

International Training Programme

Systemic Constellations

Level Two

Systemic Constellations - Level Two

Training lays the fundamental concepts, technique and knowledge as well as comprehend working with Constellations. Level Two consists of two major parts to achieve a higher level of theoretical explanations, and deep knowledge of working with Systemic Constellations.

The Part One focuses on the practicing and master the technique and concepts. The Part Two builds on the deep experience and wisdom gained from Part One in different context of Systemic Constellations..

PREREQUISITE

- Completion of Level One, minimum of 80 hours of the Systemic Family Constellations training.
- Experience and participate in Systemic Constellations as resonator, representative, and as case owner over 40 Systemic Constellations in Level One.

DURATION AND CERTIFICATION

- Minimum of 160 hours or minimum of 20 days face to face class training for 5 months period, written the date of the first and last day of the training
- Minimum of 20 hours of practice on various Constellation cases
- Minimum of written two cases reports
- Have passed practical and written examination
- Have WSCO seal with WSCO logo and unique seal number
- Have the signature of the "Systemic Constellation Master Trainer, WSCO"

NOTE

Each student has opportunities to exploring and working on his/her own 'live' issues. Theoretical and techniques are explained, and the teaching style will respond to the needs of the students as they arise.

CONTENT

PART I

- **Structure and Process of Constellations**
 - Client
 - Representative / resonator
 - Group members / observer
 - The Facilitator

- **Settings of Systemic Constellations**
 - The rules to note
 - Contact with Client
 - Set up a constellation
 - Explanation of representation
 - The first impression

- **After Constellations**
 - To review or not to review
 - Should share experiences?
 - Follow up?
 - On the way to healing – allow it or not?
 - The healing crisis

- **Awareness of your emotions and feelings**
 - Alert your own emotions and feelings coming into play

- **Awareness of your body response and reactions**
 - Let the body do the talking
 - The impulse and sensations of Bodily response

- **The Field**
 - the knowing / knowledge field
 - Morphogenic field

- **Feelings and emotions**
 - The ages of emotions and feelings
 - Five different feelings

- Three different emotions
- **Entanglement**
 - How do you know you are entangled
 - Be aware of the signs
 - How Constellation can uncover Entanglement
- **Bonding and Attachment**
 - Parent and Child
 - Interrupted reaching out movement
 - Couple relationship
 - Previous relationships
- **Perpetrator and Victim**
- **Multigenerational Influence**
 - Ancestors lineage
 - Family soul
 - Emotions and misfortune
 - Health issues
 - Hidden issues / secret
 - Epigenetic

PART II

- **History and Background**
- **Development of Constellations**
 - Classic approach
 - Movement of the soul
 - Movement of spirit mind (Spiritual Constellation)
 - Hellinger Scientia®
- **Further developments**
 - New Family System and Cosmic power
 - The IoPT (Identity oriented Psychodrama Therapy and Theory)
 - Others, SySt®
- **Key concepts**
 - System Theory
 - System dynamic, Cause and Effect
 - A living system
 - Self-organised Theory
 - No protocol (Ericksonian hypnosis)

- **The unique Power of Systemic Constellations**
 - Phenomenological approach
 - multi-level, multi-fold, multi-faceted, multi-dynamic
 - content free
 - Accept "what is," (not what you wish)

- **Conscience and Order of love**
 - Personal conscience
 - Family conscience
 - Collective conscience
 - Conscience and Constellation

- **Special Constellations**
 - Unknown / Hidden Topic
 - Hidden / Free Elements
 - Blind Constellation
 - Remote Constellation
 - Decision making Constellation

- **Learning to be a Facilitator**
 - The quality of being a Facilitator
 - Phenomenology attitude
 - Balance give and take
 - Value and Ethic

- **The Art of helping**
 - The Order of helping
 - Know the boundary and the limitation
 - Awareness of bodily and emotional signals
 - How to stay outside the system

- **Be at ease in the not knowing state**

- **Introduce Constellations elegantly**
 - Being at ease and be in the flow
 - Know when to stop / finish

Note :

- A list of complete training content, and the total amount of training hours are listed on the certificate (or on the backside of the certificate)
- A training group has at least 8 participants (not including the “Systemic Constellation Master Trainer, WSCO”)
- A WSCO certification training with WSCO sealed certificates (sticker with WSCO logo and seal number) has to be conducted at least 80% of the time by an approved "Systemic Constellation Master Trainer, WSCO". The remaining up to 20% of the training can be conducted under his supervision and responsibility.

The Following statement is optional for a WSCO sealed certificate:

"Because of the high quality of this training it may be recognized as ECTS credit points in academic studies in psychology with a focus on Systemic Constellation."

Level Two is credited toward certification from WSCO
World Systemic Constellation Organisation

