

An Introductory Training Programme **In Mindfulness Based Systemic Constellations (MBSC)**

Coordinated by Chris Walsh & Catherine Ingram in Melbourne, 2010 & 2011

22 full training days including 10 workshop days

COURSE AIM

To generate an educational experience whereby you can develop a good theoretical and practical basis for introducing systemic constellation work into your own work practices.

We aim to cover the most important core areas of systemic constellation work as well as attending as much as possible to special interests and needs of the individuals in the course.

PHILOSOPHY OF TRAINING

Dialogical basis of learning
Learning through doing and reflecting.
Reflecting through discussions

LEARNING PROCESSES

Ongoing mindfulness practice
Lecture, Reflections and Discussions
Experiential exercises
Feedback
A buddy system of self directed learning between monthly training sessions
Learning self-awareness
Evolving personal style and creativity
Providing opportunity to facilitate a constellation with support in a workshop setting

PRE-REQUISITES FOR STUDENTS

To be already working in a field in which you can readily apply constellation work e.g. therapist, organisational consulting, teaching

COURSE NUMBERS

This course will be restricted to a maximum of 12 students. There will need to be at least 6 students enrolled at the outset for it to run.

COURSE STRUCTURE

INTRODUCTORY DAY

Getting to know each other, creating a safe learning environment and introduction to foundation concepts and attitudes

SUNDAY CONSTELLATION WORKSHOPS

These will be workshops attended by other people from the general community other than course participants. Chris Walsh will run his workshops on Saturday and Sunday. Course participants can negotiate an extra payment if they also wish to attend the Saturday.

MONDAY REFLECTIVE LEARNING SESSIONS:

- *Presentation by two students of their learnings based on the previous month's subject followed by group discussion and reflection.*
- *Reflection on the previous days' constellation workshop in order to:
Learn about the systemic perspectives on parent/child relationships; couple relationships; blended families; illness (including mental); disability; suicide; traumatic injury; perpetrator/victim relationship; abortion & miscarriage; adoption; war; accidents; migration etc.*
- *Review of the practice of mindfulness and phenomenology including exercises inviting self reflection*
- *Introduction to homework reading and tasks for next session.*

DATES

Monthly from July to November 2010 & February to April 2010

Total: 20 days

- Sunday- Participating in Constellation workshop- 9.30am – 5.00pm
- Monday- Theory presented through reflections on workshop and presentation of core subjects- 10am-4pm

2010/11 Dates	July	July	Aug	Sep	Oct	Nov	Feb	March	April
Introductory	12			-	-	-			
Workshop		25	TBA	19	31	14	TBA	TBA	TBA
Training		26	TBA	20	Nov 1	15	TBA	TBA	TBA

- 5 Day August intensive may be at a different venue with the possibility of living in with an extra small accommodation cost.
- In 2011 there will be workshops where the students will have an opportunity to facilitate a constellation in a group setting with support.

COST

\$3,900 covers all the above. To secure a place deposit of \$500 due by April 30, 2010

Enrolments after April 30, 2010 will cost \$4,300

THE INTERNATIONAL TRAINERS

Stephan Hausner, Guni Baxa and possibly Victoria Sneh Schnabel will be arriving in January 2011 to provide further training. We have kept our timetable free at this time so all can attend. This international intensive training has not been included in the cost of this course.

LOCATION

- Melbourne metropolitan area

• **TO REGISTER INTEREST CONTACT:**

Chris Walsh via Jenyce Boys at **ph:** (03) 9347 4300 **email:** jenyce@cwalsh.com.au

Enrolment for Introductory Training in Mindfulness Based Systemic Constellations (MBSC) with Chris Walsh and Catherine Ingram 2008/2009.

I _____
(Insert Name)

Of

(Insert Address)

I wish to enrol for an introductory training in family and organisational constellations, which consist of 22 full training days including 10 workshop days from February to November 2010, being run by Dr Chris Walsh and Catherine Ingram.

Tick here	<input type="checkbox"/>
-----------	--------------------------

I am committed to attending the first day of the training in order to engage with the group and contribute to creating a safe learning environment. I will not miss more than two training days during the course except in the case of emergency.

Tick here	<input type="checkbox"/>
-----------	--------------------------

I understand that this is a training course. I am responsible for looking after my own welfare. In the unlikely event that I encounter any psychological problems as a result of this training I will notify the trainers and seek help.

Tick here	<input type="checkbox"/>
-----------	--------------------------

I also understand that this training is not an accepted professional qualification. In the event that the trainers develop an accredited training, they will acknowledge participation in this course as prior learning.

Tick here	<input type="checkbox"/>
-----------	--------------------------

I am enrolling and pay for this course before April 30th and therefore submit a payment of \$3,900.00. I am paying by:

Credit card

Name: _____

Number _____ Expiry date _____

Cheque

Other which is: _____

I understand enrolments after April 30 , 2010 will cost \$4,300.00.

Tick here if paying after Jan29	<input type="checkbox"/>
---------------------------------	--------------------------

Signature _____

Date _____

Name _____

READING

Compulsory pre- reading:

'Love's Hidden Symmetry' What makes Love Work in Relationships, Bert Hellinger with Gunthard Weber & Hunter Beaumont, 1998, Carl Auer.

Reading during Course

The Art and Practice of Family Constellations, Bertold Ulsamer 2002 Carl Auer

Other articles will be provided for reading during the course.

You have to buy your own books.

Reading material will generally be made available as a computer file.

SYLLABUS DETAILS

This syllabus is a guide rather than a rigid structure. The breadth and depth to which we cover these topics will depend on the group itself and what material arises in the workshops. Core topics we undertake to cover are:

- Introduction to foundation concepts and attitudes
 - Three levels of conscience.
 - Shame and belonging
 - Use of the concept of "soul" in this approach
 - Balance of Giving and Taking
 - Staying grounded while engaging the knowing field
 - Orders of helping

- The natural structure and function that supports healthy functioning in families and other human organizations.
- Bonding and Attachment
- Entanglements E.g. Parentification, Triangulations, Hidden loyalty, Identification
- Effects of exclusion
- Justice and Reconciliation
- Mindfulness & the Phenomenological Method Cultivating open awareness
 - Awareness of own momentary physical state and influence on it – relaxation methods, breathing, posture, energy level
 - Acknowledging preconceptions
 - Awareness of own momentary emotional state - openness, vulnerability, shutting down, defence, the role of fear and love, expression or repression of feelings
 - Awareness of own mental space – judgements, opinions, blind spots, ethical stance
 - Distinguishing real phenomenological insight from capricious fantasy
 - Integrating the phenomenological approach and traditional scientific enquiry

- Initial interview Attunement with the client within the Interpersonal Field
 - Awareness of the momentary emotional state of others and our possible influence on these
 - Awareness of the momentary physical state of others – breathing, posture, energy level
 - Congruency and contradictions expressed through speech, posture and behaviour
 - Solution orientation

- Forming and testing hypotheses using:
 - Intellectual understanding
 - Phenomenological insight
- Drawing and using genograms
- Introduction to working with individuals
 - Constellation work with individuals Forming systemic hypotheses
 - Working with dolls or placemats
 - Constellation visualizations
 - Rituals in & out of session with the therapist
- Group constellations Four levels of influence:
 - The client
 - The constellation itself
 - The holding circle
 - Non present family /organisation members
 - Instructing Representatives & setting up
 - Reading spatial relations
 - Observing representatives (posture and emotional expression)
 - Questioning representatives and receiving their feedback
 - Extent and limits of representative perception
 - Stem sentences
 - Identifying entanglements
 - Practising the solution i.e. coming to the point in a constellation where a client can see something new e.g. kindness in the mother
 - Healing rituals
 - Exchanging representatives during a constellation
 - Monitoring trauma in representatives
 - De-roling reps
 - Practising solutions in everyday life
 - Effects of doing a constellation
 - Follow up of constellation
- Integrating systemic constellation work with other modalities
- Introduction to the interrupted reaching out movement

ELIGIBILITY FOR LISTING ON THE MBSC WEBSITE

Although this course does not currently constitute a formal professional qualification it will count towards getting listed on the MBSC website. Minimum training for such a listing is:

- Completion of the introductory course with over 90% attendance
- 2 more years of supervised practice through the MBSC training
- Attendance at workshops facilitated by 3 different international trainers who have taught at the international intensive trainings in Germany.