

# **CSC Foundation Training In Systemic Constellation Work**

**London 2023**

**Course Information**

## Course Information

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## Contact Details

### Teaching Faculty & Tutors

- |                  |              |                  |
|------------------|--------------|------------------|
| ▪ Gaye Donaldson | 07810 434699 | gaye@thecsc.net  |
| ▪ Chris Williams | 07905 623330 | chris@thecsc.net |

### Course Support People

To be confirmed

### Administrative & Finance Enquiries

- |                                      |              |                    |
|--------------------------------------|--------------|--------------------|
| ▪ Hannah Cox, Course Manager         | 07929 313976 | courses@thecsc.net |
| ▪ Magda Nowakowska, Business Manager |              | magda@thecsc.net   |

### Course Support People

The course will be supported by our two course supports, who will be at every module to support both the teachers and of course you. The role is in the form of a voluntary internship.

This is a role that is generally available to students who have completed the Foundation or Applied Training in the past and would like to continue to develop their knowledge and experience of systemic constellation work. The course supports will ensure smooth continuity between modules, and will be there to assist you if needed.

If you would like to put yourself forward as a Course Support Person in the future, please email the office to let us know and we will put you on the list.

## A Note About Privacy

In advance of the training we will send you a consent form, to ask if you are willing to share your contact details with the rest of the group. This enables peer practice groups to be established and group sharing to occur. These details are only to be used regarding the course and are NOT to be used to promote yourself, your work or anything else. We may also take a group photographs for the CSC newsletter or website. Please do not join the photograph if you do not wish to be publicly included.

If you haven't returned your consent form, please can you kindly email it to Hannah, our Course Manager ([courses@thecsc.net](mailto:courses@thecsc.net)) prior to the course commencing.

## Covid Guidelines

Prior to each module where we meet in person, the latest Covid protocols will be sent to you via email. Our protocols will be in line with UK government guidance. On the first day of each in person module, the Facilitator(s) will discuss the Covid guidelines with the group and address any issues or concerns.

### Dates, Times & Venue

The course will consist of 4 modules where we meet in person and 3 one-day online sessions, via Zoom.

All course materials, dates and Zoom links will be available to you on the [CSC Course Hub](#). When you enrol on the training you will automatically be registered on the hub. Each Zoom session will be recorded and uploaded on to the 'Materials' section of the hub.

If you are going to be late for any of the modules, please contact one of our course supports to let them know. Please wait until the meditation is over before you enter the room.

Module/Zoom Session	Date	Time	Day(s)	Facilitator
Module 1	12-14 April	09.30-5.30pm	Wednesday-Friday	Gaye Donaldson & Chris Williams
Zoom session 1	5 May	9.30-5.30pm	Friday	Chris Williams
Module 2	24-26 May	09.30-5.30pm	Wednesday-Friday	Gaye Donaldson
Zoom session 2	12 June	9.30-5.30pm	Monday	Gaye Donaldson
Module 3	29 June – 1 <sup>st</sup> July	09.30-5.30pm	Thursday-Saturday	Chris Williams
Zoom session 3	14 July	9.30-5.30pm	Friday	Gaye Donaldson
Module 4	6-8 September	09.30-5.30pm	Wednesday-Friday	Chris Williams & Gaye Donaldson

### Venue

The above modules will be held at St Andrews Church, Short Street, London, SE1 8LJ

### Contact details

T: 020 7633 9819

E: [bookings@stjohnswaterloo.org](mailto:bookings@stjohnswaterloo.org)

## Teaching Topics

### The field and the system

Including:

The self as part of the system; The organising principles of systems; Acknowledging the place of our ancestors; The primary system – parents and children – how families thrive; Constellations as ritual.

### What it means to work with the heart and the soul

Including:

What does it mean to be healthy; How does phenomenology help; Somatic sensing and body-based intelligence; Stance; how to manage balance and reciprocity; Fate, soul and the spirit; What is asked of us when we help others; Practitioner ethical impeccability – what does this mean in Constellation Work?

### How we deal with incoherence and disorder

Including:

When things go wrong; Radical inclusion and the consequences of exclusion - atonement, identification and entanglement: Working with issues that are not our own, and what needs to be done to put things right.

## Teaching Topics by Module/Session

### Module 1 with Gaye Donaldson and Chris Williams

- ◆ Establishing the Holding Framework of the Group
- ◆ Framing the Personal Learning Journey – What is Required?
- ◆ The Field & The System - The Organising Principles of Systems
- ◆ The Creation of your Own Systemic Map – The Self as Part of The System
- ◆ Definition of Health – Wholeness, Strength, Balance, Completeness, Hierarchy, Presence, Bonding, Belonging, Attachment – A Theoretical Overview

**Zoom Session 1** – ‘The Primary System – Our place in the system, as partners, siblings, sons, daughters, parents and grandparents. What It means to belong to a family, and how families thrive.’ and ‘Balance and Reciprocity’ with Chris Williams

### Module 2 with Gaye Donaldson

- ◆ Conscience – What this means in Constellation Work
- ◆ Radical Inclusion and The Consequences of Exclusion – Identification, Entanglement, and Atonement in Issues that are not our own - and how to put this right
- ◆ Reading A Constellation in Relation to The Orders
- ◆ Fate, Soul and the Spirit

**Zoom Session 2** – ‘The 4 Different Types of Feelings’ and ‘The Language of Constellations’ with Gaye Donaldson

### Module 3 with Chris Williams

- ◆ Getting in Tune with The Client - Somatic Sensing & Body Based Intelligence
- ◆ How Does Phenomenology Help?
- ◆ The Stance of the Facilitator
- ◆ the Initial Interview - Meeting the Client in Group and One to One

**Zoom Session 3** – ‘The Orders of Helping’ and ‘Constellations as Ritual’ with Gaye Donaldson

### Module 4 with Gaye Donaldson and Chris Williams

- ◆ Acknowledging What is - the place of Reality in Constellation Work
- ◆ The Definition of Health - revisited
- ◆ How to Manage Endings
- ◆ Closing Ritual and Completion

### An Important Point About the Course

This Foundation Training in Systemic Constellations is designed to develop a personal understanding and connection with the unified field and how balance is manifested. The course will establish ways of working with the field and will give students foundation-level teaching in the important concepts that underpin systemic constellation philosophy.

**Please note:** This course is run as a learning group. However, the teaching material can sometimes be triggering of our own personal issues. Whilst every attempt is made to hold a safe, contained and nurturing learning environment, students are required to respect the Learning Contract of the group and recognise that this is not a therapy or process group where personal issues can be attended to.

If we feel that your personal issues are overwhelming in such a way that the learning of the group is affected, we reserve the right to ask you to leave the group. It may be possible to repeat any missed modules on a later course.

We do recommend that all students have some form of on-going support in place (such as therapy, supervision, mentoring, coaching or spiritual work) for the duration of the course. Please speak to your tutor should you need any help with this.

### Tutorials, Workshop Places & Peer Practice Groups

- In addition to the course, you will also be offered 2 tutorials - further details about who your tutor will be given at the first module of the training.
- You are also invited to attend two free of charge workshops as a resource (representative) with any of the faculty during the training. For the relevant workshops, please visit the Faculty Workshops page on our website - <https://www.thecsc.net/workshops/>. You will need to contact the facilitator directly to book your place. Please remind them of the training that you are currently on.
- You can also attend workshops with the following CSC Associates (please see their websites for details of their workshops and contact them directly to book. Please let them know that you are a current CSC student and what course you are on.

Associate	Contact
Aleksandra Shymina	<a href="https://www.asconstellations.co.uk/workshops-schedule.html">https://www.asconstellations.co.uk/workshops-schedule.html</a>
James Pereira	<a href="https://thelibrapartnership.com/">https://thelibrapartnership.com/</a>
John Harris	<a href="https://www.livingmaps.co.uk">https://www.livingmaps.co.uk</a>
Rafe Nauen	<a href="https://www.asconstellations.co.uk">https://www.asconstellations.co.uk</a>

- **We ask that you use your two free tutorials and workshop places before the end of your training.**
- You will also be encouraged to set up one or several peer groups, perhaps organised geographically. We would like to encourage you to take the opportunity to practice constellation work together between modules

## Tutorials

Tutorial support is considered an important part of student development during the course. Students will be asked to arrange two tutorials with their tutor, as and when, they need them. We suggest that the first is scheduled near the beginning of the course and the second towards the end. Dates for these are to be arranged directly with your tutor. Students may choose between having an individual one-hour session either by phone, Zoom, or in person. Occasionally, if the tutor has rooms that will accommodate a larger group, two or three students allocated to the same tutor, could combine their sessions and have a joint face-to-face session if they prefer. Both tutorials must be taken during the training.

## Workshops

We recommend that you attend as many systemic constellations workshops run by the Faculty as possible. As part of your Foundation Training, you are invited, as a representative, to attend 2 free workshops with any of the faculty before the end of the training. For details of all available faculty workshop dates please see our website [www.thecsc.net](http://www.thecsc.net) - the workshops are listed under the 'Community' menu. This list is regularly updated and will reflect all the events available to you.

**Please Note:** All bookings must be made directly with the trainers - and not through CSC. Under '[Faculty Workshops](#)' you will find the dates for their events..

To book a place at one Sheila's workshops, follow the 'More Info' link to her email address and say you are claiming your free workshop place as a CSC student. To book on to one of Gaye's workshop, click on the 'More Info' link which will take you to the Kindred Constellations website. At the checkout enter the coupon code KINDREDLONDON/KINDREDBRUTON/KINDREDBRISTOL depending which venue you choose. Only one workshop booking at a time.

## Cancellation of Workshops & Tutorials

Please note: We ask for at least 48-hours' notice of cancellation for both tutorials and the workshop places. If you do not give a full 48 hours' notice, then you will forfeit your session.

## Missed Modules

If you are unable to attend one of the modules, due to an unavoidable situation, such as sudden illness, bereavement or an agreement made before joining the training, it may be possible to pick up the missed teaching on the [next](#) Foundation course only for a nominal charge of £85. A new certificate with the full course hours will then be provided on request.



### Food & Breaks at Modules

There will be a break each morning for coffee and another in the afternoon for tea. A lunch break of usually around an hour will be timed for around 1pm.

- Tea, coffee, herb teas, fruit and biscuits are provided at all modules.
- You can either bring food with you for lunch, or you can visit one of the numerous cafes and restaurants nearby.

If you have any special requests for snacks, then please ask the course supports as they will be sure to bring what you need.

### Certificate of Attendance

At the end of module 4 you will be given a Certificate of Attendance, stating the exact number of hours you have attended the training. The total hours for the course are 114 of which each module is 24 hours plus 18 hours of online teaching.

### Additional CSC Courses & Events

CSC is delighted to host an international guest trainer two or three times a year. We also arrange some other Continuing Professional Development (CPD) trainings and workshops.

We strongly recommended that serious students of this work attend these events as they support the development of your own style when working in this field.

These additional CPD events are part of the CSC annual programme of activities, and therefore cannot be attended as a free workshop place as part of this training.

Further details about these additional events can be found on the website [www.thecsc.net](http://www.thecsc.net) under 'Courses'.

### Fee Payments and Instalment Contracts

#### Conditions for Payment by Instalments

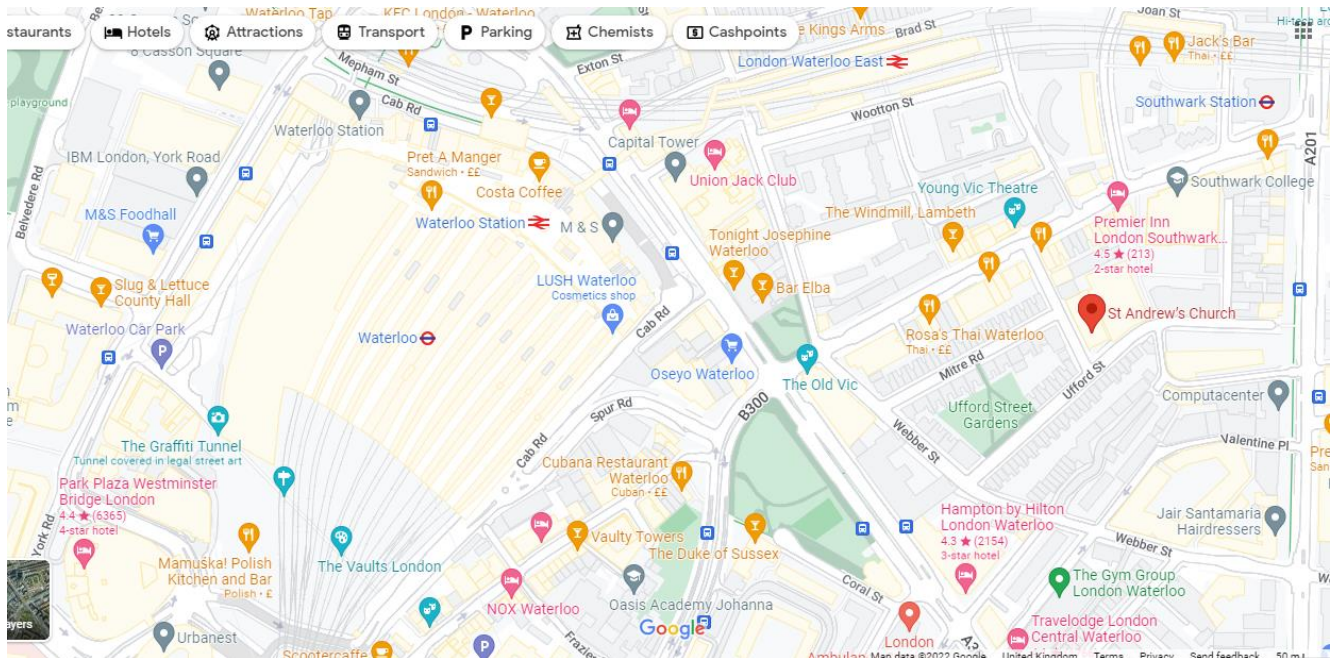
- a. If you will struggle to pay the fee in full before the course begins, you can discuss options with the Course Manager. Instalment contracts are offered at our discretion and will be agreed on a case-by-case basis.
- b. If offered, this contract should be signed in ink, scanned and emailed to [courses@thecsc.net](mailto:courses@thecsc.net) within 7 days of receipt.
- c. The Centre reserves the right to end the contract at any time and any remaining funds will then be due immediately.
- d. Late payments of instalments will incur a charge of £25 for every month where the payment is not made in accordance with the terms agreed.
- e. The Instalment Contract will typically offer four instalments, beginning immediately.

Any payment plan will always end a minimum of 30 days prior the last module of the course

## Venue, Accommodation, Directions & Travel Information

### Venue

**St Andrews Church – Short Street, London SE1 8LJ**



### Contact details

T: 020 7633 9819

E: [bookings@stjohnswaterloo.org](mailto:bookings@stjohnswaterloo.org)

### Directions & Travel

Click to see a [Map](#) of the area.

#### Public Transport

[Waterloo station](#) – this is the nearest train/bus station (a few minutes walk from the venue)

To plan your journey on public transport – [Journey Planner](#)

### Accommodation Information

There are plenty of [hotel deals](#) to be found online.

If you need more information about travel and accommodation or travelling from an airport, please contact [courses@thescs.net](mailto:courses@thescs.net).

## Recommended Reading

For a general overview of Bert Hellinger's systemic therapy:

- Hellinger, B., Weber, G. & Beaumont, H. Love's Hidden Symmetry  
A comprehensive manual
- Hellinger, B. Love's Own Truths  
On bonding and balancing in close relationships
- Hellinger, B. To the Heart of the Matter  
Brief Therapies: mapping out Family Constellations in a highly concentrated form
- Hellinger, B. & ten Hovel, G. Acknowledging What Is  
A challenging interview clarifying his thinking on family entanglements
- Hellinger, B. Insights  
Lectures and Stories, e.g. On Conscience, Guilt and Innocence in Relationships (Parents and Children, Men and Women)

If you wish to apply systemic thinking and constellation work to your own practice:

- Ulsamer, B. The Art and Practice of Family Constellations  
Leading Family constellations as developed by Bert Hellinger
- Franke, U. In My Mind's Eye  
Family constellations in Individual Therapy and Counselling
- Franke, U. The River never looks back  
Historical and practical foundations of Bert Hellinger's work
- Franke, M. You are one of us  
Systemic insights and solutions for teachers, students and parents

Other:

- Hellinger, B. Peace Begins in the Soul, Family constellations in the service of reconciliation

The books above are available from:

- |                    |  |
|--------------------|--|
| ▪ Carl Auer        | <a href="http://www.carl-auer.de">www.carl-auer.de</a>                 |
| ▪ Karnac Books     | <a href="http://www.karnacbooks.com">www.karnacbooks.com</a>           |
| ▪ Amazon           | <a href="http://www.amazon.co.uk">www.amazon.co.uk</a>                 |
| ▪ Used Book Search | <a href="http://www.usedbooksearch.co.uk">www.usedbooksearch.co.uk</a> |

### Guidelines for Transcribing a Constellation

Observing and transcribing a constellation is valuable because:

- Through it the issue holder has an opportunity to revisit the situation at some later time, which often helps to embed the resolving energy.
- The transcriber has the opportunity to take their understanding to a deeper level by detailed study. A constellation that is not fully understood does not 'read' well.
- And a collection of constellations, held in confidence, will support the research and development of this field.

So, what to notice? What to write down? What to miss out or summarise? How important are diagrams? First, set up a three-column document. In the first column write the transcript, alongside in column two list the professional interventions with your analysis and understanding of them and finally in the third column record your personal responses to the work.

### The Initial Situation

The opening conversation is critically important. You need to provide the relevant information that the facilitator is given, but also relevant data on the relationship between the two of them, including key moments within the conversation. It is helpful to note the quality of eye contact, the tone of voice, the amount of support needed by the issue holder to maintain focus. If the issue is about a complex system, make sure you have detailed the information – the history, the people involved, the need expressed, the hierarchy and so on.

### The Choosing of Representatives

Note how and in which order the representatives are chosen and with what sort of care they are placed. Watch for their initial reactions and interactions. Before they begin to give feedback, see what you make of the configuration yourself.

### The Constellation

From then on you will be writing a something like a film script. There will be stage directions, including pauses, tone of voice, emotional responses and so on. There will be the words of the representatives, the words given to the representatives and how they deliver them, and the words of the constellator directed to the issue holder or the group. You need to specify which is which. It will also be important to specify whether it is a representative speaking or the issue holder, whether their words are chosen by the constellator or spontaneously generated and what impact they seem to create. You will need to indicate movements and gestures, and how the constellation shifts through the session. Some mapping is helpful, including the direction faced by the representatives. This can be done visually or verbally.

### The Resolution

There will often be conversation, including later comments from the group, which is part of the whole and should not be omitted. You need to describe how it seems to affect the issue holder. And how the group is affected.

### Later

- See if you can provide a brief summary of the work that will sit at the front of your transcript, taking it from issue to resolution in a language that illuminates your understanding of the orders.
- Add a commentary about your own process - what impact it had on you, what it illuminated, how else you think it might have gone, your concerns and delights – a personal response that comes from your heart and your truth.
- And lastly, your estimation about what sort of further support, coaching or other work the issue holder might benefit from.

An Image of Seven Generations of a Family

