

# Family Constellations Virtual Mentoring 2024-25

- June 29, 2024**      **INTRODUCTION / GUILT, INNOCENCE AND ORDER**  
**READ:** Bert Hellinger, Gunthard Weber, Hunter Beaumont, Loves Hidden Symmetry: What Makes Love Work in Relationships, (1998), Preface, Introduction, CH 1  
Joy Manne Ph.D., Family Constellations: A Practical Guide to Uncovering the Origins of Family Conflict (2007). Read the whole book  
**COMPLETE:** Reading Guide/Questions  
**VIDEO:** Bert Hellinger, “Hidden Family Dynamics” - Teaching LHS Volume 6 (1997).”
- July 20, 2024**      **THE KNOWING FIELD / PHENOMENOLOGICAL STANCE**  
**READ:** Bertold Ulsamer, The Art and Practice of Family Constellations, 1-53 (2020)  
**COMPLETE:** Reading Guide/Questions  
**VIDEO:** Bert Hellinger, “Trans -Generational Effects” - Teaching LHS Volume 5 (1997), Rupert Sheldrake, “Morphic Fields and Family Constellations>”
- August 10, 2024**      **CHILDREN AND PARENTS**  
**READ:** Love’s Hidden Symmetry, Ch 3  
**COMPLETE** Reading Guide/Questions  
**VIDEO:** Dr. Albrecht Mahr, “Constellations Skills, set 2 DVD 2,” Shivasti, “Shame & Taking the Parents as they Are.”
- August 31, 2024**      **ORDER, ENERGY AND FACTS**  
**READ:** Love’s Hidden Symmetry, Ch 4, The Art and Practice of Family Constellations, 116-136  
**COMPLETE:** Reading Guide/Questions  
**VIDEO:** Dr. Bertold Ulsamer, “Constellations Skills, Set 2 DVD 5,” Hunter Beaumont, Clip #1.
- September 21, 2024**      **MAN AND WOMAN**  
**READ:** Love’s Hidden Symmetry, Ch 2  
**COMPLETE:** Reading Guide/Questions • **REVIEW:** Eight Order of Love  
**VIDEO:** Bert Hellinger, “Love at Second Sight (2002) #1.”
- October 19,2024**      **PRACTICAL ASPECTS FOR CONSTELLATIONS**  
**READ:** Love’s Hidden Symmetry, Ch 6, The Art and Practice of Family Constellations, 72-101  
**COMPLETE:** Reading Guide/Questions  
**VIDEO:** Bert Hellinger, “Healing Love #1 1999.”
- November 9, 2024**      **HEALING WORDS AND MOVEMENTS**  
**READ:** The Art and Practice of Family Constellations, 137-153, Judith Heming, “Language and sentences in constellations,” (2011) PDF, Margarete Koenning, Healing Sentences, PDF  
**COMPLETE:** Reading Guide/Questions  
**VIDEO:** Dr. Gunthard Weber, “Constellations Skills, Set 2 DVD 4,” Shivasti, “The Language of the Soul (Healing Sentences).”

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## November 30, 2024 INDIVIDUAL SESSIONS

**READ:** Jakob Schneider, "Using Figures for Family Constellations with Individual Clients," PDF

**COMPLETE:** Reading Guide/Questions

**VIDEO:** Ursula Franke-Bryson, "Recent Developments In Individual Sessions" and "When I Close My Eyes."

## December 21, 2024 INTERRUPTED REACHING OUT MOVEMENTS

**READ:** Ursula Franke, "Symptoms, Feelings, and Inner Movements," PDF

**COMPLETE:** Reading Guide/Questions

**VIDEO:** Dr Edward Tronick, "Still Face Experiment," "Harlow's Studies on Dependency in Monkeys," "Food or Security? Harlow's study on monkeys' attachment."

## January 11, 2025 ILLNESS, DISEASE, TRUMA AND DEATH

**READ:** The Art and Practice of Family Constellations, 169-179,

**COMPLETE:** Reading Guide/Questions

**VIDEO:** Stephan Hausner "Transgenerational Healing," Stephan Hausner on "Symptoms & Illnesses," Ursula Franke-Bryson, "formation and treatment of the trauma."

## February 1, 2025 BEING A CONSTELLATION LEADER`

**READ:** Love's Hidden Symmetry, Ch 7, The Art and Practice of Family Constellations, 102-115,

**COMPLETE:** Reading Guide/Questions

**VIDEO:** Bert Hellinger, "Holding Love #1 1999."

## February 22, 2025 VIOLENCE, PSYCHOSIS AND DARKNESS

**READ:** TBD

**COMPLETE:** Reading Guide/Questions

**VIDEO:** Bert Hellinger, "Families in Turmoil (2003) #1," Shivasti, "Forgiveness."

## March 15, 2025 WORKING WITH CLIENTS / THE ORDERS OF HELPING

**READ:** Bert Hellinger, "The Order of Helping," PDF.

**COMPLETE:** Reading Guide/Questions

# Family Constellations Virtual Mentoring 2024-25

## Learning Objectives:

- Discuss the philosophy and the principles of Family Constellations
- Explore systemic dynamics in small group exercises
- Learn about 13 unique and essential topics
- Practice the essential skills of systemic facilitation and representing
- Develop a phenomenological way of seeing relationships and love
- Learn to use healing sentences to resolve entanglements
- Experience repairing the Orders of Love with helpful interventions

## KEY CONCEPTS to Facilitating Family Constellations

- **Phenomenology** studies situations or phenomena in their original context. We allow the events or facts to speak for themselves, without wanting to add or change something. It is the study of the lived experience of the world. Phenomenology attempts to experience reality in the moment, without theories, judgements or pity. about what is real or true. "How do you feel" is a phenomenological question.
- **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. Representatives help us to encounter the lived experience of family members and events going back many generations to acknowledge what is and find resolutions to what happened. We can also merge with emotions, conditions, places and events.
- **Phenomenological stance** includes experiencing what is real, essential without moral judgements or pity.
- **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. Facilitators support 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.