

Family Constellations Facilitator Training Certification (FCFTC)

The goal of this unique facilitator training is to give you a solid foundation in systemic philosophy and principles, and their application in individual and group sessions. Certification balances understanding, experience, observation, practice, collaboration, compassion and individual development to support mastery and confidence when working in service to clients. This certificate can be completed entirely online (live workshops can be added when possible) and takes approximately 250 hours.

Registration/Fees

To register, you will pay a one-time \$100 US administration fee. Then, you may pay for specific workshops, mentoring sessions and specific training courses as you go. You have 5 years to complete the requirements to receive your certificate. The administration fee includes a consultation to create your training plan.

Creating Your Unique Path to Certification

Once you have registered, you and Barry Krost will create a training plan that best fits your needs and experience while still serving the minimal requirements for certification. When the requirements have been met, you will receive a Family Constellations Facilitator Training Certificate of Completion.

Agreement

A commitment toward attaining or providing this certificate does not represent a legal agreement. Either party can withdraw from this commitment at any time without consequence. Both parties agree to do their best to honor the commitment as long as it feels true and appropriate.

Requirements for Training Certification

Virtual Mentoring Group

- 60 hours of participation in Barry Krost's mentoring group. This is the core of the facilitator training certification. Currently priced at \$45 US per session.¹

Online and/or Live Family Constellations Workshops

- 80 to 100 hours of observation/participation/representation. Prices vary.
- At least 50% of your workshops will be with Barry Krost and up to 50% can be with any FC Facilitator.

Reading/Study of Systemic Philosophy, Principles, and Facilitation

- Approximately 35 hours of reading/study from a specific list of books (or the Philosophy, Principles, and Facilitation of FC course). You will complete questions that amplify the reading.

Individual Mentoring Sessions

- 3 to 6 hours of mentoring sessions with Barry Krost to discuss issues, questions, reading, practice sessions, or anything that is needed. Currently priced at \$125 US per session.¹

Personal and Development Work

- 2 to 6 hours of individual sessions with any FC Facilitator of your choice.

Practice to Develop Facilitator Skills

- 40 to 60 hours of facilitation practice in one-on-one sessions and in small groups (when ready).
- Discussion of your practice will be included in your individual and possibly group mentoring sessions.

Observed Family Constellations Workshop

- 1 to 2 observed virtual or live workshops. These will be recorded and reviewed in a mentoring session.

Completing the Training Certificate

- Individual mentoring session to review the observed workshop(s) and finalize training.

¹Students enrolled in the program will not pay more than a 20% increase over their 5 years for group and individual mentoring.

Additional Information

The Virtual Mentoring Group is the Core

The Mentoring Group is the core of the certification training process. We will discuss important topics, answer questions, discuss cases and practice facilitator, representative and observation skills in numerous exercises in small groups or triads. We will do occasional large constellations and some trainees may wish to do a constellation in the group for practice and/or feedback. Most of your experience participating in large constellations will not be in the Mentoring Group.

Workshop Assessments

There will be a short list of questions to complete for each Family Constellation workshop in which you participate to help in your observation and awareness of the Orders of Love.

Tracking Your Progress to Completion

Each student will have a Google drive document that they will update as they complete elements of the facilitator training certification. This will include dates, topics, and other information. You and Barry Krost will review your progress regularly.

Training Certification Reading List

- Bert Hellinger with Gunthard Weber and Hunter Beaumont, Love's Hidden Symmetry: What Makes Love Work in Relationships (1998)
- Bertold Ulsamer, The Art and Practice of Family Constellations: Leading Family Constellations as Developed by Bert Hellinger (2020)
- Indra Torsten Priess, Heal Your Relationship: A New Way of Improving Your Relationship Skills (2015)
- Stephan Hausner, Even if It Costs My Life: Systemic Constellations and Serious Illness (2011)
- Marco Moretti and Daniela Poggioli, Handbook of Individual Family Constellations (2015)
- Francesca Mason Boring, Connecting to Our Ancestral Past: Healing Through Family Constellations, Ceremony and Ritual (2012)

Code of Ethics for Facilitator Training and Certificate Holders

As a trainee or holder of the **Family Constellations Facilitator Training Certificate** I pledge my commitment to the highest principles of the Family Constellations profession as outlined here:

1. Commitment to High-Quality Care

I will serve the best interests of my clients at all times and provide the highest quality of Family Constellations and service possible. I recognize that the obligation for building and maintaining an effective, healthy, compassionate, and safe therapeutic relationship with my clients is my responsibility.

2. Commitment to Do No Harm

I will conduct an appropriate intake process for each client and rule out contraindications, and determine appropriate session adaptations. If I see signs of, or suspect, an undiagnosed condition that constellations may be inappropriate for, I will refer that client to a physician, psychotherapist, or other qualified health care professional.

3. Commitment to Honest Representation of Qualifications

I will not work outside the commonly accepted scope of practice for Family Constellations professionals. I will carefully evaluate the needs of each client and refer the client to another provider if the client requires work beyond my capabilities, or beyond the capacity of Family Constellations. I will not use the trademarks and symbols associated with a particular system or group without authentic affiliation. I will acknowledge the limitations of Family Constellations by refraining from exaggerating the benefits throughout my marketing.

4. Commitment to Uphold the Inherent Worth of All Individuals

I will demonstrate compassion, respect, and tolerance for others. I will seek to decrease discrimination, misunderstandings, and prejudice. I understand there are situations when it is appropriate to decline service to a client because it is in the best interests of a client's health, or for my personal safety, but I will not refuse service to any client based on disability, ethnicity, gender, marital status, physical build, sexual orientation, religious, national, or political affiliation or social or economic status.

5. Commitment to Respect Client Dignity and Basic Rights

I will demonstrate my respect for the dignity and rights of all individuals by providing a compassionate and safe environment, giving clients recourse in the event of dissatisfaction with treatment, and uphold the integrity of the therapeutic relationship.

6. Commitment to Informed Consent

I will recognize a client's right to determine what happens to their body, mind, and spirit. I understand that a client may suffer emotional and physical harm if a therapist fails to listen to them and imposes their own beliefs on a situation. I will fully inform my clients of choices relating to their care. I will not provide constellations without obtaining a client's informed consent (or that of the guardian or advocate for the client) to the session plan.

7. Commitment to Confidentiality

I will keep client communication and information confidential and will not share client information without the client's written consent, within the limits of the law. I will ensure every effort is made to respect a client's right to privacy and provide an environment where personal health-related details cannot be overheard or seen by others.

I will also respect the confidentiality for everyone involved in the Family Constellations Facilitator Training and not divulge any information that is shared by the individual or a representative without the individual's permission.

8. Commitment to Personal and Professional Boundaries

I will refrain from and prevent behaviors that may be considered inappropriate in my constellations practice and uphold the highest professional standards. I will not date a client, engage in sexual relations with a client, or allow any level of sexual impropriety (behavior or language) from clients or myself. I understand that sexual impropriety may lead to sexual harassment charges, loss of this certification, lawsuits for personal damages, criminal charges, fines, attorney's fees, court costs, and jail time.

9. Commitment to Professionalism

I will maintain clear and honest communication with clients and colleagues. I will not use recreational drugs or alcohol before or during constellation sessions. I will project a professional image with respect to my behavior and personal appearance in keeping with the highest standards of the Family Constellations profession. I will not actively seek to take someone else's clients, disrespect a client or colleague, or willingly malign another practitioner or other allied professional. I will actively strive to positively promote the Family Constellations profession by committing to self-development and continually building my professional skills.