

## Foundation Course 2020 - Bristol

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 SC 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 2020

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.

<b>Module 1</b>	16-18 January	Thursday - Saturday
<b>Module 2</b>	19-21 March	Thursday – Saturday
<b>Module 3</b>	11-13 June	Thursday – Saturday
<b>Module 4</b>	2-4 September	Wednesday – Friday
<b>Module 5</b>	22-24 October	Thursday - Friday

## 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 please contact [courses@thecsc.net](mailto:courses@thecsc.net) and 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 31<sup>st</sup> October 2019.

Once the deposit is received, the remainder is due before course start. Discretionary payment plans are available on request.

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

## Accommodation

Students of the CSC are eligible for a 10% discount on the luxurious (but affordable) Clifton Hotels, the discount is available on all 5 hotels but we would recommend staying in either the Clifton Hotel or the Washington Guest House, as they are closest to Subud Hall.

Enjoy 10% off best available rates when staying with Clifton Hotels. Simply quote CSCBRISTOL when booking online at any of the following hotels:

- [Berkeley Suites](#)
- [The Berkeley Square Hotel](#)
- [The Clifton Hotel](#)
- [The Rodney Hotel](#)
- [The Washington Guesthouse](#)

## Travel links

### Trains

If you book 2 weeks in advance you can get an off-peak return from London Paddington to Bristol Temple Meads for as low as £60 return. The journey is 1 hour and 40 minutes.

Train travel from Birmingham to Bristol costs roughly the same and takes 1 hour 30.

Train information can be found [here](#).

### Megabus

Travel from London Victoria coach station to Bristol bus station costs as little as £10.00 return and takes 2 hours 20 minutes. More information can be found [here](#).

### Buses

Local First buses run from Bristol city centre (by the bus station or a short walk from the train station) to Subud Hall on White Ladies Road roughly every 5 minutes. Bus services 1, 2, 3, and 4 travel that way

Bus information can be found [here](#).

### Parking

All day parking in the immediate vicinity of the Subud Hall and Clifton in general is quite rare however you can park **for 5 hours** for free a very short walk away on the Downs, as shown in the below map. You can then move your car to a nearby road with similar rules at lunch time on the Thursday and Friday. The free parking areas on the Downs keep changing so do check the notices carefully. The local meters are free of charge on Saturdays

## 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.



**Sheila McCarthy-Dodd (MBACP)** is an associate trainer for the CSC. She has trained and worked extensively in Systemic and Family Constellations since 1996 and leads regular family constellation workshops in Ireland and the UK. Sheila has a well-established therapy practice in Gloucestershire for individuals, couples and supervision. She works extensively as a trainer including facilitating Relational Supervision training with Severn Talking Therapy in Bristol and Malta.

## 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 form or further information please contact Hannah on: + 44 7929 313976 or email [courses@thesc.net](mailto:courses@thesc.net)