

The Centre for Systemic Constellations Foundation Course January – July 2019

A method both practical and profound

The Training

This Foundation Training offers an opportunity to develop a working understanding of a systemic constellation approach, which can be used to resolve personal, family and social issues. This course has been running for over 20 years and is a valued resource for those wishing to engage in personal and professional development; it provides a truly fresh perspective on yourself, your life, your work and the family and community groups to which you belong.

The Foundation Training may be undertaken as an independent course or as the first step in the wider CSC Advanced Professional Training.

Who is it for?

This course is for anybody who wishes to gain a fuller understanding, from a systemic constellation perspective, of the issues and concerns that they may have in their everyday life – this may be personal, familial or professional.

It is particularly relevant for professionals whose work brings them into contact with family and other social systems, for example:

- Therapists, counsellors, health professionals and those in related fields
- Teachers, social care professionals and those working with children and families, marginalized social groups and refugees
- Those working in the field of substance abuse and in the criminal justice system

Constellation work acknowledges the importance of finding a place for each member of every human systems, and with this principle at the heart of the methodology this approach both integrates with, and deepens, other resolution-oriented perspectives.

At this Foundation level the training is offered as an enrichment of existing practice and not as a qualification. CPD certificates will be given.

What will you learn?

This foundation year introduces participants to the underpinning principles and practice of the systemic approach originally developed by Bert Hellinger and others, with a particular focus on the family as our primary system. The emphasis is experiential, theoretical and practical. This training will establish an understanding of what it means to have a 'systemic lens' – or wider view, with supporting methodology, for finding resolution to deeply felt and seemingly intractable issues.

The course will cover the core concepts of systemic constellation work, both in groups and 1-1 contexts including:

- **The Field & The System**

Including: the self as part of a system, the organising principles of systems, the primary system – parents and children and how families thrive; acknowledging the place of our ancestors; constellations as ritual.

- **What It Means To Work With Heart & Soul**

Including: the definition of health; how does phenomenology help; somatic sensing and body based intelligence; stance; how to manage balance and reciprocity; fate, soul and the spirit, and what is asked of us when we help others; practitioner ethical impeccability.

- **How We Deal With Incoherence & Disorder**

Including: when things go wrong; radical inclusion and the consequences of exclusion - atonement, identification and entanglement in issues that are not our own, and what needs to be done to put things right.

The course will also provide opportunities to constellate (with support) those issues that relate to your professional orientation.

Details of the teaching topics at each module is supplied in the Course Information Pack which you will receive once you have been accepted on the course.

Course Dates 2019

This course includes 5 training modules, 2 tutorial sessions and workshop participation. A Certificate of Attendance is given at the end of the course. Tutorial dates will be arranged individually, and free workshop places can be booked independently.

The modules will run Thursday – Saturday.

Module 1	January 10 -12	Thursday - Saturday
Module 2	February 21- 23	Thursday - Saturday
Module 3	April 25 - 27	Thursday - Saturday
Module 4	May 23 - 25	Thursday - Saturday
Module 5	July 4 - 6	Thursday – Saturday

Venue

The above modules will be held at:

Bristol Subud Hall

29 Wesley Place

Clifton

Bristol

BS8 2YD

Tel: 07790 519683

How to Apply for this Training

To book a place on the CSC Foundation Training, please complete the application form which can be found on our website, alternatively, we can email it to you. Having completed your application, you will then be invited to have an informal interview on the phone with one of the faculty members.

Cost

The full course fee is £2,685. A non-refundable deposit of £380 is payable to secure your place.

However, if you would like to take advantage of our early bird option, your course fee will be £2,435 if we receive your deposit by the 30th September 2018.

Once the deposit is received, the remainder can be paid as a one-off payment by the first module, or by monthly installments.

Please note: CSC is a Not for Profit organisation and does not therefore charge VAT.

Faculty

The course is taught by highly experienced practitioners, each of whom has more than a decade of professional experience in constellations work.

Gaye Donaldson (BACP) is the Managing Director of the Centre and a teaching faculty member. She has trained extensively in both family and organisational constellations since 1995. She facilitates family constellations workshops and works as a systemic consultant both in the UK and abroad with systems as diverse as film and theatre and conflict resolution in the Middle East.

Chris Williams (BACP/UKCP) is a Director of the Centre and a teaching faculty member. He has been working in the therapeutic field since 1990 and currently works as a Constellation Practitioner, Psychotherapist, Supervisor, Coach and Trainer. He is a UKCP registered Gestalt psychotherapist and a senior accredited BACP counsellor, with a well-established practice in South London.

Judith Hemming MA, (UKCP) is a senior teaching faculty member and has a background in education and Gestalt psychotherapy. Since learning Hellinger's approach in the early 90's and studying with many practitioners, she has been practising and teaching constellations and intensive training across the world, from Mexico to Australia. She has developed and taught the applications of the systemic approach in a variety of contexts, and is on the faculties of the European Family Constellation Intensives.

Testimonials

Here are some comments that students from the Foundation training wanted to share:

"Simple, powerful, effective, insightful".

"CSC programmes are life changing and altering. If you are looking for a safe and trusted environment to go deeper and wider into yourself, you may just find the right place here".

"I have been deeply moved by the quality of the facilitation. It is clear that the teachers are very experienced. I have appreciated that the entire experience is so steeped in respect".

"I have been using my training to help look at new ways of working with students and their families in an educational setting- It has been very helpful for me to look at the school as a system where everybody has his/her rightful place."

Contact Information

For a course application or further information please contact
Ben on: + 44 7929 313 976 or email ben@thecsc.net