

## Two Free Open Evenings:

We will run two Open Evenings in Central Oxford, on Wed. 29 February, and on Tue. 27th March, 7.30 – 9.00pm. The aim of these evenings is to introduce constellations work to you, explain its benefits and answer any questions you may have. For more information about these evenings, please visit [www.heizler.co.uk](http://www.heizler.co.uk) or contact us.

## Booking:

To reserve your place on the weekend, please send us the completed booking form and your cheque.

There will be 6 guaranteed 'working places' for those of you who know in advance that they will want to set up their own constellation. We will have space for another 3 or 4 constellations during the weekend. If you decide to take one of these, you will need to pay an additional fee of £50.

We will set aside 10% of received bookings as a bursary fund. If you want to make use of a bursary, please contact us about how to make an application.

## Practicalities:

**Dates: Sat/Sun May 12 & 13**

**Times: Sat 10am - 5pm; Sun 9.30am - 4.30pm**

**Venue: Cowley Road, Oxford**

### Cost:

**Early Booking** (before April 1st):

Working Place – £130,

Representative/Participant Place – £75

**Full fee** (payable after April 1st):

Working Place – £150,

Representative/Participant Place – £90

## Contact Morit & Michael:

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[www.heizler.co.uk](http://www.heizler.co.uk)

## About Morit & Michael

**Morit Heitzler** is an experienced Body Psychotherapist, supervisor and trainer who has been teaching on various training courses and regularly leads workshops and groups, in the UK and internationally. Morit trained as a constellation facilitator in 2004 and since then she had led many constellations workshops and seminars in the UK. She specialises in trauma work and works extensively with complex and trans-generational trauma.



**Michael Soth** is an integral-relational Body Psychotherapist, trainer and supervisor (UKCP), with more than 25 years' experience of practising and teaching from an integrative perspective.

Drawing on concepts, values and ways of working from an unusually wide

range of psychotherapeutic approaches across both psychoanalytic and humanistic traditions, he has been interested in constellations and advocated their use since the mid-1990's. He has written numerous articles and several book chapters and is a frequent presenter at conferences. Extracts from his published writing as well as summaries of presentations are available at: [www.counsellingpsychotherapycpd.co.uk](http://www.counsellingpsychotherapycpd.co.uk).

## What participants say ...

*"My own constellation was a profound experience, and I have experienced many obvious as well as more subtle changes in my life since then."*

Tim – business consultant

*"Participating in the constellations of others was amazing – I did not imagine before how it might touch my own life story and affect me so deeply."*

Helen – teacher

# Oxford Systemic Constellations Weekend



**Sat/Sun. 12/13 May 2012**

with **Morit Heitzler**  
& **Michael Soth**

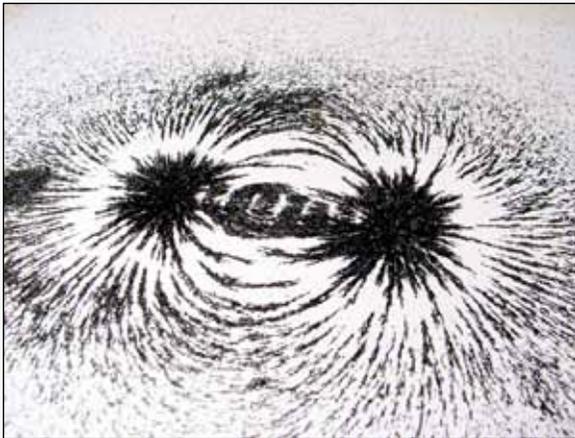
**A chance for you to experience and participate in this profound, innovative and effective healing process**

## Systems are 'you'

We are all part of multiple, interweaving systems, from small to big, from environmental to social. Our life paths and opportunities are shaped or blocked by the influence these systems have on us, and the influence we can have on them.

Systems are made up by relationships and the quality of these relationships. Not all relationships are visible and explicit – many are hidden and exert their influence without our knowledge or awareness.

Constellations utilises a group process that makes these hidden dynamics visible, like iron filings showing us the shape of a magnetic field.



## About constellations

Over the last 30 years, constellations work has grown into an approach that is practiced, recognised and valued internationally. Originally focussed on family systems, it is an approach that is increasingly being applied in all kinds of settings, at home and at work. Thousands of people all over the world have reported profound and moving experiences which have made a difference both in their outer and inner lives.

Constellations tend to help people engage more fully with 'entanglements' in their relationships, bringing attention to unconscious roots of painful and destructive patterns. Whilst everybody is indeed trying their best, relationships nevertheless can become undermined and break down without understanding of these deeper dynamics.

## How does it work?

If you haven't come across constellations and want to find out more before you commit yourself to the weekend, we have organised 2 Free Open Evenings (see back of leaflet), where we will introduce the approach and its basic principles, and you can also get to know us.

### Representing the system in space

The basic idea of constellations is to represent relational dynamics and configurations spatially. Group members are chosen as 'representatives' of the significant people and forces in your system. With the help of the facilitators, these representatives are positioned, move and relate to each other, thus revealing the system's difficulties, entanglements and potentials for development.

### The 'knowing field'

The 'magic' of constellations arises out of the uncanny way in which representatives – on the basis of usually very little factual information – seem to tap into relationships and systems which they have never before been involved with and know nothing about. This often lends the constellation weight, credibility and transformational impact to a degree which is rare in other ways of working.

### Relational dynamics & processes

The aim and task of the facilitators is not only to allow the constellation to make the current dynamics of the constellated system visible, but to be sensitive to its inherent tendencies and potentials for development. In constellations, problems and entanglements become visible along with their possible 'solutions'.

## Who can participate?

The workshop is open to everyone, with or without prior experience of constellations and/or therapy/counselling. All that is needed is your willingness to be present and occasionally contribute to the group as a representative. As the group leaders, we will make sure that everybody can feel involved to the level and degree they wish to and feel comfortable.

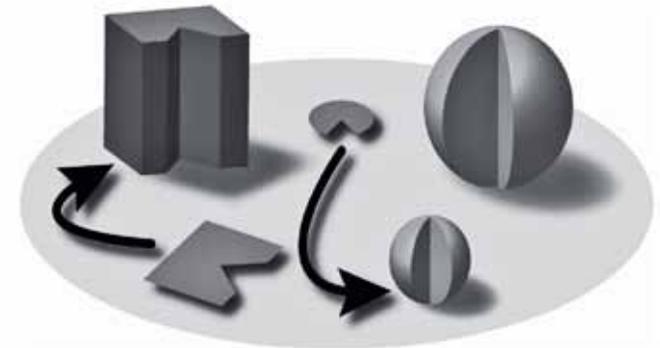
Therapeutic and helping professionals may wish to explore the relevance of constellations to their own work, through experiencing the work both personally and as representatives.

## How can you benefit?

You can use constellations to work on the dynamics of any social system, ranging from your family system to work and organisational issues as well as larger social systems. You can bring all kinds of family and relationship difficulties, both past and present, between current or ex-partners, parents and children, including ordinary rows and struggles or for example divorce, adoption, incest, illegitimacy.

You can also use constellations to shed light on other life issues, such as low self-esteem, stuckness or lack of personal or professional direction, or major life changes such as retirement, redundancy or death.

Many people have also found constellations helpful to explore a wide variety of emotional issues (depression, self-harm, etc) as well as psychosomatic or physical symptoms and illnesses, especially when no clear medical diagnosis can be found.



graphic illustration of representatives' movements in a constellations

## About the weekend

The workshop offers you opportunities to set up your own constellation and to participate in those of other people. It is usually an engaging and moving process for the whole group, although not everyone will have space for their own constellation. However, most people find that participating in the work of others by being a representative becomes a profound experience, with lessons and relevance to their own issues.

Over the 12 hours of group time, we will have space for about 8 to 10 constellations, 6 of which will be allocated beforehand; the remaining 2 to 4 constellations can be taken up and negotiated during the course of the weekend.