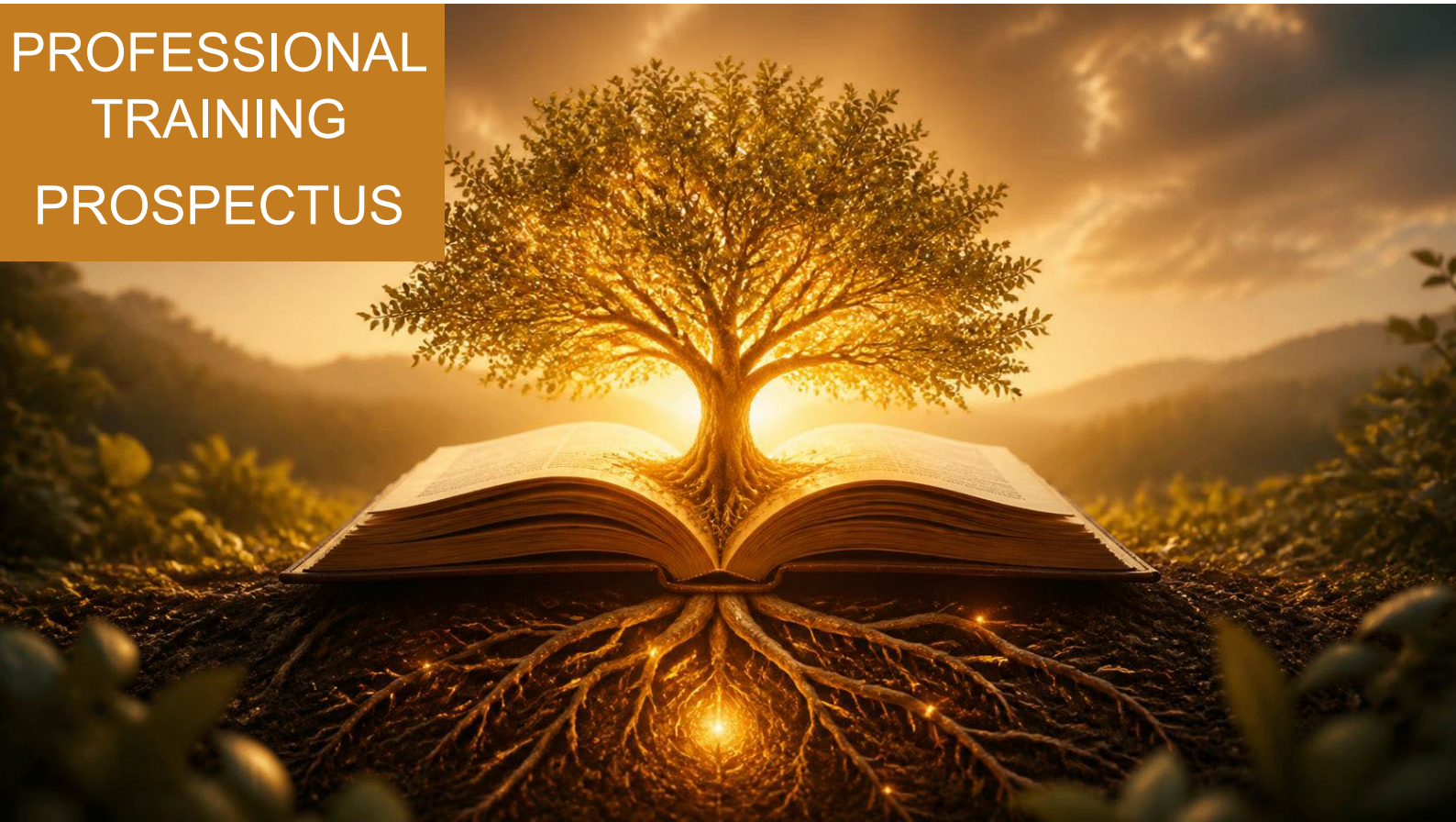




Professional Family and Systemic Constellations Facilitator Training

PROFESSIONAL
TRAINING
PROSPECTUS



- Foundation
- Stage One
- Stage Two
- Advanced Specialist Training

TRAINING OVERVIEW

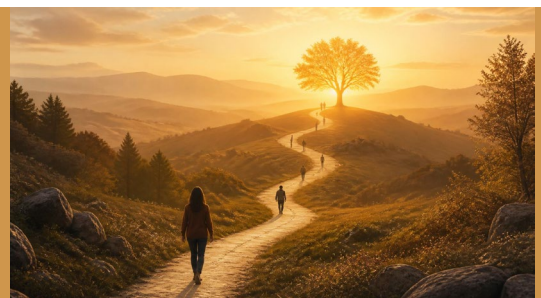
The Professional Family and Systemic Constellations Facilitator Training is a comprehensive learning pathway designed to develop knowledgeable, ethical and confident facilitators. Combining theory, experiential learning, supervised practice and reflective integration, the program equips you with the skills and professional judgement to facilitate Family and Systemic Constellations safely and effectively.

Structured across Foundation, Stage One and Stage Two, learning progresses gradually, allowing knowledge, practical skills and confidence to develop over time. From the beginning of the program, you will observe, participate and progressively facilitate constellations, receiving ongoing coaching, supervision and personalised feedback in a supportive learning environment.

Alongside developing your facilitation skills, you will deepen your understanding of your own system and the unconscious patterns that influence both your life and your work. This integration of personal and professional development is fundamental to becoming an ethical, grounded and effective facilitator.

On completion of the program, you will have developed the knowledge, practical experience and confidence to facilitate Family and Systemic Constellations in both one-to-one and group settings, supported by a strong foundation of ethical practice, professional supervision and ongoing learning.

Your journey as a facilitator
begins here



BENEFITS

By completing this training, you will:

- Develop a deep understanding of Family and Systemic Constellations theory and practice.
- Learn to facilitate both one-to-one and group constellations with confidence.
- Build strong foundations in trauma-informed, ethical and professional practice.
- Develop your ability to observe systemic dynamics and identify underlying patterns.
- Gain extensive hands-on experience through live demonstrations, supervised practice and personalised feedback.
- Strengthen your facilitator presence, professional judgement and confidence.
- Deepen your self-awareness by exploring your own family system and unconscious patterns.
- Receive ongoing mentoring, supervision and support throughout your learning journey.
- Join a community of practitioners committed to continual learning and professional excellence.
- Graduate with the knowledge, practical skills and confidence to integrate Family and Systemic Constellations into your professional practice.



Powerful training and skills for life

WHO IS THIS TRAINING FOR?

This training is designed for individuals who want to develop the knowledge, skills and confidence to facilitate Family and Systemic Constellations in a professional, ethical and trauma-informed way.

It is suitable for:

- Counsellors, psychotherapists, psychologists and social workers
- Coaches, mentors and wellbeing practitioners
- Family support workers, educators and community practitioners
- Health professionals seeking a systemic approach to client care
- Existing Family and Systemic Constellations facilitators wishing to deepen their knowledge and refine their practice
- Individuals seeking a comprehensive pathway to becoming a professional Family and Systemic Constellations Facilitator

Whether you are expanding your existing practice or beginning a new professional journey, this training provides a progressive pathway that combines theory, experiential learning, supervised practice and ongoing support to help you become a skilled, confident and ethical facilitator

Professional learning
Confident facilitation
Meaningful impact



WHAT THE TRAINING INCLUDES

Your enrolment includes:

- Foundation, Stage One and Stage Two of the Professional Family and Systemic Constellations Facilitator Training.
- Approximately **300–350 hours** of progressive professional learning.
- Live face-to-face immersion training.
- Downloadable learning resources.
- Access to the online Learning Hub, including recordings, videos and quizzes.
- Live demonstrations of Family and Systemic Constellations facilitation.
- Extensive supervised practice in both one-to-one and group facilitation.
- Individual and group supervision throughout the program.
- Ongoing personalised coaching and feedback.
- Opportunities to participate as both facilitator and representative during training.
- Competency assessment and certification as a **Professional Family and Systemic Constellations Facilitator** upon successful completion.
- Ongoing connection to a supportive community of practitioners. ‘

Continue Your Professional Development

Graduates may choose to continue their professional learning through **Advanced Specialist Training**, currently available in:

- Couples Constellations
- Organisational Constellations

Completion of the Advanced Specialist Training pathways extends the full professional learning pathway to approximately 450 hours.



Professional learning
Lifelong growth

PREREQUISITES

Applicants should:

- Be at least 21 years of age.
- Demonstrate emotional readiness for experiential learning.
- Be committed to personal and professional development.
- Have attended a Family Constellations workshop or, preferably, experienced a personal constellation prior to commencing the program.
- Participate in an enrolment interview to determine suitability for the program.

This program welcomes both those new to Family and Systemic Constellations facilitation and experienced practitioners seeking to deepen their knowledge, skills and professional practice.

IS THIS TRAINING RIGHT FOR YOU?

This training is designed for people who are committed to developing both professionally and personally. It requires curiosity, openness to learning, a willingness to receive feedback and a commitment to ethical practice.

Whether you are adding Family and Systemic Constellations to an existing profession or beginning a new career pathway, you will be supported through a progressive learning journey that develops your confidence, competence and facilitator presence.

Every facilitator starts as a learner. Every skilled facilitator commits to ongoing growth.

The greater soul moves in only one direction and that is to bring into union that which has been made separate

Bert Hellinger

THE LEARNING PATHWAY

Foundation

Develop the theoretical and practical foundations of Family and Systemic Constellations, including systemic principles, trauma-informed practice, facilitator presence, genograms, interviewing skills, nervous system awareness and the exploration of your own family system.

Stage One

Build confidence facilitating one-to-one constellations through live demonstrations, supervised practice, personalised feedback and the progressive development of professional judgement and facilitator presence.

Stage Two

Expand your skills to facilitate Family and Systemic Constellations with groups, integrating advanced systemic concepts, ethical practice, supervision and competency assessment in both face-to-face and online settings.

Advanced Specialist Training (Optional)

Graduates may continue their professional development through Advanced Specialist Training in Couples Constellations and Organisational Constellations, extending the complete professional learning pathway to approximately **450 hours**.



A progressive pathway from
foundation to confident
professional practice

Your Trainer



Edwina Van Der Westhuizen is a Family and Systemic Constellations facilitator, trainer, qualified professional clinical supervisor, counsellor and psychotherapist with more than 20 years of experience supporting individuals, couples and groups.

Holding a **Master of Counselling**, Edwina integrates Family and Systemic Constellations with trauma-informed practice, psychotherapy and nervous system regulation. She is passionate about developing skilled, ethical and confident facilitators who can hold space with presence, integrity and compassion.

With an extensive background in adult education, Edwina is known for making complex systemic concepts practical, accessible and easy to understand. Her teaching combines sound theoretical foundations with extensive experiential learning, creating a supportive environment where students progressively develop confidence and competence.

Edwina has been facilitating Family and Systemic Constellations since 2009. She is a **Clinical Member of PACFA**, a **Level 3 Member of the Australian Counselling Association (ACA)** and serves on the **Advisory Board of Constellators International**.

Professional knowledge

Experiential learning

Confident facilitation



Testimonials

Coming from a background in clinical psychology it became clear that most issues clients bring are NOT rooted in individualistic constructs or paradigms. Systemic Family constellations (SFC) was the missing link I was looking for, it is a systemic approach to resolving a client's issues by focusing on situating their dis-ease, or disconnections, in the family or social system, and embedding healing in one's nervous system.

Edwina is a skilled, compassionate facilitator and trainer who understands and works systemically with whatever issue(s) a client brings. Working with her has been deeply revelatory and healing in my own core family wounding in ways inaccessible through traditional therapeutic modalities.

I was very impressed with the process and the way in which Edwina facilitated the constellations in the groups and saw parallels with depth psychological processes. The course was well structured, with excellent, clear grounding in the principles of Systemic constellations and the process of facilitation. The course contained plenty of structured practice sessions that gradually, and suitably increased in difficulty as the training progressed.

One of the key skills for facilitating Constellations, as with therapists and groupwork, is the attitude and state of awareness called 'the empty vessel' in SFC. It is an equivalent notion in psychotherapy which is referred to as 'holding the space'. It is a state in which the practitioner is trained to become conscious of, and set aside their pre-conceptions, biases, judgements, projections and other reactions to deal with what is happening in the present for the client from a client-centred perspective in an objective manner. In psychodynamic therapy this is learning how to navigate transference and countertransference. Learning to be fully present, without projecting their own subjective experience, mindset and opinions onto the client or the presenting situation. Edwina not only taught the 'empty vessel' skill. She also modelled it and demonstrated it for my group during the entire course. Her facilitation skills were of a very high standard.

The Constellations process uses an object-relations model which enables people in the group to externalise their inner projection so that the subjective reality becomes objective, in other words, externalised in the Constellation. This process enables them to look at their issue from a different (more objective) perspective. What impressed me was that is not merely role-playing. The SFC enables clients to tune into an intuitive field of awareness and consciousness by which people can objectively experience the previously unseen elements of their subjective reality. It helps what is suppressed, repressed and unconscious.

In the traditional therapy process, achieving object relations is difficult to do, and often takes months, if not years to achieve. I found Constellations to be an incredibly efficient process which provides a client a simple way to locate, and bring to awareness, the elements of a system that are affecting them.

Caroline (BBS(Hons), MPsych, MA)

MORE VIDEO TESTIMONIALS: www.relationshipconstellations.com/facilitator-training

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