



Systemic Theory and Practice in Family Constellations Level 1 : 2024 Online

Spanda (India) in association with Ochre (Ireland) is happy to offer a 6 module Online foundation course on Systemic Theory & Practice in Family Constellations . This course is offered to people wishing to open or deepen their understanding and experience of Family constellation work and is a prerequisite for the facilitator training Level: 2

For further information / registration please contact:

spanda.asia@gmail.com +91-9449002869 www.spanda.asia.com

or via www.ochre.ie

Course Overview

This 12 day online course consists of 6 two day modules. (78 hours)

Schedule of Dates for 2024

Module 1: Feb 22nd & 23rd, Module 2: March 21st & 22nd, Module 3: April 18th & 19th, Module 4: May 23rd & 24th, Module 5: June 20th & 21st, Module 6: July 18th & 19th

All the dates are on a Thursday & Friday

Timing: 11 am to 6 pm Indian Standard Time (IST) Please check the time difference in your time zone. For certification it is necessary to attend all modules.

Contact registration@spanda.asia

Family Constellations

We will come together to offer this online course through Zoom in a group setting using human representatives, small figures and a phenomenological approach. This unique method of working online has been personally developed.

In constellation work you are invited to enter a “Knowing Field” - an energetic Field where everything that has been created belongs and has a place. The ‘Field’ is a place

where that which has been excluded can be brought back together again, opening the channels so love can Flow.

A broader image unfolds in the work as you see how people relate while seen and unseen dynamics come to light.

How we belong in our family systems becomes very clear, often we are connected by hidden rules, by blind love and binding loyalties.

We can appreciate and honour the wise adaptations of our personalities that have helped us to cope and to survive thus far so life could flow on. Life does flow on, but often at a heavy cost. And at the same time the flow of love can be interrupted.

While we journey in constellations in this way, looking through the lens of loving, inclusive compassion, we learn without judgement, what happens when hearts and souls have had to close.

We see how it is that we belong in the contexts we inhabit and the different loyalties between which we are divided.

We find innocence and guilt in the limitations of different levels of conscience. Reconciliation becomes possible between victims and perpetrators in the very act of being truly seen.

We connect with the importance of our sense of place and our familial bonds when everything and everyone is in the right place.

We see the consequences of how 'blind love' operates through compensation and identification within a family system through the open heartedness of an innocent child,

The constellation process offers a possibility to find a new understanding, a different image which can lead to a 'Yes' to the gift of life as it has come down to us. We deeply respect the full price it cost our ancestors to pass life down to us and acknowledge the full price we paid to receive it.

Our intention is :

That this course will enable you to experience phenomenologically and learn cognitively the principles and fundamentals of systemic family constellation work.

That while your understanding expands you will start to think in a systemic way and see through a systemic lens, as you view the individual within a larger context. It can have a deeply profound effect when you notice and feel what influences the dynamics within a family system.

That in the continuum, you experience personal growth and healing through all the different levels of learning offered during this course.

We hope that you will learn what moves the Soul as you become more familiar with the grammar and language of the personality within the family system. And then start the process of translating it all into the language of the Soul.

During our time together we will explore the unconscious intergenerational dynamics that operate in our very sacred families. We will learn how the effects of loss, trauma and exclusion are transmitted intergenerationally, and see how these have been experienced within our personal and cultural histories.

We will also experience the great joy of connection - to be separate and connected.

As we deepen into presence we will explore our understanding of 'the field' which unfolds in constellation work, and see what happens when we pay attention and listen to the truth of experience coming through the body.

We will learn to be guided by the heart and become aware of the subtle movements of the soul. The movement from the past is into alignment with the present and agreement with all that 'is' just as we are, just as it is.

FACULTY GUIDING THE COURSE



Colette Green Annie Cariapa Rekha Kurup

Colette is an Integrative psychotherapist and organizational consultant. A trainer and supervisor who and has been working with groups and individuals for over 30 years in England, New Zealand, Ireland India and Germany. She is Director and supervisor to this course and is a visiting lecturer at Hellinger Schule Bad Reichenhall Germany.

She trained with Bert and later together with Sophie Hellinger in Austria and Germany, at the Hellinger Institute of Britain, with Hunter Beaumont and faculty at Zist and Cloister Bernried in Germany. She has worked and trained with many other senior facilitators in the field of constellation work. Her training in organizational work was at the Bert Hellinger institute of the Netherlands with Jan Jacob Stam and Bibi Schreuder.

For many years she served on the editorial team of 'The Knowing Field' the International English language Constellations Journal. She has taught on the H Dip in Psychodynamic Studies, the Masters in Integrative Psychotherapy and the Masters in Social work at University College Cork, Ireland. Colette is a certified Equine Assisted mental health professional (Eagala USA) she offers psychotherapy, supervision and constellation work with horses . www.ochre.ie

Annie Cariapa

Annie is the founder of Spanda based in Bangalore India .She has trained with Bert Hellinger in Bad Reichen- hall and holds a Hellinger Scientia diploma in Family Constellations & Movement of the Spirit Mind. Annie has further gathered her training in Cloister Bernreid in Germany over several years with Hunter Beaumont and multiple senior faculty. She has also had intensive trainings with Stephan Hausner in Germany and Albrecht Mahr in Ireland. Annie has a particular interest in Family System Constellations and neuroscience. With the onset of the pandemic situation, she has also developed a unique model of working online.

She is a supervising Transactional Analyst. Having previously run training courses in TA, her focus is now on supervising therapists in order to support their work and enhance their skills. Annie has worked in the field of counselling & psychotherapy for the past 20 years.

She uses an integrated approach. She weaves together the intricacies of Transactional Analysis (TA), Neuro Linguistic Programming (NLP), Systemic constellations, Hypnotherapy, Body work, an understanding of neuroscience and related modalities in the process of developing wellness, harmony and balance. www.spanda.asia.com

Rekha Kurup

Assisting Faculty **Rekha Kurup** practices as a Systemic Integrative trauma-informed facilitator, teacher, and guide based out of BangaloreIndia. She has over two decades of experience in facilitating safe, open, compassionate healing spaces where she supports individuals and groups to explore and embody the truth of who they are in a return to wholeness.

Rekha is a Family Constellation practitioner trained within the Spanda-Ochre lineage. She is a certified Compassionate Inquiry practitioner with Dr Gabor Mate. She is trained in using Expressive Arts in therapy, EFT, Yoga, Jhin Shin Jyutse, Women's Spirituality, Flow Game, and various other trauma therapies.

Rekha brings a wide range of teaching, Learning, and awakening opportunities for people through her initiatives of the ' She Stands Tall Project' and 'Ordinary Human Project'. She loves to paint, travel, create, and write. Her life is guided by her deep devotion to Nature, Life, and Consciousness. <https://www.rekhakurup.com>