

nowhere foundation



CSISS

centre for the study of
intimate & social systems



Foundation Course

Systemic Constellations **2008**

A method both practical and profound

With

Richard Wallstein, Judith Hemming and Jutta ten Herkel

The training

This course offers an opportunity to develop a working understanding of the systemic approach and philosophy, developed by Bert Hellinger, to resolving personal, family and social issues. Contributing to both professional and personal development, the course may be undertaken as an independent unit or as the basis for CSISS 2nd & 3rd year professional systemic trainings.

Who is it for?

This course is suitable for therapists, counsellors and professionals in health and related fields; also for those involved in social work with children and families, marginalised social groups and refugees; as well as for those working in the field of substance abuse and in the criminal justice system.

- The systemic approach integrates with and deepens other therapeutic perspectives.
- At this foundation level the training is offered as an enrichment of existing practice and not as a qualification to constellate.
- Applicants are encouraged to gain some experience of the constellating process through open workshops before embarking on the course.

What will you learn?

The foundation year introduces participants to the underpinning principles and practice of systemic constellations, with a focus on family systems. The emphasis is mainly practical and experiential - you will develop a capacity to view and resolve situations with a 'systemic eye'. This process involves a shift from seeing people and their difficulties in a solitary context towards seeing the person and their issue in the context of the individual's membership in a wider system (or systems) – family, work group, society, culture. Resolutions, which take into account the breadth and depth of the systemic context, reorientate and expand the understanding an individual can obtain. Alignment with systemic forces creates both a felt understanding of the resolution and more sustainable outcomes.

You will have the opportunity to develop:

- An awareness of the systems to which you belong and of your 'right place' within those systems; when we act with this awareness and from our 'right place' we become more able to draw on the strength of our system.

- An understanding of how to work in the present with what actually emerges (i.e. working phenomenologically), rather than from fixed beliefs about what is.
- An understanding of and trust in the natural organising principles of systems, including conscience, time, place and bonding.
- An awareness of the way in which the field – the environment in which the work takes place – carries important information.
- An understanding of the function of personal and systemic consciences and the impact of context - of family, culture, history - on their development.
- An appreciation of the influences on family (and community) dynamics. Influences, in addition to intimate relationships and their dissolution, include early deaths, suicide, loss, trauma, and confusions between systems that create overlapping identifications.

You will also have the opportunity to:

- Discover and explore personal solutions and experience the transpersonal dimensions of this approach
- Be part of a healing group.
- Participate in constellations and constellating exercises in order to broaden and deepen understanding of the power and scope of systemic influences.

Structure

This course comprises

- Two residential modules, the second of which is integrated with the first CSISS international learning forum which will focus on systemic constellations in the wider social and cultural context.
- Two non-residential, two-day weekend training modules in London.
- Tutorial support (two half-day sessions).
- Three 'community practice' days (on which course members gather with the course Learning Coordinator to put into practice and further explore the course contents).
- Participation in public workshops (three days).

The course is taught by the three founder trainers of CSISS, each of whom has more than a decade of experience in constellations work as a trainer and practitioner worldwide. They are skilled in providing a safe and well-organised yet challenging learning journey, encompassing both theory and practice, to enable personal and professional development. Community days, continuity and additional support are provided by Gaye Donaldson, the Centre's Learning Coordinator.

Course Dates 2008

Module 1: MAY 10 - 12 (Non-residential)

Module 2: JUL 18 - 20 (Non-residential)

Module 3: OCT 15 - 19 (Residential)

Module 4: NOV 24 - 27 (Residential)

Dates for tutorial sessions and workshops are arranged individually during the first module. Community days are integrated within each of the modules.

Cost

£ 1,920 + VAT and residential fees of £ 576

CSISS Faculty

Judith Hemming, MA, UKCP Reg – has a background in education and gestalt psychotherapy. Since learning Hellinger's approach in 1992 and studying with many practitioners, she has been practising and teaching constellations worldwide. As a director of the **nowhere** foundation, she has developed and taught the applications of the systemic approach in family, organisational and educational contexts. She is on the faculties of the European Organisational and Family Constellation Intensives.

Jutta ten Herkel, BA (Psych) Hon – trained in Gestalt, psychodynamic approaches and Hellinger's Systemic Therapy. She works as a therapist and supervisor, is co-founder of three European systemic training organisations and runs workshops and training courses in family constellations in the UK and abroad. She co-founded the Systemic Solutions Bulletin and has translated some of Bert Hellinger's books into English.

Richard Wallstein, PhD, C.Psychol., UKCP Reg – has a background in psychology and gestalt psychotherapy and began studying Hellinger's work in 1993, working with many practitioners. He has been leading workshops and trainings internationally for many years and has private psychotherapy and consulting/coaching practices in London. He is Executive of CSISS and Vice President of ISCA, the International Systemic Constellations Association.

Gaye Donaldson, BACP Reg – is the CSISS Learning Coordinator. She has been a student and practitioner of Hellinger's work for the past twelve years, and has trained extensively in both family and organisational constellations. Gaye is also a BACP registered counsellor working in both the community and the private sector, and runs constellations workshops in the south west.

Contact Information

For a course application or more details, please contact Hari Beaumont

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