATION

Many people are nervous about groups. Be assured that, as a participant, you need say nothing about yourself in the group – you learn vicariously through the re-creation of one person's family history, and you can remain an observer.

FOR WHOM IS THE WORKSHOP?

People come to our workshops from all of life's circumstances. If you are at personal crossroads in terms of your job, at odds with a family member, recovering from an illness, experiencing grief or simply looking for new solutions in your life, this workshop will start you on or enhance your journey of self-discovery and change. You will find yourself among friends in a safe and supportive environment.

Our workshops are designed for therapists and non-therapists. Virginia taught that the therapist-client relationship should not be hierarchical; congruence comes from and enhances high self-esteem. Her workshops were open to all. She believed that, for therapists to be effective, they must work on themselves and learn congruence.

REGISTRATION FORM

April 23-25, 2010

(Your personal information will be kept confidential.)

PLEASE PRINT IN BLOCK LETTERS

If you are part of a couple attending, please provide complete information for both people. Use a separate sheet if needed.

Date: _____

Name: _____

Address: _____

City / Prov. _____

Postal Code: _____

E-mail: _____

Telephone: Day: () _____

Evening: () _____

Occupation: _____

Emergency Contact:

Name: _____

Telephone: (____) _____

I learned of this workshop from _____

Allergies, Handicaps or Other Special Concerns:

I accept responsibility for my own learning and experience. If I am in therapy, I have consulted my psychotherapist who is aware of my participation. If I am in a personal crisis, I have available support.

Signature _____

**Please make cheque(s) payable to
Satir Learning Centre of Ottawa or SLCO
3427 Greenbank Road, Ottawa ON K2J 4J1**

Please detach the completed registration form and include it with your payment. Receipts will be given at the workshop. Thank you.

Please circle the least expensive price that covers your situation.	Single	Couple
SLCO member, medical resident, student	\$140	\$250
Senior citizen (65 & over; not one of above)	\$170	\$295
Other individual	\$275	\$375

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DATES AND TIMES

Friday, April 23, 2010 7:00 pm to 10:00 pm
(Welcoming and registration 6:30 pm to 6:50 pm)

Saturday, April 24, 2010 9:00 am to 9:00 pm
(Doors open at 8:30 AM, with coffee & tea)

Sunday, April 25, 2010 9:00 am to 7:00 pm
(Doors open at 8:30 AM, with coffee & tea. The ending time for Sunday evening is approximate)

Note: A follow-up meeting at the SLCO on Wednesday, April 28, at 6:30 pm is recommended. This additional session is included in the price.

Registration will be on a first-come, first-served basis and will close on the Wednesday before the workshop.

ALLERGIES

Please avoid wearing perfume and cologne, as some people are highly allergic.

COST

We keep our prices low to accommodate all incomes, and we welcome contributions to our bursary fund to help those of lesser means. SLCO members are expected to bring food, and if newcomers would like to contribute to the community in that way, we would be delighted. Group rates are available; please ask us.

Except for SLCO members, all fees include an affiliate membership. See the workshop information on the web site for more details.

If you do not attend the workshop, you can choose to have part of the fee refunded or to have the full fee applied to the cost of a future workshop. If you choose to have your fee refunded, until April 14, the fee paid minus a \$20 administrative fee will be refunded. After, 80% of the fee will be refunded with a minimum \$20 administrative fee.

If the SLCO cancels or reschedules the workshop, you can choose to receive a full refund or to have it applied in full to a future workshop.

LOCATION for info session and workshop

Satir Learning Centre of Ottawa
3427 Greenbank Road (south end of Barrhaven)
Ottawa ON K2J 4J1 Canada

DIRECTIONS

From Hwy 417: exit south onto Greenbank Road. Continue past Baseline Road, Hunt Club Road, Fallowfield Road through Barrhaven, and then past Strandherd Drive. See **Both**.

From Hwy 416: exit east onto Fallowfield Road. Bear right onto Strandherd Drive. Continue past Cedarview Road to Greenbank Road. Turn right (south) on Greenbank Road. See **Both**.

Both: on left, drive by Loblaw's. After the stop light at Jockvale Road, you will pass St. Joseph's Catholic High School and then a flashing yellow light. The Centre, at 3427 Greenbank Road, is on the left under the second flashing yellow light, just where the road veers sharply to the right to go over the Jock River.

From Hwy 16 South: turn left onto Greenbank Road. Continue north, following the road when it makes a sharp right turn to go over the Jock River. After crossing the Jock River, turn right into the SLCO before making the sharp left turn.

An interactive, detailed map is on the web site at the Contact Us link.



The Satir Learning Centre, on the bank of the Jock River.

There is a growing community of like-minded people in Ottawa who support this transformational process that occurs in a safe, non-judgmental environment and that teaches self-awareness and personal empowerment.

After Wednesday, April 14, an additional fee of \$25 / person will be charged.