

# Movements towards wholeness

## Family Constellations Workshop

### Family & Personal Issues

with

**Marilene Metzler**

**Saturday 4 April 2020**

Bagshot, Surrey

**For further information contact**

Marilene Metzler

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#### **Date and Time**

Saturday 4 April 2020

1- 6pm

#### **Venue**

St. Anne's Church, 45 Church Road, Bagshot  
Surrey GU19 5EQ

#### **Cost**

**£139** for issue holders

(participant wishing to set up their own constellation)

**£50** for representatives

(participants who will be available to represent but who are not bringing their own issue to set up)

**To secure a place, please contact Marilene on**

Marilene1@hotmail.co.uk or 07785 772912

#### **In case of cancellation:**

Full refund will be given until 4 weeks before the workshop.  
Half the fee is refunded for cancellations between 2-4 weeks  
before the event. No refund will be given thereafter.

This workshop is open to anyone with an open  
heart and interest in this work.

Anything we are aware of we are less likely  
to do the same way in the future

Having personally benefited hugely from this work,  
I am delighted to be able to offer you this workshop,  
and look forward to you finding your own SOULutions.

*Marilene*

## Have you ever wondered .... ?

**.... why some people have so much tragedy and pain, and suffering? When we experience illness, failure, and conflict, we want to know why. Viruses, bacteria, upbringing, life style, environmental factors....? Family Constellations reveal that suffering often relates to painful and deeply hidden or 'forgotten' events in the family's past history.**

## What are Family Constellations?

Rather than simply focusing on the individual in isolation, this work differs from other therapeutic approaches in that it explores each person's intrinsic place in the groups or 'systems' to which they belong. (Hence also called systemic constellations). These 'systems' may be our current family, our family of origin, our workplace or even the environment we live in.

At a Family Constellation Workshop, participants wishing to explore their own issues are invited to set up their own constellation using members of the group to represent members of whatever system they are working on. By creating a "living map" of an issue or situation, simple but hidden truths can come to light and be understood. In the second part, the facilitator aims to find a re-solution. Both acting as a 'representative' and being an issue holder can offer profound insights and healing opportunities.

Developed by the German philosopher and psychotherapist Bert Hellinger, Family Constellations thus provide a solution-focused process. One of the most profound therapies in Europe today, Family Constellations is now available to you Surrey.

## About the workshop

This workshop is open to anyone interested in this work. Time permitting, there will be a brief introduction to some of the teaching topics that have evolved out of this work. The rest of the day will be dedicated to setting up individual's constellations to explore symptoms and personal issues from a systemic point of view. This is a healing opportunity to experience the depth of this work for everyone present.

## This workshop may be of particular interest to you if you:

- have a symptom or personal issue (and who hasn't?) that you are open to seeing in a new light and creating an opportunity for it to change;
- are interested in gaining a new perspective into feelings of wellbeing and dis-ease by looking at the hidden dynamics at play (you could be a therapist or an individual with an interest in this field);
- are open to experiencing life from someone else's point of view.

They say you can only truly understand someone else when you have walked a mile in their shoes. Being a representative in this work gives you exactly this opportunity and could thus be described as one of the greatest empathy training available.

## Who Benefits from Systemic Constellations?

Systemic Constellations can create a healing movement in personal issues such as:

- Symptoms and dis-ease
- Addictions and eating disorders
- Repeating life patterns of any kind
- Bereavement, adoption, abortion and infertility
- Relationship issues (with partners, siblings or parents)
- Unhappiness and ongoing emotional symptoms such as a rage, anxiety, limitation, depression and lack of motivation

This workshop provides an opportunity to explore your own issue in a safe, confidential and supportive environment.

## Marilene Metzler

Marilene has over 20 years of experience in working with clients. Starting off as a homeopath in 1997, she was deeply touched by the work of systemic constellations. She has completed the Applied training with the Centre of Systemic Constellations and has trained with some of the most renowned constellators in the UK over the last 10 years.