

## What supports love and bonding in relationships? What makes relationships succeed? What breaks them apart?

Maybe marriage & relationship should have been verbs rather than nouns as neither are static but constantly changing!

In this workshop we will explore the qualities that are important for the success of all couple relationships, including:

- Finding our rightful place in the relationship, where we can support and are supported, where we see and are seen.
- The importance of the balance of giving and taking
- What supports bonding and loving connection and what hinders it?

In this work we also observe that often individuals are not free to enter a new relationship due to systemic entanglements (i.e. unfinished 'business' in our family of origin or previous relationships). During the workshop we will explore how to manage our loyalties to past 'systems' and create a 'new relationship system' that has every chance of flourishing.

### About the workshop

This workshop is open to anyone interested in systemic insights, and no prior knowledge of this work is required.

The morning sessions will be used for exercises and teachings on relationship and couples issues from a systemic perspective. The rest of the day will be dedicated to exploring relationship issues through setting up systemic constellations.

This workshop aims to give a clearer understanding of what supports relationships both through teachings on the topics and being part of exploring relationship issues through constellations.

### What happens during a Constellations Workshop?

At a Constellations 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 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

## What are Systemic or Family Constellations?

Rather than simply focusing on the individual in isolation, this work differs from other therapeutic approaches in that it gives attention to the system, not just the individual in it. (Hence also called systemic constellations). These 'systems' may be our current family and relationships, our family of origin, work or the environment we live in.

Developed by the German philosopher and psychotherapist Bert Hellinger, Family Constellations have become one of the most profound therapies in Europe today, keeping a focus on the healing solution (rather than the problem).

### Who Benefits from Systemic Constellations?

This workshop is for individuals, couples and therapists who would like to explore relationship issues from a systemic point of view. For example:

- Relationship difficulties between partners, parents & children
- Concern for the wellbeing of children & siblings
- Same sex relationships
- Divorce & separation
- Death, suicide, bereavement & loss
- Adoption, abortion & miscarriage
- Incest, rape, violence & murder
- Family secrets
- Illness, accidents & trauma
- Loneliness and other behavioral & emotional patterns

Constellation workshops can give clarity and insights on what the relevant forces are that are affecting your 'situation', and the choices you have. It is also possible that you become clear on what is involved in taking in the healing solution. There are many examples reported where the wellbeing of individuals and/or the whole dynamic in a family or relationship starts to change following such workshops.

### Gaye Donaldson

Gaye is a Family Constellation practitioner and registered BACP counselor, and she has been engaged with Systemic Constellations since 1995. Since then she has worked personally and trained with Bert Hellinger and many internationally renowned practitioners. Gaye is now a director and teaching faculty member of the Centre of Systemic Constellations. She also studied homeopathy in the 1980s.