

Recommended Reading

Art and Practice of Family Constellations - Bertold Ulsamer
Family Constellations: a practical guide to uncovering the origins of family conflict
Plus anything else on the reading list including Loves Hidden Symmetry
Hellinger, Beaumont and Weber

Training session details

1/Family Constellations, the Orders of Love - Belonging – Hierarchy – Balance - Conscience – Function

Orders in Family systems, family of origin, present family, couple dynamics.
The 3 basic relationship Patterns
Understanding **phenomenological perspective** Vs therapeutic/counselling methods.
Structure of Constellations and the “Knowing Field”

2/Setting up a constellation, interventions, rituals, and sentences of resolution

Resistance, termination, and resumption of the work
Directive/non-directive leadership. Working with trauma, titration and knowing limits

Systemic entanglements and resolutions

interrupted reaching-out movement,
distinction of primary/secondary- and acquired feelings

3/Role of the Representative – What it is Vs what it's not

Representation and representative awareness

4/ Practice and specifics in various fields of application and settings

Group, individual, online vs in person including with felt, dolls, feet, objects etc

Learning Objectives

- Understand philosophy and core principles of Family Constellations
- Explore systemic dynamics in small group exercises
- Practice the essential skills of systemic facilitation and representing
- Develop a phenomenological way of seeing relationships and love
- Learn to use healing sentences to resolve entanglements
- Experience repairing the Orders of Love with helpful interventions