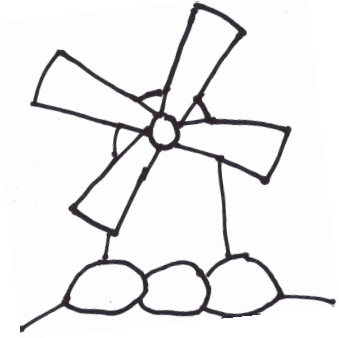




Advanced Notice!

Constellations Workshop

Mill House, Suffolk
with Enid Welford **CSGA**



Provisional Dates:

Friday 15th & Saturday 16th March, 2024

Working with constellations offers a remarkable, powerful approach for understanding and resolving deep rooted dysfunctional patterns, stuckness and systemic confusion. Established in the field of psychotherapy, the approach can be applied to a range of contexts, including family systems, education and organisational practice.

Enid Welford is a leading facilitator in constellation work and this workshop offers a rare opportunity to work with her here in East Anglia. The workshop will be entirely experiential and there will be sufficient time to explore between 8 and 10 constellations, which will also provide plenty of opportunities for participants to engage in the process as representatives.

The workshop will especially useful for anyone interested in the concept of constellation work, and those who want to engage in personal work, or explore specific client work in clinical, education or organisational practice. Participants are expected to already have some experience and training in personal development, process work through professional supervision or personal counselling and psychotherapy.

Practicalities:

Day 1: 9:30 – 5pm/5:30pm

Day 2: 9:30 – 3:30/4pm

Mill House, Mill Hill, Earl Soham, Suffolk IP13 7RP

Refreshments will be available throughout the two days. Lunches are not provided; please bring your own or, a small deli is open in the village. Overnight accommodation can be found close by in the area. Please ask for further details.

Cost: £190 per person. Places are limited to 15 and full payment is required beforehand to secure a place.

Additional information

The approach: Bert Hellinger, the founder of this approach, proposed that the energy and love in a healthy family flows naturally from one generation to the next. Unfinished business from previous generations will block or distort the energy flow and lead to illness, repeat tragedy, and suffering for subsequent family members. Often the nature and source of the unease is unknown.

Within the workshop the family soul is heard and seen. Truth emerges that makes healing possible, and the flow of energy and love in the family, or system, may be restored.

What happens: An individual participant identifies a difficulty and the outcome they wish for. They choose representatives from the workshop participants to represent family members – or people within the educational/organisation system – that seem relevant to the issue, and place those representatives one by one in relation to each other.

The representatives begin to experience themselves as constellation members. From this point truth emerges about the energy flow in the system. Where possible Enid works with the representatives to restore the flow so that a healthy and supportive constellation emerges. The individual participant observes the work as the drama unfolds. They will normally take the place of their representative when resolution has been achieved, so that they experience the new constellation of their family or system of practice. Where the current difficulty is intrapsychic, representatives can also be chosen to represent parts of the self. The advantage of the constellation is that representatives have no investment in the known story, so they are free to experience and express aspects that are not currently known.

Whether you do your own work or experience representing others you will find the experience astounding! 8 people will be able to do their own constellations; however, representatives will also gain from experiencing this approach.