

*"...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-Psychosynthesis 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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**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

**Price.**

£120 for the weekend  
(£95 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.**

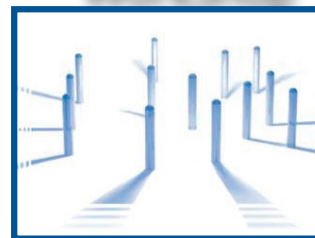
**Location:** 48 Great Sutton St.  
London,  
EC1V 0DE

**Nearest tubes:** Barbican &  
Old St.

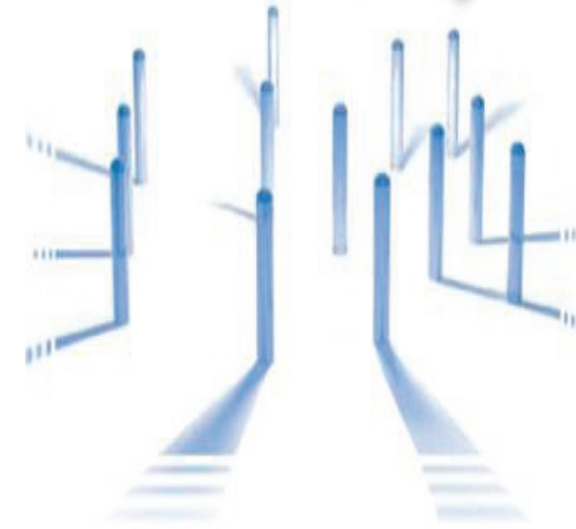
**Nearest Mainline:** Farringdon,  
(Thameslink)

**Buses:** 4, 55, 56, 153, 243  
Corner of  
Clerkenwell Rd. &  
Goswell Rd.

**Constellations  
Workshop**



**Constellations  
Workshop**



**2 Day Workshop**

Saturday 16th &  
Sunday 17th May

Saturday 4th &  
Sunday 5th July 2009

**Facilitated by:**

Anne Marie Keary  
Julian Hermele  
Morit Heitzler

## Facilitators

**Anne Marie Keary** is a Relational Body Psychotherapist (UKCP registered). She comes from a teaching background, works in private practice and runs ongoing 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 the 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 (but can't seem to manage) to make major changes. Issues suitable for a constellation 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 whose constellation has been set up, for the workshop participants who have acted as representatives in that constellation and for the participants in the holding circle who have witnessed the process.

Tear along dotted line

## 2 Day Constellation Workshop

Saturday 16th & Sunday 17th May or  
Saturday 4th & Sunday 5th July 2009

Booking Form	
Name	
Address	
Telephone	
Email address	

Please tick options below.

- Yes I would like to book the whole weekend at £120
- £95 for bookings at least three weeks in advance

## Constellations Workshop



48 Great Sutton Street  
London, EC1V 0DE