

Two Year Training with Mark Wolynn

REGISTRATION FORM

NAME _____
ADDRESS _____
CITY _____ PROVINCE/STATE _____
POSTAL/ZIP CODE _____ COUNTRY _____
EMAIL _____
PHONE home: _____ work: _____ cell: _____

Total Fee \$3500
Deposit to hold your place \$300
Remainder of payment \$3200
(to be received no later than April 24th, 2010)

If you require other payment options, please contact Jonathan Hooton.

Please make cheque/money order/bank draft payable in Canadian funds to:
Jonathan Hooton

Mail to: Jonathan Hooton
9401 108A Avenue
Edmonton,
Alberta T5H 1B9
Canada

For further information, please contact one of the training organizers

In Edmonton:
Jonathan Hooton 780-426-1508 jonathan@soul-guide.com
Robyn Mott 780-453-1114 robynmott1954@yahoo.ca

In Calgary:
Shannon Zaychuk (Fleming) 403-931-0060 byabarn@telus.net

Further details including maps, hotels, accommodation will be sent upon request

The Principles and Practice of Bert Hellinger's Family Constellation Work

A Five-Session Two-Year Training Program with

Mark Wolynn



Mark Wolynn is the Director of the Hellinger Institute of Western PA and the Co-Director of The Hellinger Learning Center in NYC. He conducts workshops and trainings in family systems therapy throughout the USA, England, Canada, Latin America, and for the University of Pittsburgh's Graduate School of Social Work's Continuing Education Program. Mark specializes in working with depression, anxiety, obsessive thoughts, fears, panic disorders, self-injury, chronic pain and other medical conditions unresponsive to conventional treatment.

Mark possesses a rare understanding of family and systemic dynamics and is highly skilled in their application in both individual and group settings. Mark's trainings are designed to give his students a solid foundation in systemic dynamics so that they in turn can address client needs in the most effective and thorough manner possible.

The Five Training Levels

The five four-day trainings cover the following levels of information and practice:

- **Level One:** The Foundations of Hellinger's Systemic Therapy. This level is designed to provide a working knowledge of the principles, practical aspects and applications of Bert Hellinger's phenomenological approach to working with family systems. Together we will construct a systemic lens through which students can explore their personal as well as their clients' most complex and difficult issues. Students will learn to expand the traditional "family tree" to include those members whose exclusion or rejection caused discord in system. Topics will include: Orders of Love, Orders of Precedence, Three Levels of Conscience, What Creates Bonding and Belonging in Families and the Systemic Messages that keep us mired in destructive patterns. Upon completion, students will be able to begin to apply systemic principles in their own practices with groups, couples or individuals.
- **Level Two:** The Anatomy of Love: Success and Failure in Relationships. This level of the training is designed to get to the heart of what prevents us from having the closeness we all desire. Students will learn how to work with singles and couples, and learn what to look for when relationships struggle. We'll explore the forces that influence relationship choices on a subconscious level — silent sabotage, hidden family loyalties, invisible identifications, as well as the habitual behaviors that erode our intimate relationships. We'll examine in depth the dynamics affecting the success and failure of relationships, learn how to determine who holds the true weight in a relationship, and discuss the importance of an equal balance of giving and taking. We will learn to differentiate between mama's boys and father's sons, as well as between daddy's girl's and mother's daughters. Upon completing this level, students should be able to diagnose and recognize dynamics affecting relationships, as well as be able to construct pathways toward successful resolutions. Once we are free of entanglements from the past, new ways of giving and receiving love can begin to take root.
- **Level Three:** Intake as Intervention. By exploring a client's words, fears, symptoms and body language, students will learn an intake process that quickly and effectively reveals a client's core issue. Students will learn how to extract a Core Sentence™ from their client's "list of complaints," and develop it into a constructive inner image. In this way, a client's deepest issue can surface within minutes and be transformed into a healing resource. In this level, students will also learn The Systemic Approach to Working with Illness, how to identify the family dynamics that contribute to the development of physical and psychopathology, as well as how to work with patients with specific illnesses.
- **Level Four:** Creating Effective Resolutions in Individual Sessions. In this level, students will learn how to identify systemic causes of anxiety and panic disorders, learn how to create three-dimensional resolutions, learn how to design individualized homework assignments, and learn how to implement practical and safe treatment plans to help clients break destructive family patterns. The process of working with fears, phobias, anxiety and panic disorders will be explored and analyzed. If time permits, How to Work with the Trauma of War, Sexual Abuse, etc. will also be presented. Whether working one-on-one or in a group setting, students will learn the importance of using dialogue, imagery, body-centered awareness techniques, homework and ritual to support healing and resolution.
- **Level Five: The Art of Facilitating Family Constellations.** In this level, students will learn how to facilitate dimensional healing in large groups. Supervised group work and assisted constellations will be offered as part of in-class practice. Also in this level, we will discuss **The Art of Helping, The Stance of the Facilitator** and **How to Work with Children.**

The Training

This training program is designed to provide a rich and deep understanding of Bert Hellinger's phenomenological approach to working with family systems, as well as to provide a thorough working knowledge of the principles and practical aspects of facilitating systemic therapy in groups and individual sessions. Participants will explore the unconscious loyalties and destructive patterns present in our families and learn pathways that lead to possible solutions. With personalized guidance and numerous opportunities to practice all aspects of systemic work, students will gain the tools and skills needed to become effective facilitators. Profound internal shifts take place throughout the training, as new definitions of healing and health begin to take root.

Mark incorporates developmental theory, new avenues of somatic languaging, and a continually deepening body focus into his work. These integrations broaden and strengthen Mark's reach as a facilitator and a teacher.

The Format

Edmonton and Calgary Training: 20 days divided into 5 four-day weekends (Saturday through Tuesday, 10 AM - 6 PM). Saturday and Sunday are workshop days open to the public with student training time after each workshop. Monday and Tuesday are full training days. The 5 four-day weekends will take place over 2 years. The first three trainings are in year one and the final two are in year two. Training will take place in both Edmonton and Calgary.

Cost

The cost is \$3500.⁰⁰ for the full training.

\$300 deposit is required to ensure your space.

The fee for the open workshop, which happens the first two days of each training level, is \$350.

Training Dates for 2010/2011

2010

April 24th - 27th Edmonton

August 21st - 24th Calgary

November 20th - 23rd Calgary

2011

April, 2011 - TBA

August, 2011 - TBA