



## **Improving Relationships and Mental Health with Systemic Family Constellations.**

### **Specialized further training for**

Counsellors, Psychotherapists, Psychologists, Hypnotherapists, Welfare officers.

Become a facilitator of Family Constellations in Groups, Workshops or Private sessions with individuals or couples.



This training consists of 3 Modules in three sets of 3 day training of experiential learning focusing on 3 basic areas.

**Family of Origin. Present Family. Private Sessions and Supervised practice.**

### **Benefits of this training**

- 1 Improve your effectiveness with your clients
- 2 Learn some invaluable cutting edge skills that compliment what you already do.
- 3 Personal Development. Do your own constellation in the training.
- 4 Learn in a professional and supportive environment
- 5 High quality training with an internationally recognised facilitator and experienced educator.

### **What is Systemic Family Constellations?**

This is a revolutionary, dynamic and powerful methodology that is phenomenological, energetic and experiential in nature. It was developed by the German Psychotherapist Bert Hellinger. The power of a constellation is that it can locate the underlying dynamics of an issue in the present, or over many generations and may often provide a different perspective or options for a resolution. Basically a constellation is looking at an issue through representatives in a workshop or symbols in a private session. It has the effect of working at many different levels, visual, intellectual, emotional and according to Bert Hellinger at a soul level. This is highly effective in helping with relationship issues and many mental health disorders, ranging from:

**Family & Marriage issues, Divorce, Parenting, Single-parent families, Blended families, Adoption, Emotional, Physical and Sexual abuse, Incest, Depression, Self esteem, Anxiety, Suicide, & Panic attack, Depression.**

This methodology may be used as a brief, stand alone intervention, or part of a more traditional therapeutic process. It is now very popular in Europe, USA and Asia and is expanding in Australia.

**Learn the Art and Practice of Systemic Family Constellations in Sydney or Brisbane 2010 See website under training for current dates.**

[http://www.familyconstellations.com.au/fc\\_training.html](http://www.familyconstellations.com.au/fc_training.html)

The course is presented by Yildiz Sethi  
Yildiz is a Counsellor, Clinical Supervisor, Hypnotherapist, NLP practitioner and Family Constellations practitioner who is recognized by DGfS Germany. She is also an Educator at the Australian College of Applied Psychology Brisbane.

This methodology and philosophy is now very popular in Europe, USA and Asia and is expanding in Australia.

For those who are looking to go deeper with their clients or who work with communities, families or groups, you will find this course a breath of fresh air, in that it taps into humanity and spirituality in a practical and realistic manner, that can truly compliment your present knowledge or practice.

**1800 209 388 or 07 3268 6016**

**[support@familyconstellations.com.au](mailto:support@familyconstellations.com.au)**

**[www.familyconstellations.com.au](http://www.familyconstellations.com.au)**

**Family Constellations Pty Ltd**