



### DESCRIPTION:



Despite their greatest efforts many people are not able either to live their life fully or relate well within their families. They can experience powerful forces that thwart them in their lives. They can feel as entangled within the dynamics of their family as if in a spider's web. These dynamics are like the wind. The wind is not visible but its presence felt from the disturbance it leaves in its wake and its impact on our body and senses. Entanglements in family dynamics can result in relationship difficulties between partners, parents and children, and siblings. These dynamics can play out in working relationships, community groups and other systems. They can also contribute to other difficulties such as addictions, illnesses and negative repetitive patterns in our lives.

Constellation work is a process by which systemic influences on a person are made visible. In setting up a constellation, a participant selects people to represent his or her family members and moves them around the room until their relative positions reflect the participant's experience of his or her family. When this movement is done silently and with respect, the representatives report experiences similar to those of the original family members. The dynamics of the family relationship can be observed. The facilitator works in a highly respectful manner to bring to awareness blocks that prevent love from flowing to all members of the system.

All students will participate in at least one Constellation on the day – whether it's your own family/system or another's, the workshop is facilitated in such a way that all benefit and receive insight into the dynamics at play in their own lives.

### Other points to note:

- You don't need the other person(s) in your issue to be present
- Most people resolve their issue in one session
- We don't need to know what happened in your issue, just bare facts
- It is a gentle, sensitive, effective process
- The resolution often appears to ripple out and affect other people in your issue, even though they didn't attend

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## ABOUT

### MARIA DOLENC:



Maria is a qualified Gestalt Therapist, Family Constellation Facilitator and Addictions Counsellor working with individuals, couples, families and groups. In the past, she has lectured in Holistic Counselling at Nature Care and worked in various capacities at South Pacific Private over a period of eleven years, including as a Clinical Supervisor. She was also Co-Director at Gestalt Therapy Sydney and now devotes her time mainly to what she loves most: Constellation work. She has studied Family Constellation work with many world leaders in the field and has conducted workshops and practitioner training on this work both locally and overseas regularly. She is a passionate presenter of this work, who draws on her own personal life transformations in her training.

Maria is a clinical member of GANZ, PACA and ISCA.

*"I had been concerned for some time about the communication in our company and was unsure of what to do about it. I asked Maria if she work with our company and facilitate an organisational constellation day to help bring to light any issues we may be stuck on. Our workforce is made up of mostly males whose work it very labour intensive and have little to no experience in the company of doing this type of 'emotional work'." **Kylie Beattie***

*It was amazing to watch Maria work: she intuitively knew what the next best thing was to do throughout the day. She held the space with such ease and confidence and I saw employees that I believed would not participate sharing experiences and feelings of their own. It was a big stepping stone for our company to move forward. Those who still don't know what it was about have felt a change on some level. I would recommend everyone to do this work, especially those who own or run a business." **Peter Lee***

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**DURATION:** 7 hours (1 day workshop)

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**WHAT TO BRING:** Please bring a notebook and pen.

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**AFTER THIS COURSE:**

You might like to consider the following related short courses:

- Introduction to the Holistic Perspective (part of the Certificate/Diploma of Counselling)
- Introduction to the Transpersonal (part of the Certificate/Diploma Coaching)
- Positive Parenting the Mindful Way
- Conflict Resolution & Assertiveness – An Introduction
- Increasing Your Emotional Intelligence
- Better Relationships

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**CPE POINTS:** Members of ATMS (Australian Traditional Medicine Society) can receive Continuing Professional Education points for this course. 1 hour = 1 point with a maximum of 5 hours.  
Please bring your ATMS CPE form to have signed by your trainer at the end of the course.

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Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.

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