

SEEING A BIGGER PICTURE

Healing trauma.



Experiential One-Day Workshop in FAMILY SYSTEMS CONSTELLATIONS.

Date: Saturday June 16th 2018

Venue: Norwich Wellbeing Centre. 15 Chaplefield East, NR2 1SF

Cost: £85.00 (concessions are available by negotiation for unwaged and those on low income)

Facilitator: Anna Magee

Systemic Constellations. The Family Systems approach is a powerful, profoundly moving, yet gentle way of gaining greater understanding of ourselves and of the issues which affect our lives.

Using Bert Hellinger's insights and his method of creating a systemic 'constellation', we can come to see how hidden loyalties and entanglements within the family system may have given rise to repeating patterns of suffering or loss - which can sometimes continue to affect family members through many generations.

The experience of pulling back from attainment or success in life, of '*not belonging*' or self-sabotaging behaviours such as addictions, may be ways that we unconsciously re-create the difficult fate of others in our family, thereby connecting us through suffering. When such unconscious identifications are brought into awareness and fully understood in their right context, they may be transformed by this work into a life-enhancing resource, so that we can feel connected to our family systems by love.

Difficulties in relationships, whether in being able to give or receive love or to hold on to commitment, may have an origin in our earliest imprint of 'relationship' within our first family. Such blocks to the flow of love and the stability of relationships can cause incredible suffering to many people, however they respond well to and can be released by this supportive way of working which is both non-judgmental and inclusive.

Trauma affects individuals, and whole human systems, in particular ways. Psychological 'splitting' can occur as a defensive survival response, Professor Franz Ruppert integrates Hellinger's insights and constellation method with his own understanding of the intra-psychic effects of trauma. Within a very safe holding environment, this approach can support a natural movement towards the healing integration of the aspects of 'soul' that have become separated by trauma.

The Facilitator. I am a UKCP registered hypno-psychotherapist and teacher. I have specialist trainings in working with addictions, family systems and trauma. My doctoral thesis was an exploration of individual, social and collective phenomena emerging from the experiences of belonging and not-belonging.

For further information about these workshops contact:

Anna Magee on 07917301336

or

email: annamagee123@gmail.com .

FAMILY SYSTEMS WORKSHOPS

BOOKING FORM

Name:	Address & Contact Details
<p>I wish to attend the workshop on the following dates...Saturday 28th October 2017..and enclose full amount of £85.00 (to be paid by cheque or on-line) I understand that any outstanding balance will be due at the workshop.</p> <p>I have had a small amount of previous experience of Therapy/Systemic Constellations</p> <p><i>(delete as appropriate)</i></p>	<p style="text-align: center;">Statement of shared responsibility.</p> <p>I agree to disclose to the facilitator any physical or mental health issues that might adversely affect my participation in the workshop, prior to my attendance so that my needs can be met and any risks evaluated.</p> <p>Signed Date:</p>

Directions: The Norwich Wellbeing Centre is between Chapelfield gardens and the Theatre Royal. See www.norwichwellbeing.com for best directions. Parking for the day in Norwich can be expensive, you also could consider Park and Ride options. If coming by rail, the Wellbeing Centre is about a 20 minute walk.

Food: Tea and coffee and refreshments will be provided in the break. Food may be brought and consumed on the premises. Alternatively, there are a wide range of good food outlets to be found nearby in Norwich.

Times:

Workshops are from 9.30-5.30 pm. Registration on Saturday is from 9 am.

Send Booking form with deposit to:

**44, Castle St,
Thetford,
Norfolk.
IP24 2DP**

PROMPT BOOKING IS ADVISED FOR TWO REASONS:

WORKSHOP SPACES ARE LIMITED AND SO IT CAN BECOME FULLY BOOKED

also

THE WORKSHOP WILL NOT RUN IF THERE IS INSUFFICIENT INTEREST.