



Associations for Systemic Constellation (WSCO)

Mindfulness, Artificial Intelligence, Positive Psychology

NLP, Coaching, Hypnosis, Enneagram, Constellation

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WSCO Standards & Curriculum for: “Systemic Constellation Trainer, WSCO”

130 hrs/18 days of Trainer training

(“TOT-Trainer-Training, IN” can be accepted as 72 hrs/9 days)

Entrance qualification: “Systemic Constellation Master, WSCO”

Duration & procedure of the training of: “Systemic Constellation Trainer, WSCO”

- A minimum of 452 hours face-to-face training in a minimum of 63 days (130 hrs./18 days trainer training + the entrance qualification “Systemic Constellation Master, WSCO”)
- The 18 days Trainer training consist of the approved 72 hrs/9 days “TOT-Trainer-Training, IN” + 58 hrs/9 days Constellation Trainer competencies training. Which, when added together, reach 130 hrs /18 days of Trainer training.
- “Systemic Constellation Master, WSCO is a prerequisite which is 322 hrs /45 days, In this case the module “Systemic Constellation Trainer, WSCO” training has at least 130 hrs/ 18 days. Which, when added together, all will sum up to 452 hrs/63 days.

Training assessment

- Presentation of a graduation project.
- A presentation for each participant by the end of the training days, as a practical assessment is required.
- We recommend also one to one coaching sessions between the participants to work deeply on their capacities as trainers
- Written assessment may be applied too, by the end of the training days.

Required training content for the 72 hrs/9 days “TOT-Trainer Training, IN”

Facilitation & Communication Skills of the trainer:

- Presuppositions
- Presence: Grounding – Balancing – Relaxing – Resourceful – Smiling – Hydrated – Breathing
- Charisma through authenticity
- Rapport
- Active listening & questioning
- Public speaking: words – body language – tone of voice
- VAK learning styles and audience typology
- Emotional intelligence – reading the room energy

Training Content

- Outcome of the training
- Presentation (Design & Show)



- Manual Design
- Duration of the training
- Exercises (Why to do exercises & when)
- Choosing An Effective Title

Design & Delivery

- Bernice McCarthy 4Mat System (The 4 Quadrants: Why – What – How – What If)

Classroom Management

- Environment setting
- Handling resistant people
- Obstacles to attention
- Breaks regulations
- Conflict resolution
- Handling Questions

Marketing (Trainer & Training)

- Social Media Exposure
- Training fees
- Posting strategies
- Training calendar
- Serving the community
- Targeting the right audience

Personal Growth & Development for the trainer

- Updating knowledge
- Always be a student
- Personal rituals for presence
- Shadow/ inner work

Recommended training structure for the 72 hrs/9 days “TOT-Trainer Training, IN”

Day 1:

- Introduction, who are you as a trainer, what is this track exactly, expectations
- Intentions & goals from everybody
- Setting the frame and training goals
- What is presence, how to be present in the training room
- Presence techniques, breathing techniques

Day 2:

- Intro meditation to visualize the trainer in me
- Rapport, and active listening
- Setting the environment
- Outcome of your training
- More presence techniques, breathing techniques

Day 3:

- Intro meditation to feel the training room
- Audience typology, VAK learning styles
- How to use the whiteboard, the screen, and the handout
- More practice on talking to different types of people



Day 4:

- Intro meditation
- Bernice McCarthy 4Mat system (the first 2 quadrants)
- Practicing the quadrants

Day 5:

- Intro presentation to practice the quadrants
- Bernice McCarthy 4Mat system (the last 2 quadrants)
- Practicing the quadrants

Day 6:

- Intro presentation to practice the quadrants
- Handling questions techniques
- Practicing the quadrants

Day 7:

- Trainer competences
- Marketing, social media exposure, posting strategies, pricing your program
- Designing your program and your handouts

Day 8:

- Presentations for the participants and giving them effective feedback

Day 9:

- Sharing circles, reflections, what to improve
- Written assignment
- Graduation and giving certificates

Required content for the 58 hrs/9 days Constellation Trainer competencies training

- The Qualities Needed to be a Good Systemic Constellation Trainer
- How to find your 'Right Place' as a Systemic Constellation Trainer
- Behavioral competency in all "Systemic Constellation Practitioner, WSCO", "Systemic Constellation Master, WSCO", and "Systemic Constellation Trainer, WSCO" skills
- Behavioral integration of the basic assumptions of Family Constellation in group settings
- Systemic work with individuals and groups
- Working in person vs working online – supporting systemic practice in wider fields
- Utilization of group processes and resources of participants
- Competence in group facilitation and conflict management
- The ability to use several Family Constellation techniques simultaneously
- Trainer /attendee relationship - what this should attend to?
- Attending to power dynamics
- Shadows Awareness
- How to recognize and work with shame
- Boundaries, how we both support and challenge?
- Difference, Diversity & Holding a space for all
- Learning how to dialogue across difference
- How do we recognize denial & defenses so that shift happen
- The ability to shift deliberately the focus between content and form
- Ethical and legal issues in the practice of Family and systemic Constellations
- Psychological awareness and working with unconscious processes
- Integrating and embodying values and principles
- Becoming a trustworthy Trainer who can support trustworthy practice



From idea to structured step-by-step training plan

- What content do I want to cover in my trainings?
- How do I create a detailed storyboard of my planned training in about 10 to 15 minutes sequences?

Marketing

- Who is my target group?
- What are their challenges?
- What do they want to learn?
- What motivates them to come to my trainings?
- How do I know?
- How do I promote my trainings offer so that they understand it and book my training?
- Which marketing tools do I plan to use to reach my target group?
- How do I successfully communicate with my target group?

Please read the “WSCO Certification Guidelines” for the mandatory regulations for certificates and training organization.