



17-Day

Level 1

FOUNDATION TRAINING  
in  
Systemic Family Constellations

2024-25

[www.familyconstellationsjourney.com](http://www.familyconstellationsjourney.com)



## Course Structure and Dates

**There will be 17 days of training that will be structured in the following way:**

- 8 x 2-day modules (Supervised Practice Days)
- 1x ONLINE days to learn how to use this work online

**In addition to the training days, you will also receive:**

- 2 one-to-one Personal Support sessions either via Skype/Zoom or in person
- 2 free representative places at one of Marilene's family constellation workshops

**Times:**

- Fridays 11am – 6pm
- Saturdays 10am – 6pm

**Dates 2024-25**

**2024**

- September 27/28
- October 18/19
- November 15/16
- December 13/14

**2025**

- January 17/18
- February 7/8
- March 7/8 plus online day on 21 March
- April 11/12



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.

It is with much gratitude to all teachers, who have passed on their commitment and knowledge of this work.

A very special thank you goes to two friends and colleagues who have very generously supported Marilene in her vision and helped develop this training.

- Sandra Disteli ([www.sandradisteli.ch](http://www.sandradisteli.ch)) has been instrumental in the early stages of developing this course by helping Marilene deepen her vision and being there all the way in the creation of the Journey to the Heart Foundation Training.
- Louise Nicholl ([www.louisenicholl.com](http://www.louisenicholl.com)) has been of immense support in the final stages of the creation of the training. She has helped create the structure of this course and helped put the curriculum into a meaningful order. Louise also taught two modules on the first foundation course.



## 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.

All of this 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

### **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
- We value all the experiences that participants bring to their learning journey



## What will I be Able to Do at The End of the Foundation Training?

We are whole-heartedly committed to delivering the foundations of this work so that, by the end of the foundation training, you have the background to start using this work in one-to-one settings. However, your readiness to practise will also depend on your engagement in this field. The more you read, attend workshops and practise outside the modules, the more familiar you will become with this work at a deep level, which in turn will support you in your practice.

## Venue

The course will take place 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 is The Facilitator?

The training will be facilitated by Marilene Metzler.

**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](http://www.SOULUTIONSfocused.co.uk)



## 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

**Early bird fee** is £2345 for those who pay their deposit by [31 May 2024](#).

**The full fee** for the Foundation Training is £2595.

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:** You can pay the remainder in 7 equal instalments by standing order, starting on [1 October 2024](#).





## 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](mailto:marilene1@hotmail.co.uk) or 07785 772912.

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