



15-Day

FOUNDATION TRAINING

in

Systemic Family Constellations

September 2021 – April 2022

www.familyconstellationsjourney.com



Course Structure and Dates

The Training will be structured in the following way and include:

- 6 modules of 2 days
- 3 Days of Supervised Practice Days (in between modules)
- 3 one to one Personal Support sessions either via Skype or in person (90 minutes each)
- 2 free representative places at one of our constellation workshops

Times:

- Fridays 11am - 6pm (including the Supervised Training Days)
- Saturdays 10am – 6pm

Dates

- **Module 1:** 17/18 September 2021
between module 1&2: one to on session (to be arranged individually)
- **Module 2:** 15/16 October 2021
Supervised Training Day 1: Fri 29 Oct 2021
- **Module 3:** 19/20 November 2021
between module 3&4: one to on session (to be arranged individually)
- **Module 4:** 14/15 January 2022
Supervised Training Day 2: Fri 28 January 2022
- **Module 5:** 11/12 February 2022
Supervised Training Day 3: Fri 18 February 2022
- **Module 6:** 1/2 April 2022
within 4 weeks of finishing module 6 (to be arranged individually)



This Foundation Family Constellations Training is open to everyone who has a yearning to learn more about this process, either for personal or for professional reasons, or, of course, a mixture of the two.

The Foundation year will be taught using systemic principles in the context of one-to-one work, while the following year will be focused on facilitation of group constellations.

We believe that it is important to internalise the systemic lens in the context of one-to-one work in the first instance. Working with group constellations will be integrated in the Foundation training as part of the learning. However, the emphasis will be on empowering participants to use this approach in one-to-one work.

On this journey with us you will have the opportunity to

- learn in a small group
- receive personal support through one-to-one sessions
- practice family constellations through application of what has been taught (with practical days solely dedicated to deepen the learning)
- experiential learning through time for your own development and personal work
- develop both personally and professionally

Aim

- to learn about, experience and internalise the orders of love
- application of the orders of love and the systemic thinking with an emphasis on one-to-one work
- to develop sound practitioners of this work
- to facilitate a personal and professional but most importantly enriching journey through our teaching



Why us?

- we are extremely passionate about systemic family constellations work
- we want to empower others by passing on what's been a transformative journey for ourselves, our families and our working life
- we are committed to a world that communicates from an open heart
- we come from a place of integrated family systems and it is our heart's desire to make this work more widely available
- we believe in learning in a small group, so we have enough time for attention to the individual

This course has been born out of a deep love for this work and a vision of life where we meet and communicate with people from the heart. Although this training is deeply embedded in the knowledge that has been passed down to us through Bert Hellinger and all our other beautiful teachers, it has our own energy woven into it with the aim to support all of our participants to internalise the teachings and then create their own unique application thereof – one that expresses them as a unique human being.

Sandra Disteli (www.sandradisteli.ch) has been instrumental in developing this vision, and will be delivering her own take of this training in Switzerland.



Brief Training Overview

Based on our belief that being a good practitioner is about a combination of knowledge, skills and experience, the Foundation Training will take participants through a journey covering the topics below.

Knowledge

- Introduction to Systemic thinking (understanding systems)
- Familiarisation and internalisation of the Orders of Love
- Bonding and Belonging
- Parent-Child Dynamics
- Adult relationships
- Understanding fate in the context of systemic thinking
- Endings

Skills

- Learning to understand, trust and work with a phenomenological approach
- The role of the 'initial interview' and how to begin a systemic piece of work
- Working with the Knowing Field
- The importance of communicating with the language that touches the soul
- The role of healing sentences and their place in the constellation process
- Communicating without words and 'reading' constellations
- Moving into our heart space

Experience

- A majority of the learning journey will be experiential, giving time to internalise the movements and orders of this work
- Just as Louise and Marilene bring different skills and experiences to the training, we value all the experiences that participants bring to their learning journey



This list is not exhaustive and all of the above will be passed on through a mixture of teaching, personal work, exercises and supervised practice. We reserve the right to adjust the content of the course to meet the needs of the participants.

Venue

With the current legislations changing from week to week, we are likely to be running some modules online and meet when regulations allow us to do so.

The meetings in person will be held in Bagshot.

Travelling to Bagshot

By car: Bagshot is well located for those travelling by car with access to the M3 (junction 3) and a 25-minute journey from the M4 (junction 10)

There is free parking outside the venue.

By Train: We are a 10-15-minute drive from Sunningdale station (direct line to London). There are taxis available at Sunningdale station (Atlas Cars).

Traveling from abroad: Bagshot is a 35-minute drive from London Heathrow (traffic permitting). A taxi journey costs about £35 (if you arrange pick up from Atlas Cars, our local taxi company on 0044 1344 874874).



Who are the facilitators?

The training will be facilitated by Marilene Metzler and Louise Nicholl. They trained together in Family Systemic Constellations with CSISS in London from 2007-2008 and have supported each other in their systemic constellation work ever since.

Marilene originally qualified as a homeopath in 1998. Alongside her private practice Marilene also worked as a lecturer, module leader and supervisor on the BSc(Hons) Homeopathy degree course at Thames Valley University.

Marilene's family first encountered family constellations in her childhood and she fell in love with the power of this work when she first attended a workshop in 2002. From then she attended regular workshops, but it was only in 2007 that she started formally training in it. Following 2 years of training, Marilene was the support practitioner for the CSC training for 3 years. Marilene has attended numerous workshops and training days with renowned practitioners in the UK and Switzerland. Filled with a deep yearning to pass this knowledge on, Marilene has worked towards the vision of this training program since the early 2018. For more details about Marilene see www.SOULUTIONSfocused.co.uk

Louise has worked in the NHS for 34 years where she worked as an Occupational Therapist in Mental Health (with adults, young people and children), and in the last 16 years as a clinical manager. Alongside this, Louise trained as a Play Therapist, developing an independent practice as a practitioner and supervisor. In early 2019 Louise left the NHS to develop her own private practice in coaching and constellations and has since been involved in this project.

In addition to the Family Constellations training Louise was also the support practitioner for the CSC training for 2 years. Her first contact with Constellations was through the Organisational Training (COLPI) with the Nowhere Foundation and she went on to use this approach extensively in her role as a manager and leader in the NHS. She has attended additional training and workshops in both family and organisational constellations and is passionate about using this approach in her personal and professional life. For more information about Louise see www.louisenicholl.com



Application process

If you would like to apply to this training, you will need to:

- Fill in an application form AND
- Pay a deposit of £400
- Once we have received the above, we will contact you to arrange a good time to talk (this can be done on the phone, Skype or in person). This will be an opportunity to connect with you, if we have not done so already before then, and to 'get to know' one another a little before the training. This will also be an opportunity for you to ask any other questions that you may have about the training.
- If for any reason, either party decides following this call that the training is not suitable for you, then either party can cancel the place within 1 week of the call and a full refund of the otherwise non-refundable deposit will be given.

Payment and fee

The full fee for the Foundation Training is £2095.

Early bird fee is £1795 for those who pay their deposit by **31st May 2021**.

A £400 deposit is needed to secure your place. This deposit becomes non-refundable 2 weeks after your informal chat with Marilene following your formal application.

There are 2 options to pay the remainder of the course fees:

1. **OPTION 1:** Payments made in one go **BEFORE** the start of the first module receive a £50 reduction in fees.
2. **OPTION 2:** a further £300 is due **BEFORE** the start of the first module. The remainder of the fees can be paid in 4 equal monthly payments, starting on **1st October 2021**.



More Information and Contact

If you have more questions about the training or would like to apply for a place, please contact Marilene on marilene1@hotmail.co.uk or 07785 772912.

Alternatively, you can visit [www. SOULUTIONSfocused.co.uk](http://www.SOULUTIONSfocused.co.uk) for more information, to download an application form and make your deposit payment.