

# **About this Issue**

## **The Satir International Journal**

### **Vol. 3 No. 1, 2015**

#### **From the Editor**

June, 24-26, 2016 we celebrate Virginia Satir's 100<sup>th</sup> birthday with an International conference entitled, *Becoming More Fully Human: The Evolution* hosted by the Satir Institute of the Pacific and supported by the Virginia Satir Global Network. The conference will be held in Vancouver, B.C. We encourage all friends of the Satir Model to attend this important event. For more information follow this link: [satirconference.com](http://satirconference.com)

The *Satir International Journal* encourages all presenters at the conference to submit manuscripts based on their presentations to our Satir community journal. We welcome any contributions you wish to submit including abstracts of your presentations to complete papers of your work. In this way, the journal can document the latest developments of the model and further disseminate these advances to national and international audiences.

We are still building our editorial board and volunteer staff and welcome nominations for seats on our international board. We also need volunteers to serve on our journal staff. We are seeking individuals with editorial, marketing, social networking, graphic design and secretarial skills. We are also in need of special editorial help for manuscripts written by some authors for whom English is a second language. Manuscripts such as these often require close collaboration with writers in order to help them meet the standards required by the journal. Please contact Dr. Jesse Carlock at [jessecarlock@hotmail.com](mailto:jessecarlock@hotmail.com) if you are interested in participating in the work of the journal in any capacity.

*SIJ* is also looking for someone to head up a section of the journal tentatively entitled, *Satir Around the World*. We would like to highlight developments in two to three Satir related organizations in each issue. If you are willing to contribute your efforts to bring our network together, *SIJ* can be an instrumental in that plan. Please contact Jesse Carlock if you are willing to contribute your talents.

#### **About This Issue**

We lead this issue with a brief report from the Virginia Satir Global Network contributed by Eileen Strider, chair of the 100,000 Satir Heart Connections. Eileen's article, *A World Touched by Virginia*, provides readers with a brief history of the Virginia Satir Global Network and reviews the network's current mission and aims. The author also outlines the networks' ambitious goals of connecting with 100,000 people around the globe who have been touched by the work of Virginia Satir and raising \$100,000 to continue the work in the future.

The current issue of the journal includes three major articles in addition to a book review.

In the first article, *Enriching Your Relationship Program through the Lens of Empirical Research*, by Sharon Loeschen and Dasa Jendrusakova, the authors describe an experiential-educational brief program, Enriching Your Relationship with Oneself and Others Program. The program has been applied in a variety

of contexts and with a wide array of populations; however, no systematic research has been conducted to measure outcomes. Anecdotal feedback has been positive.

As Satir practitioners have no doubt noticed, many of the skills within the Satir Model have been researched using different lenses. Loeschen and Jendrusakova present skills from the Satir Model applied to the training, *Enriching Your Relationship with Oneself and Others Program*.

As one step toward the goal of producing outcome data, the authors present a review of current research literature from other approaches (e.g., mindfulness, positive psychology, common factors research, emotional intelligence, cognitive-behavioral therapy, acceptance, and commitment therapy) that the authors argue relate directly to components of the program.

The second article in this issue, *A Recursive Frame Analysis of Virginia Satir's "Of Rock and Flowers" Session*, by Lauren Fix and Jana Sutton, introduces the reader to a qualitative methodology that can be used to increase therapists' awareness of movement in sessions. The authors also suggest that Recursive Frame Analysis (RFA) can also be useful in assisting in the supervisory process.

Applied to Satir's session "Rocks and Flowers," the authors use RFA method to track the major movements that Satir makes to shift this family from an impoverished context to a more resourceful one. Since the main issue in the family is one of child abuse, the authors also suggest that insights into Satir's methods may be helpful in treating families of abused children.

*The Solo Parts Party*, authored by C. Jesse Carlock, presents a tool useful for college-educated adults wishing to expand awareness of their many facets of self and willing to learn how to work with their parts to achieve greater harmony and better overall functioning.

Since the original Satir Parts Party requires a minimum of 12 active players to be successfully carried out, the author has prepared a solo parts party process that walks individuals through a process of discovering their characters inside and learning how to consciously intervene in their system of parts to improve functioning and achieve greater harmony with self and others. The bulk of the paper is written in a personal style aimed at engaging lay readers. The author suggests that the paper may be used as an adjunct to therapy, as a tool for personal growth, as a class homework activity or as a training tool.

Our **Insights** section includes a discussion of the inspiring book, *Spontaneous Evolution, Our Positive Future* (2009) reviewed by Mary Leslie. Lipton and Bhaerman's work follows in the tradition of Bruce Lipton's earlier breakthrough book, *Biology of Belief*, in the author's thesis that new biology can be applied to societal beliefs, thereby, holding out hope that we can address the threatening situations that we face in the world today. The authors urge the reader to challenge the old story that is based on acquired beliefs. These beliefs can be changed but global healing requires the work of all of us.

A short piece by Leo Hepis, also included in our **Insights** section, reflects on his experience in the 2015 Summer Satir Clinical Training sponsored by the University of North Carolina at Chapel Hill School of Social Work. Jean McLendon and Hugh Gratz conducted this seven-day intensive training.

I sincerely hope that you enjoy this issue,

C. Jesse Carlock, Ph.D., Editor