

Advanced Training in Individual Family Constellations

Schedule, Assignments, Key Concepts

Introduction to Individual Sessions / Gathering Information and Insights

Group A: February 7, 2025 / Group B: February 8, 2025

Read: Marco Moretti and Daniela Poggioli, Handbook of Individual Family Constellations, (2017) pages 3-103.

Read: Bert Hellinger, Gunthard Weber, Hunter Beaumont, Loves Hidden Symmetry: What Makes Love Work in Relationships, (1998), CH 1.

Video: "What happens in group and individual Family Constellations"

Individual Family Constellations with Objects #1

Group A: March 7, 2025 / Group B: March 8, 2025

Read: Handbook of Individual Family Constellations, pages 107-148.

Read: Loves Hidden Symmetry, CH 3.

Practice Forms

Individual Family Constellations with Objects #2

Group A: April 11, 2025 / Group B: April 12, 2025

Read: Loves Hidden Symmetry, CH 2.

Read: Bertold Ulsamer, The Art and Practice of Family Constellations, (2020) pages, 43-70.

Practice Forms

Individual Family Constellations with Objects #3

Group A: May 9, 2025 / Group B: May 10, 2025

Read: The Art and Practice of Family Constellations, 169-201.

Read: Jakob Schneider, "Using Figures for Family Constellations with Individual Clients," PDF.

Practice Forms

Multiple Sessions, Notes and Healthy Helping

Group A: June 13, 2025 / Group B: June 14, 2025

Read: Bert Hellinger, "Orders of Helping," PDF.

Read: The Art and Practice of Family Constellations, 116-15.

Practice Forms

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Individual Family Constellations with Objects #4

Group A: July 11, 2025 / Group B: July 12, 2025

Read: [Loves Hidden Symmetry](#), CH 4 and CH 7.

Practice Forms

Individual Family Constellations with Floor Markers

Group A: August 8, 2025 / Group B: August 9, 2025

Read: Ursula Franke, [In My Mind's Eye](#), *Family Constellations in Individual Therapy and Counselling*, (2003) pages 10-86.

Read: [Handbook of Individual Family Constellations](#), page 149-164.

Video: Ursula Franke-Bryson, "Recent Developments In Individual Sessions"

Practice Forms

Individual Family Constellations as Visualizations - Part One

Group A: September 12, 2025 / Group B: September 13, 2025

Read: [Handbook of Individual Family Constellations](#), pages 177-200.

Read: [In My Mind's Eye](#), pages 86-152.

Video: Ursula Franke-Bryson, "When I Close My Eyes."

Practice Forms

Individual Family Constellations as Visualizations - Part Two

Group A: October 10, 2025 / Group B: October 11, 2025

Practice Forms

Creating a Successful Practice with Individual Sessions

Group A: November 7, 2025 / Group B: November 8, 2025

Read: Bert Hellinger, "The Orders of Success," PDF.

Practice Forms

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Advanced Learning Objectives:

- Identify the essential skills of facilitating individual Family Constellations Therapy sessions
- Practice working with objects, floor markers and visualization with insight and discernment
- Learn when to add abstract representations and fractals
- Create a process for working with clients over multiple session
- Use genograms and notes to find systemic patterns or dynamics
- Use the Orders of Love to place representatives, find correct healing sentences and discover resolutions for the client's issue
- Discover and repair systemic suffering in the present and distant past including hundreds / thousands of years ago
- Practice with other participants to improve skills and understanding
- Strengthen your phenomenological stance and insight
- Increase ability to feel the client's experience
- Add individual sessions to a preexisting practice or business or create a new successful practice.

KEY CONCEPTS to Facilitating Family Constellations

Phenomenology is the study of an individual's lived experience of the world. A phenomenological study explores what people experienced and focuses on their experience of a phenomena. It does not rely on theories or assumptions about what is real or true.

Discernment is the ability to obtain sharp perceptions or to judge well. People with discernment can make deep observations about things. Discernment is often thought to be an ability of those with wisdom or experience. It often involves making a judgment, especially about things that aren't obvious.

Intuition is the ability to acquire knowledge without recourse to conscious reasoning – direct unconscious pattern-recognition; and the ability to understand something instinctively, without any need for conscious reasoning.

Intervention comes from the Latin “*intervenire*,” meaning “to come between, interrupt.” It’s an action meant to improve a situation. An intervention can interrupt a pattern, behavior, condition or event.

Knowing field, an energy that allows us to experience our ancestors in the present that also connects us to the wisdom of earth, nature, divine and the human soul. Can be accessed by the facilitator, client, representatives and witnesses.

Representative perception is a human ability to experience members of a family system by temporarily merging with them through the knowing field. We can also merge with emotions, conditions, places and events.

Phenomenological stance withdraw/no moral judgements.

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Family Constellations Facilitator is someone who uses their knowledge of the philosophy and principles of Bert Hellinger, a disciplined phenomenological stance, insight enhanced by engaging the knowing field, an ability to introduce a sentence, movement, image, or feeling that creates an opportunity for the client and system to acknowledge what must be seen, helping to reconcile broken relationships, restoring the Orders of Love, allowing the dead to find peace, and supporting separation and individuation so the past can withdraw and the future can come in. Helping the maturity and growth in their clients and participants that allows them to see others as unique human beings so they can easily have genuine love and compassion for others.

Personal Conscience

The personal conscience is our sense of what serves or endangers our relationships through experiencing guilt or innocence. Actions that endanger our relationship result in guilt and when our actions serve relationships, we feel innocent. They help bind us firmly to the groups that are necessary to survival and avoid abandonment and loss.

Guilt and innocence are social phenomenon and not about moral values or good or evil. Our beliefs and perceptions are shaped by our social groups that provide survival. The only criteria followed by the personal conscience are the values of the group.

Individual instincts allow us to be survive through correct social behaviors.

An instinct to belong/bond, maintain an equilibrium of taking and giving, and follow social rules/conventions/order.

All children want to be safe, seen, loved and nourished. When they don't feel that way, they will take on unresolved feelings in their parents, siblings, members of the family system and ancestors in order to feel innocent. (Innocence feels like belonging) If they are not able to resolve these feelings, they will feel guilty. This is how loyalties and entanglements begin. Entanglements and loyalties limit our choices and often conflict with our personal wishes and pleasures. Many people feel this as being stuck or blocked.

(Personal conscience explains how people can do horrible things innocently and judge other as evil subjectively without guilt)

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A Systemic Point of View

“A very simplified way of describing constellation work is, “moving from blind love to love you can see.” When we are able to see the people, we are blindly bound to, conscious love is free to flow. This love means: “You are you, and I am I. You have your fate and I have my fate. I remain bound to you in love forever, even if my fate is different from yours. Stay friendly if I leave you to your fate and your suffering, and go on to live my own life. I fully accept you and our family, including everything that has happened. I agree to the way everything has happened. I agree to how you are. Please stay friendly if I am the way I am. You have a place in my heart. I pass no judgement, I honour you, and I bow before what cannot be changed, for you and also for me.”

Jakob Robert Schneider, Family Constellations: Basic Principles and Procedures. (2007), page 78.

“From a systemic point of view, problems are unsuccessful attempts to love, and the love that maintains the problem can be redirected to resolve it. The therapeutic task is, first of all, to find the point at which the client loves. When I have found that point, then I have therapeutic leverage. By helping the client find an appropriate and mature way to love, the problem dissolves, and the same love that maintained the problem solves it.”

Bert Hellinger with Gunthard Weber and Hunter Beaumont, Loves Hidden Symmetry: What Makes Love Work in Relationships, (1998), Page 220.

“An identification is, after all, the opposite of a relationship. When I am identified with someone, I feel and act as that person does, but I can’t love the person because I don’t experience him or her as different from me. I can only love someone I experience as separate from me. When I love a person as separate from me, my love dissolves any identification I might have. The identified person can return to his or her appropriate place in the family, and equilibrium of the system is reestablished. “

Bert Hellinger with Gunthard Weber and Hunter Beaumont, Loves Hidden Symmetry: What Makes Love Work in Relationships, (1998), Page 169.

“It is now clear to me that the family is a microcosm of the world. To understand the world, we can study the family: issues such as power, intimacy, autonomy, trust, and communication skills are vital parts underlying how we live in the world. To change the world is to change the family.”

Virginia Satir