Family Constellations training overview

Historical foundations and development of Family Constellations, founder Bert Hellinger
Reading assignment on its way soon

Understanding phenomenological perspective Vs therapeutic/counselling methods.
Structure of Constellations and the "Knowing Field"

Orders of Love - Belonging – Hierarchy – Balance - Conscience – Function
Orders in Family systems, family of origin, present family, couple dynamics.

The 3 basic relationship Patterns
The Facilitators Inner Orientation, phenomenological attitude and qualities
Respect – Fearlessness – Lack of intention -Focusing – Awareness – Presence –
In harmony with what is

Methodological approaches and Interventions
Clarity of intention of resolution
The interview and variations - creation of genogram, and hypotheses
Brief therapeutic interventions and work with rounds

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

Functions of the personal/collective conscience
Guilt, Innocence, victim-perpetrator dynamics

Role of the Representative – What it is Vs what it's not
Representation and representative awareness.

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

Orders of Helping

Important facts in the family history and how to deal with:
early death of siblings and stillborn children
death of a mother during birth
handicapped children
artificial insemination
abortion
adoption
excluded family members
a murder in the family
family secrets
Early separation from the mother