



With great pleasure we announce a new seminar on



SYSTEMIC CONSTELLATIONS in Sarajevo from 15-18 November 2018

We welcome you to participate and become a member of theBiH training group for systemic constellations facilitators.

The training has been going on since 2011, led by **Mr. Horst Brömer**, psychologist, psychotherapist, supervisor and systemic constellations facilitator and trainer from Berlin.

This time we shall engage in some of the following **topics** in the context of the complex living conditions in BiH at present day:

- Personal responsibility and empowerment; how to act in vague times; acceptance of what is as a challenge in the "now and here";
- Advantages of the constellation work in discovering difficult family relations and entanglements, especially in regard to the recent history on our country
- Detection of hidden rules of unhappiness, feelings of powerlessness to influence and make changes in one's life,
- How to ease the burden of severe illness
- Transformation of any sort of dependence into appreciation and self-determination,
- To detect the strong support of new orientation and self-conviction and positive credo

The seminar is intended for all professionals (physicians, psychologists, social workers, pedagogues, theologians...) who do therapy work with clients/patients.

All first-time participants may attend at the experiential level only, and decide after the seminar whether they will remain in the several years' training.

Previous training in psychotherapy and personal therapy experience are necessary prerequisites for continuation of the training and certification. There is a possibility of hospitation.

Systemic constellations is a therapeutic technique primarily used in group therapy work. It has proved to be exceptionally effective in understanding trans-generational transfers of unresolved conflicts, traumas, experiences and emotions within a family system, thus offering additional understanding of various forms of maladjusted behaviours.

The training is based on the community of trainees who are learning together, identifying causes of and solutions to difficulties, problems or illnesses in their private or professional lives.

Personal experience and constellations are at the focus. All participants in the training are given an opportunity to work on their personal or work-related issue. Through particular exercises and life questions, the training participants get

familiarized with and learn basic theoretical and methodological principles of the technique. In order to preserve the group dynamics, the participants are expected to be in attendance throughout the whole seminar.

The program in general contains the following training aspects:

1. Systemic constellations (SC) - Introduction
2. Development of SC
3. Family Therapy
4. Multi-generational approach (belonging, being included, the primacy of „the older“, „wholeness“)
5. Structure of SC
6. Phenomenological understanding and the meaning of „representatives“
7. „Circular“ questioning in the initial interview
8. Finding the solution to a question/problem
9. Choosing the representatives and „the first picture“
10. Processes in a SC (identifying entanglements and attachments, identifying partial family constellations, rituals of acknowledgments, boundaries, „giving back“, solutions)
11. „Good solutions“
12. Various forms of SC
13. SC experiences regarding special themes and symptoms (e.g. divorce, accepting orders, disorders in family dynamics and structure, psychosomatic burdens, psychological burdens, the experience of violence, unresolved conflicts and its effects on the family, effects of secrets, lost family members, the involvement of family members in crimes, consequences of war)
14. SC in a business context
15. Indications and counter-indications for SC
16. Personal experience of the trainees

Language: English with translation to BHS languages

For registration and more details (location, costs) please contact:

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