

RELATIONAL FAMILY CONSTELLATION PRACTICE & DEVELOPMENTS

Topics in Family Constellation Theory and Practice

Taught by Dyrian Benz, PsyD and JoAnne Chartrand,

**2019 Dates: Feb. 2-3, Mar. 2-3, Apr. 6-7, May 4-5, NO JUNE,
July 13-14, Aug. 10-11, Sept. 7-8, Oct. 5-6, Nov. 2-3, Dec. 7-8**

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:

Creating more embodiment in our energy centers to increase intimacy capacities and heal our attachment wounds.

Feb 2-3, 2019: **Regaining Basic Trust**

Mar 2-3, 2019: **The Power of Being**

April 6-7, 2019: **True Strength**

May 4-5, 2019: **True Will**

July 13-14, 2019: **Heart's Desire**

Aug. 10-11, 2019: **The Power of Joy**

Sept. 7-8, 2019: **Rooting into Embodied Presence**

Oct. 5-6, 2019: **Awakening Our Life Force**

Nov. 2-3, 2019: **The Power of Centering into the Solar Plexus**

Dec. 7-8, 2019: **Regaining Our Voice & Speaking Our Truth**

References

Relational Constellation Practice & Developments Topics in Constellation Theory and Practice

References

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