



This is not just a training of the mind it is a journey of the soul.

This foundation training takes place over 4 modules (120 hours contact time). This experiential training combines theory and practice in the core concepts of Family Constellations. Learn the art of facilitation and working with the knowing field /field of consciousness and the power of Family Constellations. Step by step training of all the key parts to facilitating a constellation for private and group sessions. Practice time where you run sessions with clients and you are coached through the process.

The delivery of the material has been strategically designed to allow you time to process and integrate the shifts and learning into your life, so you learn the material from inside and out.

Purpose:

- Teach you the principles of family constellations
- Teach you to facilitate a constellation with a client one-on-one
- Teach you to facilitate a constellation with a client in a group setting
- Give you practise facilitating constellations within the training.

Training includes:

- Core training material (120 hours – over 12 months)
- Online learning hub access to review recorded material and exercises
 - Hand outs
 - Exercises
 - notes
- 12 months membership to attend online workshop sessions
 - Attend as many online sessions as you wish to as representative
- As a group you will conduct a workshop with the public as your final assessment
- Certification once all required are complete

Requirements:

- Attend 4 days constellations workshops or equivalent online
- Write 5 case studies of constellations you facilitate
- Submit all completed learning activities in the learning hub.
- Purchase public liability and professional indemnity student insurance, if you don't already have it (price additional)
- If you are not a member of a professional organisation for health care workers, then complete a 'code of conduct for health care workers course' (price additional)

**If the trainers think you need to partake in some personal work outside of the training you will be notified as appropriate, this will be at your own cost.



Foundation training

Module 1	Online (zoom)	12 weeks	9am-1pm
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Dates: Sundays (9am-1pm Melbourne):

September 18, 25, October 2, 9, 16, 23, 30, November 6, 13, 20, 27, December 4

You and your system

- What is a Family Constellation?
- 3 main principles of constellations
 - Order
 - Belonging
 - Give and take
- Preparing you as the facilitator
 - Your role
 - Your state (empty centre)
 - What you are looking for
 - Your process
- Interview process
 - Chair work
 - Moving from chair to floor
 - Genogram
- Healing sentences
- Different types of constellations
 - Structural
 - Systemic

Module 2	Online (zoom)	4 sessions X 6 hours	9am – 3pm
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Dates: Sundays (9am-3pm Melbourne): January 22, February 5 & 19, March 5th

- Identifying patterns on the floor
- Family of origin
- Current family
- Blended families
- One on one constellation work
 - Floor anchors
 - Table top
 - Online
 - In your mind's eye



Module 3 **Online (zoom)** **4 sessions X 6 hours** **9am – 3pm**

Dates: Saturdays (9am-3pm Melbourne) March 25, April 8 & 29, May 20

- Intro into group work
- Facilitating group constellations
 - Representatives
 - Holding space
 - Group dynamic
- Working with the field
- Working with representatives
- Interrupted reaching out
- Dynamics and patterns in the field
- You facilitate and receive constellations with group
- Personal, collective and spiritual conscience

Module 4 **Online (zoom)** **4 sessions X 6 hours** **10am – 4pm**

Dates: Saturdays (10am-4pm Melbourne) June 10 & 11, July 8 & 9

- Sharping your skills
- The body doesn't lie
- Working with adoption
- Missing children
- Working with Abuse
- Health issues
- Mother wound
- Father wound

Module **Online (zoom)**

Dates: TBA August and September

- The group conducts constellations with the public
- Complete all material in learning hub for certification