

"...it was an amazing experience and is still percolating through me. I was struck by the universality of human emotional response - that one could, with the minimum of information, stand in for another - awesome! The strength of emotions I felt taking part in others' constellations and the degree of engagement was unexpected; it just seemed to happen."

Theodora Bell-workshop participant

"Family Constellations are very powerful. For me it seemed to go straight to the core of the real issue under whatever was foreground. It went very deep but also offered resolution."

Tina Rawlings - Counsellor

"I instantly felt at ease with Anne Marie, Julian and Morit who were warm, professional, clear and engaging. They explained the process brilliantly, led the constellations expertly and enthused the group, giving each and every participant individual care."

Beth Polak - workshop participant

For more information or to book a place.

Julian.

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Anne Marie.

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07970 578 965

Morit.

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07779 593 546

Workshop details.

Start: 10:00 a.m.
Finish: 6:00 p.m. on Saturday
5:30 p.m. on Sunday

Prices.

£130 for the weekend
£110 for bookings at least three weeks in advance

Some concessions may be available

Workshop numbers will be limited so that we can attempt to work with everyone

Local Amenities.

There are plenty of cafes and shops nearby where you can eat out or buy food to eat in the workshop rooms.

Location and transport.

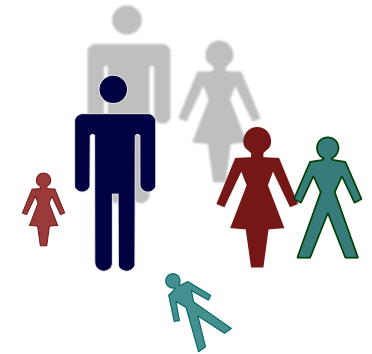
Location: 48 Great Sutton St,
London,
EC1V 0DE

Nearest tubes: Barbican and Old Street

Nearest Mainline: Farringdon (Thameslink)

Buses: 4, 55, 56, 153, 243

Constellations Workshop



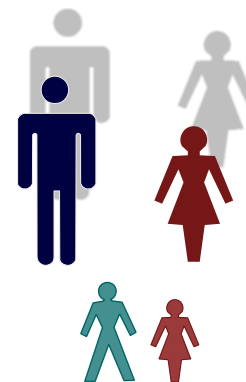
2 Day Workshop

Saturday 19th &
Sunday 20th
June 2010

Facilitated by:

Anne Marie Keary
Julian Hermele
Morit Heitzler

Constellations Workshop



Facilitators

Anne Marie Keary is a Relational Body Psychotherapist (UKCP registered). She comes from a teaching background, works in private practice and runs on-going groups for mothers. Alongside her Body Psychotherapy training she has completed post qualification trainings in Trauma Therapy and Family Constellations.

Julian Hermele is a Psychosynthesis Counsellor with a private practice in Central London. He has been active in family constellations for the last seven years and has trained in both family and organisational constellations. His previous experience includes founding and directing a successful management consultancy business.

Morit Heitzler is an integrative Body Psychotherapist (UKCP registered). An experienced therapist and trainer she maintains a private practice in Oxford, leads groups and teaches on training courses in the UK and Israel.

Morit has completed further training in Somatic Trauma Therapy, Supervision and Systemic Family constellations. She is interested in trans-generational trauma and works extensively with PTSD.

How it works,

What are family constellations?

Family Constellations are a profound, powerful and deeply moving process designed to identify and free us from the hidden systemic entanglements that keep us trapped and limit our freedom to live fully.

"Fascinating and an amazing experience. I had found it impossible to grasp, before experiencing it, the power there is in being a representative...."

Denzil U - counsellor

Family constellations can

- * Highlight the hidden and often unconscious dynamics that keep us stuck. These are often old family patterns that have their roots in severe trauma. These family patterns then get handed down from generation to generation.

- * Identify a resolution to free up the system. Giving everyone their place in the family can unblock the entanglements and enable love to flow.

The constellations process was first developed by German philosopher and therapist Bert Hellinger.

Bringing an issue

You can bring to the workshop as an issue to be explored any area of your life that feels stuck and in which you would like to make major changes. Issues suitable for constellations might include relationships with partners, family or friends, health problems, work and career issues or just how you feel in yourself. The issue you bring does not have to relate to your family.

"One of the most profound, life changing experiences I've ever had! I have experienced huge shifts since, increased well-being, happiness and purpose in life.."

Zoe Clews -workshop participant

Setting up a constellation

After discussing your issue with you, one of the facilitators will set up a constellation, asking workshop participants to act as representatives of the people or ideas that make up the (family) system being explored. This constellation provides the forum within which the hidden dynamics can be explored and a resolution identified.

The process is often deeply moving and liberating for the client, for the representatives and for all workshop participants.

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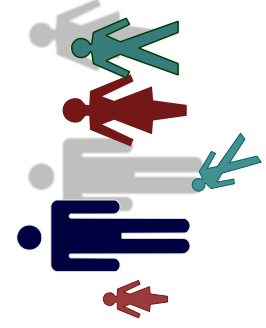
Saturday 19 and Sunday 20 June 2010

2 Day Constellations Workshop

Booking form	
Name	
Address	
Telephone	
Email address	

Please tick an option below

- Yes, I would like to book my place at £130
- Book me a place at £110 (at least 3 weeks in advance)



48 Great Sutton St,
London, EC1V 0DE