

# Dealing with Reactive Emotions in Relationships (with family, friends, and co-workers)

*An engaging and transformational workshop for everyone.*

You have the power to reshape your life.

Be cognizant of your emotional reactions during a conflict and understand their origins.

Learn why you repeatedly experience the same challenges when dealing with conflict in your relationships.

See how family patterns through the generations impact your interactions today.

Understand your reactions during a conflict and transform your relationships.

**January 21, 2012**  
**Ottawa, Ontario**  
Saturday 9 a.m. - 5 p.m.

**Workshop Leader**  
Robin Beardsley, MD, CCFP

Janet Christie-Seely, MD, FCFP  
Director of the SLCO



The Satir Learning Centre, on the Jock River.

[www.satirottawa.ca](http://www.satirottawa.ca)

## Know yourself ... live fully

### Learn how to change your life and improve your relationships

#### GOALS OF THE WORKSHOP

This 1 day workshop can help you achieve the self-awareness and confidence necessary to make personal changes. It focuses on the origin of our reactive emotions when faced with differences and conflicts in our relationships. You will discover that an examination of past family-of-origin experiences will show that they can perpetuate or trigger present conflicts and differences in relationships. Most of these behaviours are survival patterns that were learned. Simply identifying the origin of our emotional reactions and generating awareness will allow us to take responsibility and make significant change and improvements to our relationships with ourselves and, most importantly, with others.

"We choose how we react. We have all the tools to make significant changes in our lives." – Virginia Satir

In this interactive and experiential workshop you will be equipped with a range of tools and information to significantly improve your relationships – with loved ones, co-workers, and friends.

Moving towards your goals will be easier, and more possibilities will be opened to bring about meaningful and transformational change in your life. You will see a change in yourself and your relationships as you develop a deeper awareness of your emotions and develop tools to communicate more effectively. This will foster a more profound respect of yourself and of others because, by changing your reactions, you will improve your self-esteem and overall well-being.

#### LOCATION

**Satir Learning Centre of Ottawa**  
3427 Greenbank Road  
Ottawa ON K2J 4J1

*An interactive, detailed map is on the website.*

#### LEADER

Robin Beardsley, MD, CCFP, is a family physician and therapist who has been using the Satir Model since 1989 in Ottawa. She has done many intensive training programs with Dr. John Banmen and Maria Gomori, both of whom, along with Jane Gerber and Virginia Satir, are co-authors of the book *The Satir Model*. Robin has participated and assisted in many Family Communication Workshops with Janet Christie-Seely, MD, FCFP, over the years. She then lead several Family Communication Workshops at the Satir Learning Centre of Ottawa on her own. She has interned with John Banmen (Director of Training for the Satir Institute of the Pacific) in the training program for counselors teaching the Satir Model in Ottawa.

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 WORKSHOP?

If you are at personal crossroads in terms of your job, at odds with a family member, friend or co-worker, or simply looking for new solutions in your life, this workshop 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 (honest and considerate communication) 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

(Please note: Registration is limited and on a first come first served basis)

SLCO member, medical resident, or student \$ 75.00  
Public: non-SLCO member \$ 95.00  
Senior Citizen non-member (65 and over) \$ 85.00  
Group discount 5 for the price of 4 in all categories.

Registration forms are on the website. To reserve your spot, please email [satirinfo@satirottawa.ca](mailto:satirinfo@satirottawa.ca)



Scan with cell phone to go to website.