

Communication Within the Family: See Life Through a New Lens

An engaging and transformational weekend retreat 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.

**Two Separate Retreat Weekends:
November 19-21, 2010**

OR

March 25-27, 2011

Ottawa, Ontario

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

Retreat Leader

Janet Christie-Seely, MD, FCFP

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Executive Director of the SLCO

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Know yourself ... live more fully

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

GOALS OF THE RETREAT

This 2½-day retreat 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. 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.

“ Supportive community was very comforting. ”

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**.

“ Wonderful toolbox ”

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**. 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.

LOCATION

Ottawa Satir Retreat Centre
3427 Greenbank Road
Ottawa ON K2J 4J1

An interactive, detailed map is on the web site.

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.

FOR WHOM IS THE RETREAT?

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 retreat will start you on or enhance your journey of self-discovery and change.

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

For couples in different price categories, the cheaper price applies.	Single	Couple
SLCO member, medical resident, student	\$140	\$250
Member/non-member couple membership fee		\$20
Senior citizen (65 & over; not one of above)	\$170	\$295
Other individual	\$275	\$395

A registration form, along with our cancellation policy, is available on the web site. **After Wednesday, November 10 / March 16, an additional \$25 / person fee will be charged.**