

PHILOSOPHY, PRINCIPLES AND FACILITATION OF FAMILY CONSTELLATIONS 2022 - 2023

BARRY KROST

This online course will explore the philosophy, principles and facilitation of Family Constellations. As we read seven unique books, our discussions and experiential exercises will deepen our understanding, skill and capacity to stand stronger in the field with individuals and groups.

We will expand insights to uncover underlying family entanglements and systemic imbalances so that we can guide our clients to healthy resolutions and reconciliations. A deeper understanding of the philosophy and principles of Family Constellations grounds the facilitator, increases the comfort and ease of coming in tune with the greater forces that are accessed during constellations, and helps create the powerful moments that encourage profound healing for clients and their family systems. This course will strengthen the foundation of trained facilitators and those in training by enriching their intellectual understanding of Family Constellations while increasing the connection of this understanding with the wisdom of the heart and soul.

This course consists of 7 three-hour sessions with required reading, group discussions, videos and homework for each session. Each class will meet at 11:30am Central Time (Chicago, USA) The first class on June 11 meets from 10:30am-1:30pm CDT / 17:30pm CEST /

Course Schedule - Saturdays

June 11, 2022

Philosophy, Principles and Facilitation of Family Constellations - Part 1

Reading: Love's Hidden Symmetry: What Makes Love Work in Relationships, Bert Hellinger with Gunthard Weber and Hunter Beaumont (1998) [pages iv to 149]

Video: Healing Love, Vol 1, Bert Hellinger and Hunter Beaumont (1999)

August 13, 2022

Philosophy, Principles and Facilitation of Family Constellations - Part 2

Reading: Love's Hidden Symmetry: What Makes Love Work in Relationships, Bert Hellinger with Gunthard Weber and Hunter Beaumont (1998), [pages 150 to 330]

Video: Healing Love, Vol 2 and 3, Bert Hellinger and Hunter Beaumont (1999)

October 8, 2022

Facilitating Family Constellations Groups

Reading: The Art and Practice of Family Constellations: Leading Family Constellations as Developed by Bert Hellinger, Bertold Ulsamer, (2020)

Video: Constellation Skills Set 5 & 6, Bertold Ulsamer

December 11, 2022

Relationships and the Balance of Take and Give

Reading: Heal Your Relationship: A New Way of Improving Your Relationship Skills - Indra Torsten Priess (2015)

Video: Love at Second Sight, Bert Hellinger (2002)

February 11, 2023

Working with Symptoms and Illnesses

Reading: Even if It Costs My Life: Systemic Constellations and Serious Illness, Stephan Hausner, (2011)

Video: The Art of Facilitating with Stephan Hausner (2017), Families in Turmoil #1, with Bert Hellinger (2003)

April 8, 2023

Individual Family Constellations Sessions

Reading: Handbook of Individual Family Constellations - Marco Moretti and Daniela Poggioli (2015) and "Using Figures for Family Constellations with Individual Clients" - Jakob Schneider (2000) (PDF I will share)

Video: When I Close My Eyes - Ursula Franke (Bryson) (2005) AND Recent Developments in Individual Sessions - Ursula Franke (Bryson) (2007)

June 10, 2023

Ceremony, Ritual and Spirit

Reading: Connecting to Our Ancestral Past: Healing Through Family Constellations, Ceremony and Ritual, Francesca Mason Boring (2012) AND Truth in Motion, Bert Hellinger (2010)

Optional Video: Dimensions in Love, Disc #1 - Bert Hellinger (2006)

COST: \$350.00 US- Please pay \$50 by April 11, 2022, to register for this course using PayPal, Venmo or check. The balance is due by June 1, 2022. You will receive your Zoom link to the first class after you register.

Contact barrykrost@mac.com to register and pay or for questions about the course.

Check [Hellinger Institute of DC](#) (or [Amazon](#)) for the course books.

Barry Krost is a Family Constellations Facilitator, Bodywork & Energy Healing Therapist and Transformational Life Coach. He has been in private practice for 38 years and teaches Massage, Bodywork and Energy Healing classes, workshops and training seminars. He currently does individual Family Constellations sessions, trainings and workshops online.

Barry has studied with many leading Family Constellation facilitators and trainers from around the world and attended numerous constellations intensives and conferences. He has helped organize and has presented at several constellations conferences in the US. At the 16th and 17th International Intensive in Systemic Resolutions in Bernried, Germany, Barry was a guest presenter. In November 2021 he presented at the North American Systemic Constellations Conference on "Systemic Schizophrenia" and "Standing with Ancestral Strength and Protection."

He holds a BA in Anthropology and an MA in History, and a was a high school social studies teacher.