



FOUNDATION TRAINING IN SYSTEMIC CONSTELLATIONS AND TRANSGENERATIONAL HEALING

MARCH - OCTOBER 2024

This is a 2 modular course foundation training in the Ancestral Constellations approach to Transgenerational work with a focus on family constellations and ancestral healing. It will run from March to October 2024. An optional third module, is currently being developed.

PROGRAMME CONTENT 12 DAYS IN TOTAL

Modules 1 (6 days), Module 2 (6 days)

MODULE 1 - Introduction to Ancestral Constellations & Systemic Practice

Total = 6 Days In-Person

3 x 2 Days In-Person March-May

MODULE 2 - Introduction to African Centred Therapeutic Practice

Total = 6 Days Online & In-Person

4 x 1/2 days Online June-September

2 x 2 Days In-Person September-October

PLUS:

Mentoring and Supervision: Bi-monthly online group supervision x 3

Peer Group Practice: 10 hours which are self-organised

Development of Personal Genogram

3 Core books to read

1 x Individual constellation/healing ritual supervision (paid directly to Sonya Welch-Moring)

NOTE:

Throughout the programme, attention will be paid to culture, colour and gender fluidity by exploring the concept of intersectionality. This will act as a supportive container for learning about and multiple-identities and family life in diverse communities



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MODULE 1 - ANCESTRAL CONSTELLATIONS & SYSTEMIC PRACTICE

OVERVIEW

The Ancestral Constellations approach is experiential, a process of mapping relationships and networks that helps to surface invisible or unspoken family dynamics. This model of transgenerational work is holistic and can be used to explore the norms and values that are specific to every family. It is a powerful, solution focused approach that centres a practice emphasising both individualistic and community traditions.

The method offers a way for professionals to engage in sensitive or taboo conversations with clients. It offers a different perspective on 'storing' family conflicts and relationships. The module draws on the idea of exploring family lineage as a form of transgenerational family research. Looking at past generations, in the context of present day family life, can be useful when exploring multiple-identities through a systemic lens.

MODULE 1 - STRUCTURE

In this module participants will be introduced to the Ancestral Constellations model as a systemic practice. They will have an opportunity to reflect on their personal family system as well as develop professional skills working with the core theory and principles of systemic constellations. The module content includes systemic thinking, the theory and practice of family constellations, ancestral family research and 'witnessing' as a method.

Using demonstrations and reflection circles, participants will explore a variety of creative tools that can be used to 'constellate' or 'map' family systems and 'patterns' of networks. They will review and reflect on difficult life situations in order to surface hidden issues, identify solutions and create strategies for resolving problematic family dynamics.

Participants will extend their knowledge and skills by learning.....

- The core theory and principles of the ancestral constellations approach and how it can support a range of Black/People of Colour and Diaspora family systems.
- How to set up a 'family constellation map' in order to gain greater insight into ancestral family lineage.
- Ways to identify and uncover hidden issues, entanglements and dynamics within the family system and wider community that it is a part of.
- How to use a variety of creative tools that support professional practise in working more flexibly with a diverse range of families.
- Reflection on their own family heritage and ancestral lineage



MODULE 2 - AN INTRODUCTION TO AFRICAN CENTRED THERAPEUTIC PRACTICE

OVERVIEW

In this module participants will be introduced to transgenerational family lives through the lens of African/Indigenous wisdom perspectives, drawing on the systemic constellations method. The focus is on exploring Diaspora transgenerational family life within a wider context of community, social justice and ancestral learning. Participants will be able to adapt the learning to their own cultural context in both personal and professional settings.

The programme offers participants an opportunity to reclaim and reconnect to their own ancestral lineage as well as providing an introductory approach to relational practices from an African and indigenous wisdom perspective.

MODULE 2 - STRUCTURE

The module is structured into 4 online sessions and 2 weekends covering both systemic relational processes and healing ritual approaches. It is an experiential approach that ingrates 'other ways of knowing' into therapeutic practice and expands our thinking about African and indigenous transgenerational healing approaches.

We will look at the framing of family lineage from an ancestral perspective working in pairs, triads and small/large group settings. There will be space for self-reflection and self-development. You will also have a platform from which to think about how to integrate this approach within your own work practice.

Participants will extend their knowledge and skills by learning.....

- Systemic constellations as a healing diagnostic tool from an African context
- Exploring the African perspective on mental health and healing rites-of-passage in transgenerational family work
- The role of ancestors within African/Indigenous family and community life
- Family research as a conduit for learning about ancestral and parental homelands
- Ecology of Ancestral Constellations as a model of practice

SELF REFLECTION AS A MODE OF PRACTICE

Some thoughts for you to reflect on as you come to the learning.....

1. Where is healing needed within your ancestral line?
2. Who and what can support your learning and who and what might get in the way?
3. What is your client group and your greater audience for the work?
4. How can you integrate your learning into your current professional practice?

BENEFITS OF THE PROGRAMME

You will

- Be given an introductory approach to the methods of both systemic consultation and the ancestral wisdom behind the family constellations method
- Learn about the constellations approach, using a range of techniques and methods which will provide you with a space for self-reflection and development
- Gain a clear understanding about the power for transformation of the constellations approach.
- Identify ways that you can embed this method within your current practice.
- Gain skills in a therapeutic consultation approach that will help you to identify core issues, uncover possibilities and take steps towards a healing resolution for everyone
- Have a platform from which to think about how to integrate this approach into your own work as a coach, therapist, healer working with your clients on a range of issues

WHO IS IT FOR

The programme is for people from Black/African/Asian/People of Colour who are interested in exploring systemic work and how it can support transgenerational families and communities within a Western Diaspora context. This is a path that can lead to family research and a greater connection to older cultural and wisdom traditions.

The practice element of the course will focus on family dynamics and entanglements as they impact Black/communities of colour. This entails creating a framework that looks at family within a social and community context exploring the principles of systemic constellations from both a Western psycho-social and African/Indigenous perspective.

You could be wanting to explore the learning from a personal or professional perspective and the programme will be especially valuable for therapists, coaches, counsellor, trainers, holistic practitioner's, nurses, social workers and other professionals who

- Work with multi-identity families and communities and are looking for new perspectives on complex family systems and relationship dynamics
- Want to integrate systemic thinking and constellations into their practice
- Want to understand more about ancestral family knowledge and its relevance for the families that they work with
- Want to experience a unique and powerful approach to transformation and change in the company of other like minded people