

FAMILY CONSTELLATIONS WORKSHOP

Workshop Leader

Ian Fuller is a gestalt therapist and BACP accredited counsellor. He works with both individuals and groups in private practice and also runs a Edinburgh based counseling service. Ian first became interested in Family Constellations Therapy in 1998, and went on to study the approach in Germany and with the Hellinger Institute of Britain. He has been running Constellation groups since 2003.

“Style of leader was calm and thoughtful, which for me inspired confidence and trust.”



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Wellspring

centre for psychotherapy and counselling

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“The simplest and deepest ways of acting are in the family”
- Bert Hellinger

What is Family Constellations Therapy?

Many of us carry emotional and psychological issues which have roots in our family of origin. Family Constellations Therapy is an approach which allows us to look at underlying family patterns and how they contribute to current personal issues. These patterns are often not apparent to family members, and may have arisen as a result of traumatic events in a family's history.

Constellations can also be used to look at our roles in other relationship systems, including friendship, work, and cultural identity.

The approach was first developed in Germany in the 1970s and 1980s by Bert Hellinger, and continues to grow and develop in the hands of practitioners worldwide.

What to expect

Over the course of the weekend a workshop participant can expect issues arising from family dynamics to be clarified, and in some cases resolved, by means of constellations.

In the constellation approach, the 'protagonist', who is exploring an issue, chooses other group participants to represent members of his or her family or other relationship system. The protagonist then sets these people up in such a way as to reflect his or her inner view of the situation.

This provides an image of how a person's specific issue relates to the wider family context, often revealing previously unrecognised connections. These connections offer an increased depth of understanding as to how the issue has arisen. The facilitator will then seek a resolution by monitoring the representatives' reactions and by suggesting movements and phrases which reflect each person's situation within the family.

There will be a maximum of eight people in the group, which should allow each group member to set up a constellation over the course of the weekend. Group members who do not set up a constellation for themselves often report that they gain insights into their own issues through acting as representatives in other people's constellations.

Who will benefit

The weekend is for anyone seeking to understand themselves and their situation from a wider perspective. The work is exciting and innovative, it throws new light on old problems, and is capable of pointing to unexpected resolutions. Many symptoms including depression, anxiety, relationship issues and unresolved bereavement can be explored from a fresh viewpoint.

The Family Constellations approach not only sheds light on our inner world but also helps us to look at ourselves in the wider context of family and other relationship systems.

Family Constellations Workshop

Feedback from participants in previous groups:

"Thank you again for the weekend. It was really helpful to me in centering myself at this time."

"Very powerful."

"The whole experience was great!"

When

Saturday 18th September and Sunday 19th September 2010, 10am to 5.30pm

Where

Wellspring, 13 Smith's Place, Edinburgh EH6 8NT

Cost

£120 per person

Registration

Please complete the following form and return with payment to reserve your place in the workshop. This weekend is limited to 8 participants. Email ianafuller@blueyonder.co.uk or call the office 0131 553 6660 for further information.

Please post to:

Wellspring, 13 Smith's Place, Edinburgh EH6 8NT

Reserve.....place(s) on the Family Constellations Workshop,
18, 19, September 2010

Name _____

Address _____

_____ Postcode _____

Telephone _____ Email _____

I enclose a cheque made payable to Wellspring

Deposit (£40) Full Fee (£120)