

CSC Applied Training 2023

Putting Systemic Understanding into Practice



Course Information Pack

Course Information

Contents:

▪ Contact Details	3
▪ Course Support People	3
▪ A Note About Privacy	3
▪ Dates, Times & Venues	4
▪ Covid Guidelines	4
▪ Teaching Topics by Module	5-6
▪ The Learning by Doing Topics	7
▪ An Important Point About the Course	8
▪ Tutorials, Workshop Places & Peer Practice Groups	9
▪ Tutorials	9
▪ Workshop Places	9
▪ Cancellation of Tutorials & Workshop Places	10
▪ Missed Modules	10
▪ Food & Breaks at Modules	10
▪ Certificate of Attendance	10
▪ Additional CSC Courses & Events	10
▪ Fee payments and Instalment Contracts	10
▪ Directions & Travel Information	11-12
▪ Recommended Reading	13
▪ Guidelines for Transcribing a Constellation	14-15
▪ Seven Generation Image	15

Contact Details

Teaching Faculty & Tutors

- | | | |
|------------------|--------------|--|
| ▪ Gaye Donaldson | 07810 434699 | gaye@thecsc.net |
| ▪ Chris Williams | 07905 623330 | chris@thecsc.net |

Course Support People

- To be confirmed

Administrative & Finance Enquiries

- | | | |
|--------------------------------------|--------------|--|
| ▪ Hannah Cox, Course Manager | 07929 313976 | courses@thecsc.net |
| ▪ Magda Nowakowska, Business Manager | | magda@thecsc.net |

Course Support People

The course will be supported by two course supports who will be at every module to support both the teachers and of course you. Their place in the group is in the form of a voluntary internship.

This is a role that is generally available to students who have completed the Foundation and Applied Training in the past and would like to continue to develop their knowledge and experience of systemic constellation work. The course support people will ensure smooth continuity between modules, and will be there to assist you if needed.

If you would like to put yourself forward as a Course Support Person in the future, please email the office to let us know and we will put you on the list.

A Note About Privacy

During the first module, we will ask if you are willing to share your contact details with the rest of the group. This enables peer practice groups to be established and group sharing to occur. These details are only to be used regarding the course and are NOT to be used to promote yourself, your work or anything else. We'll also ask for permission to use the group photo at the end of the course on our website, newsletter and social media. Please do not join the photograph if you do not wish to be publicly included.

Dates, Times & Venue

The course will consist of 4 modules where we meet in person and 3 one-day online sessions, via Zoom.

All course materials, dates and Zoom links will be available to you on the [CSC Course Hub](#). When you enrol on the training you will automatically be registered on the hub. Each Zoom session will be recorded and uploaded on to the 'Materials' section of the hub.

If you are going to be late for any of the modules, please text one of our course support people to let them know. Please wait until the meditation is over before you enter the room.

Module/Zoom Session	Date	Time	Day(s)	Facilitator
Module 1 London	10-12 May	09.30-5.30pm	Wednesday-Friday	Gaye Donaldson & Chris Williams
Zoom session 1	26 May	9.30-5.30pm	Friday	Chris Williams
Module 2 Bristol	14-16 June	09.30-5.30pm	Wednesday-Friday	Gaye Donaldson
Zoom session 2	30 June	9.30-5.30pm	Friday	Gaye Donaldson
Module 3 London	13-15 July	09.30-5.30pm	Thursday-Saturday	Chris Williams
Zoom session 3	11 September	9.30-5.30pm	Monday	Chris Williams
Module 4 Bristol	20-22 September	09.30-5.30pm	Wednesday-Friday	Gaye Donaldson & Chris Williams

Venues

London Venue: St Andrews Church, Short Street, London, SE1 8LJ

T: 020 7633 9819

E: bookings@stjohnswaterloo.org

Bristol Venue: Centre for Whole Health, 12 Victoria Place, Bristol, BS3 3BP. Email: [Contact - The Centre for Whole Health](#) Tel: 0117 923 1138

Covid Guidelines

Prior to each module where we meet in person, the latest Covid protocols will be sent to you via email. Our protocols will be in line with UK government guidance. On the first day of each in person module, the Facilitator(s) will discuss the Covid guidelines with the group and address any issues or concerns.

The Applied Training Curriculum 2023

The Philosophy of Constellation Work – Theoretical Teaching

Module 1

Gaye & Chris

Facilitator Capacity & Orientation – Enabling Systemic Work to Flow Within

- An applied approach to systemic constellation work
- Radical inclusion & what this asks of us – a revision of key concepts
- Working with groups – formation, coherence & safety
- Working one to one – different forms of constellation work
- Establishing a group agreement for the ‘Learning by Doing’ sessions

Zoom Session 1

Chris

Working with Couples – An Overview

Module 2

Gaye

Health & Symptoms Through the Systemic Lens

- Working with the healing impulse
- Health & symptoms as seen through the systemic lens
- Physical crises, accidents & issues of bonding & bonding failure
- The missing and their place in the system
- Finding a place for death & the dead

Zoom Session 2

Gaye

Early Losses, Surrogacy, Adoption & Fostering

Module 3

Chris

When All Have a Place - Working with Perpetrator & Victim Dynamics

- Where do perpetrators belong in the system?
- Facing trauma & how to avoid re-traumatisation
- Working with murder, abortion, rape & abuse
- Introducing structural constellations

Zoom Session 3

Chris

Working with Blended Families – Finding a Place for All

Module 4

Chris & Gaye

Culture, Race, Conflict & War – The True Challenge of Inclusion

- The place of the 'motherland' - working with migration, culture & trans-generational loss
- Including all equally - what this asks of us
- Working with conflict, war & social trauma in the system
- Attending to completion & next steps

The Technology of Constellation Work – Learning by Doing

These topics will be covered during practice session de-brief and discussion at each module

- Attending to one's own issues & finding agreement
- Chair work & the systemic stance – what is needed to begin?
- Tuning into yourself, tuning into the client - working with personal resonance & somatic sensitivity
- Supporting presence & our capacity to be with 'what is'
- Seeing the solution that needs to be awoken
- Diagnosis, is it personal or systemic?
- Respect as an agreement with reality, exploring guilt
- Setting up a constellation – working with time & space
- Reading the work & appropriate intervention
- The use of movement in a piece of work
- The journey from problem to solution
- The language of constellations
- Working with boundaries
- Creating healing images & restoring respect
- When to bow, when to leave the work incomplete
- When and how to stop the work - recognising a good ending
- Attending to what is needed after the piece of work

An Important Point About the Course

This Applied Training in Systemic Constellations is a 4-module second year training, with 3 full-day online sessions, designed to deepen the student's theoretical and practical understanding of Systemic Constellation Work, to support the transition into professional practice.

Please note: This course is run as a learning group. However, the teaching material can sometimes be triggering of our own personal issues. Whilst every attempt is made to hold a safe, contained and nurturing learning environment, students are required to respect the Learning Contract of the group and recognise that this is not a therapy or process group where personal issues can be attended to.

If we feel that your personal issues are overwhelming in such a way that the learning of the group is affected, we reserve the right to ask you to leave the group. It may be possible to repeat any missed modules on a later course.

We do recommend that all students have some form of on-going support in place (such as therapy, supervision, mentoring, coaching or spiritual work) for the duration of the course. Please speak to your tutor should you need any help with this.

Tutorials, Workshop Places & Peer Practice Groups

- In addition to the course, you will also be offered 2 tutorials - further details about who your tutor will be will be given at the first module of the training.
- You are also invited to attend two free of charge workshops as a resource (representative)
- You will also be encouraged to set up one or several peer groups, perhaps organised geographically. We would like to encourage you to take the opportunity to practice constellation work together between modules.

Tutorials

Tutorial support is considered an important part of student development during the course. Students will be asked to arrange two tutorials with their tutor as and when they need them. We suggest that the first is scheduled near the beginning of the course and the second towards the end. Dates for these are to be arranged directly with your tutor. Students may choose between having an individual one-hour session either by phone, Skype or in person. If the tutor has rooms that will accommodate a larger group, two or three students allocated to the same tutor, can combine their slots to have a joint face-to-face session if they prefer. Both tutorials must be taken during the training.

Workshops

- We recommend that you attend as many systemic constellations workshops run by the Faculty as possible. As part of your Applied Training, you are invited, as a representative, to attend 2 free workshops with any of the faculty **before the end of the training**. For the relevant workshops, please visit the Faculty Workshops page on our website - <https://www.thecsc.net/workshops/>.
- You can also attend workshops with the following CSC Associates (please see their websites for details of their workshops and contact them directly to book. Please let them know that you are a current CSC student and what course you are on.

Associate	Contact
Aleksandra Shymina	https://www.asconstellations.co.uk/workshops-schedule.html
James Pereira	https://thelibrapartnership.com/
John Harris	https://www.livingmaps.co.uk
Lucy Ascham	https://lucyascham.com/workshops-with-lucy-ascham-alexander-technique-and-family-constellations/
Rafe Nauen	https://www.asconstellations.co.uk

- **We ask that you use your two free tutorials and workshop places before the end of your training.**

Please Note: All bookings must be made directly with the trainers - and not through CSC. Simply click the links on the CSC workshop page to book a workshop place directly with the group leader. CSC is not involved with organising these workshops.

Cancellation of Workshops & Tutorials

Please note: We ask for at least 48-hours notice of cancellation for both tutorials and the workshop places. If you do not give a full 48 hours' notice then you will forfeit your session.

Missed Modules

If you are unable to attend one of the modules, due to an unavoidable situation, such as sudden illness, bereavement or an agreement made before joining the training, it may be possible to pick up the missed teaching on the next Applied course only for a nominal charge of £85.

Food & Breaks at Modules

There will be a break each morning for coffee and another in the afternoon for tea. A lunch break of usually around an hour will be timed for around 1pm.

- Tea, coffee, herb teas and biscuits are provided at all modules.
- You can either bring food with you for lunch, or you can visit one of the numerous cafes and restaurants nearby.

If you have any special requests for snacks, then please ask the course support people as they will be sure to bring what you need.

Certificate of Attendance

At the end of module 4 you will be given a Certificate of Attendance, stating the exact number of hours you have attended the training.

Additional CSC Courses & Events

The Centre is delighted to host an international guest trainer two or three times a year. We also arrange some other CPD trainings and workshops. We strongly recommended these to serious students of this work. These additional CPD events are part of the annual programme, and therefore cannot be attended as a free workshop place as part of the Applied Training. Further details about these additional events can be found on the website www.thecsc.net under 'courses'.

Fee Payments and Instalment Contracts

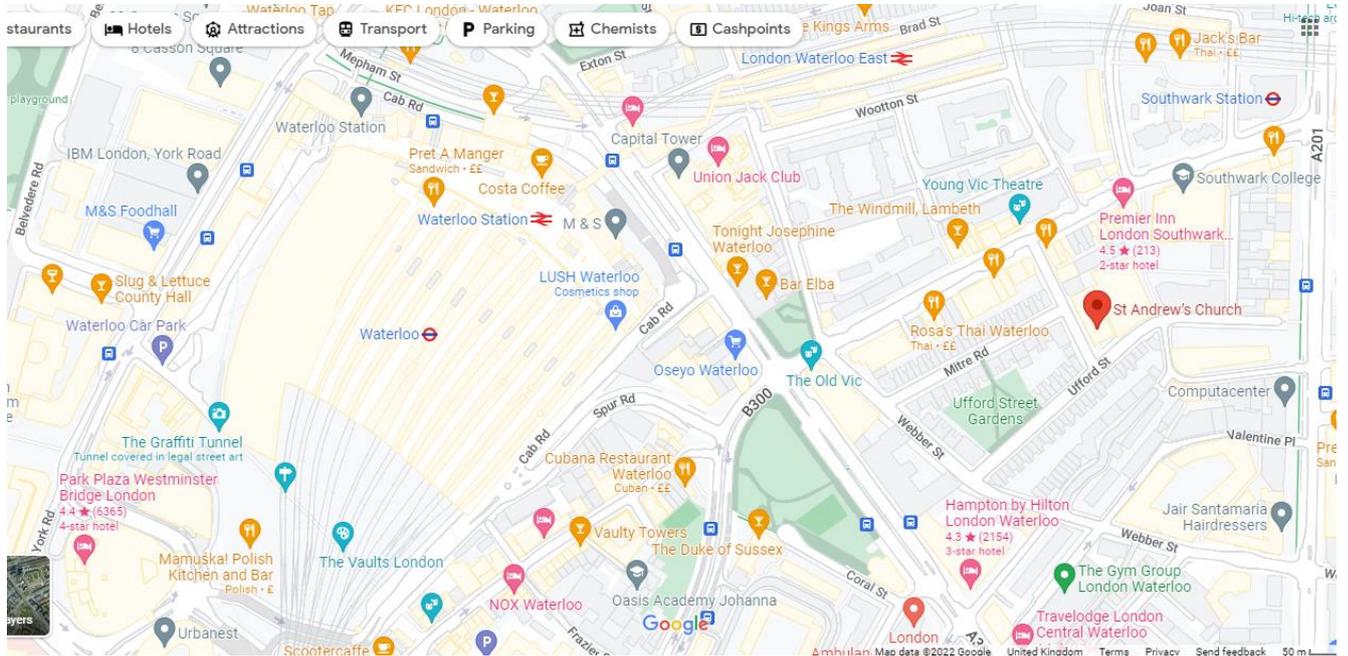
Conditions for Payment by Instalments

- a. If you will struggle to pay the fee in full before the course begins, you can discuss options with the Course Manager. Instalment contracts are offered at our discretion and will be agreed on a case-by-case basis.
- b. If offered, this contract should be signed in ink, scanned and emailed to courses@thecsc.net within 7 days of receipt.
- c. The Centre reserves the right to end the contract at any time and any remaining funds will then be due immediately.
- d. Late payments of instalments will incur a charge of £25 for every month where the payment is not made in accordance with the terms agreed.
- e. The Instalment Contract will typically offer four instalments, beginning immediately.

Any payment plan will always end a minimum of 30 days prior the last module of the course

Directions & Travel Information

Venue for modules 1 & 3 - St Andrews Church – Short Street, London SE1 8LJ



Contact details

T: [020 7633 9819](tel:02076339819)

E: bookings@stjohnswaterloo.org

Directions & Travel

Click to see a [Map](#) of the area.

Public Transport

[Waterloo station](#) – this is the nearest train/bus station (a few minutes walk from the venue)

To plan your journey on public transport – [Journey Planner](#)

Accommodation Information

There are plenty of [hotel deals](#) to be found online.

If you need more information about travel and accommodation or travelling from an airport, please contact courses@thesc.net.

Venue for modules 2 & 4:

Accommodation Information

The Bristol modules will be held at the Centre for Whole Health, which is located in the Bedminster/Southville area of Bristol. It is located close to the city centre and to Temple Meads train station.

We would recommend looking at Airbnb's and bed and breakfasts in the postcode are BS3 3BP

Directions & Travel Information

Venue:

Centre for Whole Health
12 Victoria Place
Bristol
BS3 3BP

Email: [Contact - The Centre for Whole Health](#)

Tel: 0117 923 1138

[Google maps](#)

Parking and local transport

The Centre for Whole Health on Victoria Place is located off British Road in the heart of Bedminster, just behind the main shopping area. As it is a small residential cul-de-sac, parking is only available for disabled car users.

There is unrestricted street parking in British Road and Braunton Road and a car park in Diamond Street. Another, less-frequented, car park is a few yards further away behind MacDonalds.

Please also see '[Just Park](#)' for other parking options

The area is also well serviced by a number of bus routes including the m1 Metrobus and Temple Meads station is about 1 mile away. Bus information can be found [here](https://www.firstgroup.com/bristol-bath-and-west/plan-journey/). (<https://www.firstgroup.com/bristol-bath-and-west/plan-journey/>)

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](http://www.trainline.com) (www.trainline.com).

Megabus

Travel from London Victoria coach station to Bristol bus station costs as little as £13.00 return and takes 2 hours 20 minutes. More information can be found [here](http://uk.megabus.com). (uk.megabus.com)

Recommended Reading

For a general overview of Bert Hellinger's systemic therapy:

- Hellinger, B., Weber, G. & Beaumont, H. *Love's Hidden Symmetry A comprehensive manual*
- Hellinger, B. *Love's Own Truths On bonding and balancing in close relationships*
- Hellinger, B. *To the Heart of the Matter Brief Therapies: mapping out Family Constellations in a highly concentrated form*
- Hellinger, B. & ten Hovel, G. *Acknowledging What Is A challenging interview clarifying his thinking on family entanglements*
- Hellinger, B. *Insights Lectures and Stories, e.g. On Conscience, Guilt and Innocence in Relationships (Parents and Children, Men and Women)*

If you wish to apply systemic thinking and constellation work to your own practice:

- Ulsamer, B. *The Art and Practice of Family Constellations Leading Family constellations as developed by Bert Hellinger*
- Franke, U. *In My Mind's Eye Family constellations in Individual Therapy and Counselling*
- Franke, U. *The River never looks back Historical and practical foundations of Bert Hellinger's work*
- Franke, M. *You are one of us Systemic insights and solutions for teachers, students and parents*

Other:

- Hellinger, B. *Peace Begins in the Soul, Family constellations in the service of reconciliation*

The books above are available from:

- Carl Auer <http://www.carl-auer.de>
- Karnac Books <https://www.karnacbooks.com/>
- Amazon <https://www.amazon.co.uk/>
- Used Book Search <https://www.usedbooksearch.co.uk/>

Guidelines for Transcribing a Constellation

Observing and transcribing a constellation is valuable because:

- Through it the issue holder has an opportunity to revisit the situation at some later time, which often helps to embed the resolving energy.
- The transcriber has the opportunity to take their understanding to a deeper level by detailed study. A constellation that is not fully understood does not 'read' well.
- And a collection of constellations, held in confidence, will support the research and development of this field.

So, what to notice? What to write down? What to miss out or summarise? How important are diagrams? First, set up a three-column document. In the first column write the transcript, alongside in column two list the professional interventions with your analysis and understanding of them and finally in the third column record your personal responses to the work.

The Initial Situation

The opening conversation is critically important. You need to provide the relevant information that the facilitator is given, but also relevant data on the relationship between the two of them, including key moments within the conversation. It is helpful to note the quality of eye contact, the tone of voice, the amount of support needed by the issue holder to maintain focus. If the issue is about a complex system, make sure you have detailed the information – the history, the people involved, the need expressed, the hierarchy and so on.

The Choosing of Representatives

Note how and in which order the representatives are chosen and with what sort of care they are placed. Watch for their initial reactions and interactions. Before they begin to give feedback, see what you make of the configuration yourself.

The Constellation

From then on you will be writing a something like a film script. There will be stage directions, including pauses, tone of voice, emotional responses and so on. There will be the words of the representatives, the words given to the representatives and how they deliver them, and the words of the constellator directed to the issue holder or the group. You need to specify which is which. It will also be important to specify whether it is a representative speaking or the issue holder, whether their words are chosen by the constellator or spontaneously generated and what impact they seem to create. You will need to indicate movements and gestures, and how the constellation shifts through the session. Some mapping is helpful, including the direction faced by the representatives. This can be done visually or verbally.

The Resolution

There will often be conversation, including later comments from the group, which is part of the whole and should not be omitted. You need to describe how it seems to affect the issue holder. And how the group is affected.

Later

- See if you can provide a brief summary of the work that will sit at the front of your transcript, taking it from issue to resolution in a language that illuminates your understanding of the orders.
- Add a commentary about your own process - what impact it had on you, what it illuminated, how else you think it might have gone, your concerns and delights – a personal response that comes from your heart and your truth.
- And lastly, your estimation about what sort of further support, coaching or other work the issue holder might benefit from.

An Image of Seven Generations of a Family

