

RELATIONAL FAMILY CONSTELLATION PRACTICE & DEVELOPMENTS

Topics in Family Constellation Theory and Practice

Taught by Dyrian Benz, PsyD and JoAnne Chartrand,

2018 Dates: Feb. 10 & 11, Mar. 10 & 11, Apr. 7 & 8, May 5 & 6, July 21 & 22,
Aug. 18 & 19, Sept. 15 & 16, Oct. 13 & 14, Nov. 10 & 11, Dec. 8 & 9

SYLLABUS

GENERAL OVERVIEW OF THE WORKSHOP

1 FAMILY CONSTELLATION PRINCIPLES

Relational Constellations Overview

The Process

- a) The process participants go through
- b) The Focus on Relational and Family Issues
- c) Clinical & Ethical Implications

2 FAMILY CONSTELLATION PROCEDURES

- a) Show hidden dynamics and inter-generational bonds in the Family System
- b) Make Hidden Loyalties and Legacy Burdens Apparent
- c) Apply Mindfulness to Somatic Indicators
- d) Titrate and Desensitize the Client's Issues Through The Use Of Representatives
- e) Place Representatives in Proximity of Each Other to Reveal Family Conflicts

3 FAMILY CONSTELLATION PRACTICE: WHAT TO DO?

When setting up a constellation

- A. Track influences from the mirror neuron system, epigenetics and sensory perception
- B. Manage the constellation group field
- C. Navigate participant's Autonomic Nervous System Regulation
- D. Resource through the family lineage, mindful practices, and embodiment.

- E. Titrate the psycho-somatic activation.
- F. Pendulate between Activated Trauma State and Resources.

Advanced Topics To Be Explored:

Feb 10 & 11, 2018: **Nourishment For the Heart, Soul & Nervous System**

Mar 10-11, 2018: **Interrupted Merging Dynamics**

April 7-8, 2018: **Interrupted Separating Dynamics**

May 5-6, 2018: **True & False Autonomy**

July 21-22, 2018: **Spiritual Autonomy**

References

Relational Constellation Practice & Developments Topics in Constellation Theory and Practice

References

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