



# Family Constellation Facilitation Foundation Training

TRAINING  
PROSPECTUS



12 months Family Constellations  
Foundation Facilitator Training  
Live online & in-person

# TRAINING OVERVIEW

This foundation training takes place over a 12-month period. It is an experiential training combining theory and practice in the core concepts of Family Constellations. As a long immersion, it offers you the opportunity to more deeply understand the rich content and to integrate this into your work and life. You'll have time to process the work within your own body and external systems, and also to move the skills and knowledge from conscious to unconscious so it flows within you.

**If you are looking for a quick fix training, this is not it!**

Learn the art of facilitation and working with the knowing field /field of consciousness and the power of Family Constellations. The step-by-step training covers all of the key elements to facilitate a constellation from the interview with the client through to facilitating the constellation.

This is a hands-on training where you will start facilitating from day one. You will be coached and guided to facilitate constellations with other members of the training group starting with simple and building to more complex, constellations. You will complete the training with real experience so you can step straight into using the skills with clients.



**This is not just a training of the mind  
- it's a journey of the soul**

# BENEFITS

- build your knowledge and experience incrementally over the 12-month period
- the online training modules are live, in real time, NOT pre-recorded
- by the end of this course you will have facilitated constellations in many different forms
- learn Family Constellations from the perspective of client *and* facilitator
- discover more about your family system as you experience the content integrating into your own life
- connect with a network of peers to support you for the rest of your life
- be a client for your peers and experience constellations first hand
- learn how to facilitate online, in-person, private, one-on-one and group constellations
- develop skills that will deepen all your relationships
- learn in a safe and supportive environment



Powerful training and skills for life

# WHO IS THIS TRAINING FOR?

- Psychologists
- Mental health professionals
- Social workers
- Counsellors
- Health care professionals
- Hypnotherapists
- Kinesiologists
- Naturopaths, homeopaths
- Allied health professionals
- Addiction counsellors
- Helper technicians
- Coaches
- Teachers
- People who work with families
- \*People familiar with systemic constellations
- \*People who have done a lot of their own personal work and want to go deeper
- \*People who want to move into the helping profession

\* The course is for professionals who want to work with client by looking systemically to find hidden dynamics to their situation. If you are not already in a therapy or helping career there may be more requirements at your own cost to prepare you for this training. Please contact us to discuss requirements and if this training is suitable.

Family Constellations  
offers new insights  
around the hidden  
dynamics of a personal  
or family story



# WHAT THE TRAINING INCLUDES

- training over a 12-month period in all the foundational elements of Family Constellations
- over 160 hours live (synchronous) online training plus extra online material
- final 4 consecutive days in-person as deep-dive practice for enhanced integration and skill development
- small class sizes
- hands-on experience facilitating constellations from one-on-one to group constellations
- lots of in-class practice with coaching from trainer and training assistants
- learn in a safe environment
- video examples of constellations for review
- In-depth feedback on your case studies
- your own private login to the online learning hub
- extra activities, quizzes and examples in the online learning hub
- recorded classes for review for 12 months after the training is complete
- certificate if all requirements have been completed
- attend any of Edwina's online constellations as a representative from the time you sign up and for one year after the completion of the training



Family  
Constellations  
is a movement  
of the soul

# PREREQUISITES

- you are already working in a field in which you can apply Family Constellations
- if you are not already in a helper profession please contact us to discuss requirements and if this training is suitable
- have had your own constellation prior to enrolling, so that you have an experience of the process
- have a Phone/Zoom Interview/chat with Edwina to see if the training is suitable for you.
- complete the registration form
- if you are not a professional health worker you will need to complete additional pre-course material (fee additional)

# PROFESSIONAL AND PERSONAL DEVELOPMENT

Even though this training is for professional purposes, it can also give clarity for your own personal development. A critical part of doing this work is that understanding of yourself. The more you can understand the systemic patterns in your life and be present to yourself and your life just as it is, the more you can be present to your clients.

Our clients deserve and demand we keep doing our own personal work, to enable us to best support them. This can be harder than it sounds and through this 12-month course you will have a chance to deepen these skills.

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

*Bert Hellinger*



# Training modules

## MODULE 1: You and your system

We all have unique early childhood experiences that shaped our life. In this module we'll explore how early systemic dynamics interplay with all the other systems we move in and out of:

- learn the 3 constellations principles in depth
- discover more about your family of origin (FOO) and the systemic lens
- learn how implicit memory impacts your present-day experiences
- learn how to hold and maintain the facilitator's stance (empty vessel) when working with clients
- develop your interview process and create the client's genogram
- explore healing sentences in depth (what they are, how to use them and when to use them)
- learn to read systemic patterns while facilitating online and live on the floor
- learn to hear and work with systemic language to transform

## MODULE 2: Working one-on-one

The client's whole system is reflected within them and their lives. In this module we'll explore the hidden dynamics of a system expressed through the client's language and body:

- interrupted reaching out
- blind constellations
- health constellations
- projection and confusion
- facilitate constellations online and on the floor

### **MODULE 3: Family soul**

In this module we will deepen into some of the nuances and topics of constellations and unconscious themes:

- family soul
- missing children
- in-the-mind's-eye constellations
- rite of passage
- victim / perpetrator

### **MODULE 4: Working with groups**

Constellations was originally developed as a group process. In this module we will look at the dynamics of a group Constellation. How a group who don't consciously know the client's story can represent the hidden dynamics within a client's system:

- introduction to group work
- the role of the representative
- working with the group dynamic
- working with larger systems

### **MODULE 5: In-person group workshop**

- 4 days in-person in Melbourne: 2 days training and 2 days running an in-person workshop as a group (all recorded)
- facilitate a group workshop for a client outside of the training
- If you are unable to travel to Melbourne: you will be able to view the recordings, submit a review / summary of the missed sessions and facilitate an online group constellation for a client (organised for you).



## Your Trainer



**Edwina Van Der Westhuizen** will skillfully guide you through this 12-month immersion training. She has a knack for breaking complex topics and concepts into simple-to-understand language, integrating the mind, body and soul in all that she does.

Coming from the stance that the power, and everything you need, is already within you, she helps people to reclaim their authentic self, through powerful modalities and tools.

Edwina has a Masters in Counselling and working with trauma background and has been helping clients in Family Constellations since 2009. She has also run her own business since 2003 with her husband in Coaching, cultural change and training coaches.

## Your Assistant Trainers

**Megan Hemmings** first began working holistically with groups in 2001 and is trained in healing modalities with trauma informed, somatic, energetic and mind-body orientations. After experiencing multi-dimensional healing in 2017, Megan was introduced to the power of Constellations work which inspired her to learn the art of facilitation with Edwina.



**Mary Holdsworth** first delved into Constellations principles in 2018 and trained in Structural Constellations facilitation. To go deeper she then completed this immersion training in Family Constellations facilitation with Edwina. Mary now uses this powerful process alongside Holistic Counselling to help others heal and thrive.

# 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](http://www.relationshipconstellations.com/facilitator-training)

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