

It is increasingly clear from research in neurobiology, epigenetics, somatic experiencing and psychotherapy that trauma is often carried from one generation to the next.

This phenomenological approach means looking at a larger context and connections without needing to understand it.

Experience how we are all connected, and how the shift of one can affect the whole.

It is the mind that keeps us separate and love that reminds us we are all connected.

Ultimately this is the science of "love" and the movement of the soul.

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

Bert Hellinger

*As a counsellor myself, I have never come across a therapy or method like this that has such immediate and powerful results. I personally experienced dramatic shifts in my relationships with my family after attending the workshop, and to say they have improved is an understatement!*

*I believe Family Constellations is something every single person should try. It is truly transformative"*

**Stephanie**



**Edwina Van Der Westhuizen** is a trained Family Constellations Facilitator. A Life and Business Coach, & a Master Practitioner of NLP.

With more than 20 years training background, Edwina has an ability to break down processes and model techniques for easier understanding and application.

Edwina first came across Family Constellation in 2003 and attended her first Constellations training in 2008. Edwina has completed many facilitator training programs since, in Family and Organisational Constellations.

Edwina's love of Family Constellations as well as her passion for somatic (body) work, meditation, spirituality, working with shifts of Consciousness and human behaviour has led to developing a deep and rich Constellations training program.

In this training Edwina will show you how to combine Family Constellations, working with spirit, shifting consciousness and reading the body.

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

STAY CONNECTED.

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# FAMILY CONSTELLATIONS FACILITATOR TRAINING





## 14 day Family Constellations training

This will be a personal journey as much as a practical and experiential training combining theory and practice in the core concepts of Family Constellations.

Family Constellations works towards offering new insights, and deals with profound difficulties in the hidden dynamics of a personal or family story. Family Constellations gives us a different lens, and new tools that can help clients leave difficult experiences in the past - where they belong, so they can move forward. It helps them let go of unwanted burdens as they move towards a more hope-full future.

In this course you will learn new skills to incorporate into your current work; or start a new career.



*Edwina is an amazing facilitator, her ability to hold space with presence and compassion is world-class.*

*The result was deep-profound healing and releases that will impact the rest of my life and the lives to follow in my footsteps*

*(AB - Tasmania)*

**This training is non-residential.**

### **Aim of the training:**

Participants will be able to use constellation and systemic tools in therapeutic settings and in coaching, both in individual sessions and in groups.

The training focusses on self-experience, practical application and theoretical knowledge. It is open for both professionals and non-professionals who are interested in systemic understanding processes.

### **Contents:**

- working with the knowing field /field of consciousness
- the art of facilitation,
- reading the somatic (body),
- working in private setting
- dynamics at play when working with groups,
- reading patterns
- and you the facilitator.

### **Methods:**

Different approaches to constellation work, systemic techniques, genograms, self-care methods, video feedback, storytelling, supervision.

### **Time frame:**

- 14 days live over 4 modules (5-3-3-3 days)
- Over 100 hours of face to face training.
- Online component and activities
- 4 days attending workshops as a representative
- Write case studies of sessions you facilitate
- Certification of completion when all requirements completed

See website for training dates:

[www.relationshipconstellations.com/training.html](http://www.relationshipconstellations.com/training.html)