

Touching the Soul

Constellating Family & Personal Issues BRIGHTON 2009

A unique approach to liberating potential

Constellation work is a simple yet profound method that can be used to shed light on the unhappiness and distress in our lives, which often occur as a result of unresolved relational issues. The source of the difficulty may lie beyond our awareness, often in the human systems to which we belong such as our current relationship, family of origin, friendships, community groups or our professional life. When we witness and honour these dynamics we are able to free ourselves from suffering and energy-sapping entanglements.

This gives us the strength to take our place more fully in life and realise more of our deeper purpose and potential.

Constellation work is a unique approach to healing that was originally developed by Bert Hellinger in Germany. It promotes deep levels of resolution for issues such as:

- Relationship difficulties between partners, including divorce and second marriages
- Inability to achieve what we want in life, life choices and changes
- Problems with money, career or relational issues at work
- Relationship difficulties between parents and children
- Illness and addictions
- Bereavement
- Fertility, adoption, miscarriage, abortion
- Incest, rape, violence
- Family secrets and ruptures

What happens in a workshop?

The workshop provides an opportunity to explore your own issues in a safe, confidential environment. Whole families do not attend; each person explores their unique situation. First, under the guidance of the facilitator, you are helped to clarify your issue. Then, if appropriate, you will be invited to use members of the group as representatives of your 'system'. You will place them in relation to each other then sit down to watch the constellation unfold.

By creating a living map or 'constellation' of 'what is' - which is often different from our mental pictures, family myths or agreed stories - we can begin to see and take in profoundly moving realities. The facilitator will work with the blockages revealed, enabling you to move forward towards a resolution of your issue.

You may choose to book into a workshop as an Issue Holder or a Resource. An Issue Holder brings an issue to work on, while a Resource is part of the holding group and may be invited to be a representative in other people's constellations. Witnessing and serving as a representative often touches us in a deep and healing way.

Two-Day Workshops (Saturday – Sunday)

For all personal, intimate and relational issues including couples work.

16 – 17 May

04 – 05 July

28 - 29 November

Price

Individual Issue Holder £120

Couples (both issue holders) £200

Resource £75

Resources do not work on their own issues but are part of the group or holding circle and may be representatives in other people's constellations if they wish. This is a great introduction to the work and a learning experience in itself.

All prices are inclusive of VAT.

A small number of bursaries are available for each workshop.

Location & Times

The first workshop will be held at The Werks, 45 Church Rd, Hove, BN3 2BE They are non-residential and run from 10am to 5pm daily.

The Workshop Leader

Chris Williams is a UKCP registered gestalt psychotherapist and a senior accredited BACP counsellor, with a well-established practice in South London. His current work now encompasses Constellation work, Supervision, Coaching, Training and a research project to explore the impact of systemic interventions on drug and alcohol treatment. Chris is an associate trainer on the constellation training courses run by CSISS.

For more information and bookings contact

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