

# SYSTEMIC/STRUCTURAL/FAMILY CONSTELLATION TRAINING 2025 SYDNEY



*An experiential, educational and theoretical background of Systemic Constellation  
work grounded in the principles and practice of Gestalt therapy  
with*

**Maria Dolenc**

Gestalt Therapist and Systemic/Family Constellation Practitioner

## **COURSE OVERVIEW**

Systemic Constellation is a method which, if we are attentive and sensitive, opens the door to the depths of the soul.

The course provides the participant with an experiential, educational and theoretical background of Systemic Constellation work and blends it with the principles and practice of Gestalt therapy.

## **COURSE AIM**

To generate an educational experience whereby you can develop a good theoretical and practical basis for introducing Systemic Constellation work into your own practices.

We aim to cover the most important core areas of the Systemic Constellation work as well as attending as much as possible to special interests and needs of the individuals in the course.

## **LEARNING PROCESSES**

- Teaching, Reflections and Discussions
- Experiential exercises
- Feedback
- Small group self directed learning between training sessions (optional)
- Self-awareness
- Evolving personal style and creativity

## **PRE-REQUISITES FOR STUDENTS**

To be already working in a field in which you can readily apply constellation work eg: therapist, organisational consultant, health professional, teacher, counsellor, social worker and individuals interested in inner work.

## **COURSE NUMBERS**

There will need to be a minimum of 8 students enrolled at the outset for the course to proceed.



## COURSE CONTENT

### THEORETICAL ASPECTS

#### Principles of Constellation Work

- Bonding balance and order in systems
- Orders of love
- Balance of giving and receiving
- Need to belong
- Parent identification
- Hidden loyalties
- Interrupted Reaching Out Movements  
(Ego states: Child, Adapted & Functional Adult)

#### Principles of Gestalt approach

- Here and now
- Awareness
- Contact
- Dialogue

#### How Systems are impacted

- Illness
- Suicide
- Loss
- Abortion
- Accidents
- Trauma
- Migration
- Adoption
- Cultural differences
- Impact of war

### PERSONAL SKILLS DEVELOPMENT

- Awareness of own emotional, mental, physical process
- Exploration of own family system
- Mindfulness
- Commitment to openness and vulnerability
- Therapeutic posture- ethics; physical, mental, spiritual and emotional stance as a therapist

### DEVELOPING PRACTICAL SKILLS

- Group process
- Introducing the family constellation method
- Authenticity, support, respect
- Pre- interview
- Discussion with the client- what is in the foreground, what is figural?
- Therapeutic awareness, connecting with the knowing field
- The last weekend of training we will work with individuals (Dolls, Felts and Mind's Eye)

#### Moving with the process

- Trusting in the knowing field
- Setting up the constellation
- Awareness and openness to receive information about the impact which this particular system presents
- Introducing new representatives (feeling, countries etc.)
- Sentences, rituals healing, creativity, imagination
- Recognising and supporting the healing movements
- When a constellation feels "stuck"...

### FINDING A POINT OF CONCLUSION

- Having the courage to end when there is not a 100% solution
- Generational lines of support
- Ending rituals and healing sentences



*Maria Dolenc*

Gestalt Therapist and Systemic/Family Constellation Practitioner

## Facilitator: Maria Dolenc



**Maria Dolenc** is a qualified Gestalt therapist, Family Constellation Facilitator, Trainer and accredited PACFA supervisor. She worked at South Pacific Private as a Family Therapist and Clinical Supervisor for twelve years and was also co-director at Gestalt Therapy Sydney.

Maria now devotes her time mainly to what she loves doing, which is Constellation work.

Maria has studied Family Constellation work with leaders locally and overseas. She has been conducting Family Constellations Workshops and Facilitators training in Australia and Internationally for over ten years. She has been instrumental in bringing Family Constellation to Sydney as well as being part of organising the first three Australasian Constellation Intensives.

## Co-Facilitator: Tanmaya



**Tanmaya** will be joining Maria again as co-facilitator. Tanmaya has been conducting Family Constellation workshops for over ten years. He has studied Family Constellations work both locally and overseas. He also brings his learning from Zen, Buddhism, Sufism, Gestalt and years living and working in Osho's community.

Together Maria and Tanmaya bring depth, lightness and playfulness to the training.

## Course Fees

The cost of the training is \$2,600. A deposit of \$600 is **required by 16th December 2024**.

## Course Dates and Location

The course will run over four blocks of three days. Workshops will run from 9:30am to 5:00pm each day and will be held at Narrabeen, address to be confirmed.

**28th Feb - 2nd Mar 2025**

**2nd May - 4th May 2025**

**1st Aug - 3rd Aug 2025**

**17th Oct - 19th Oct 2025**

Midway between each of the weekend workshops students are encouraged to form self-directed learning groups at a mutually suitable time.



*Maria Dolenc*

Gestalt Therapist And Systemic/Family Constellation Practitioner

## COURSE READINGS

Essential Pre-Reading:

**The Roots of Love**, Svagito R. Liebermeister 2006

## HOW TO APPLY

If you would like to apply to attend the course, please complete the attached application form and return to:

**Maria Dolenc**  
**1/25 Stuart St, Collaroy NSW 2097**

For further information contact Maria

**Phone:** Mobile: 0425 277 279

**Email:** maria@mariadolenc.com.au

**Applications close 16th December 2024.**

## TESTIMONIALS FROM PREVIOUS STUDENTS:

"Constellation work is awesome. Maria demonstrated great expertise in this field of work. She worked tirelessly, effectively, when necessary being directive in her approach, continuously following the movement of the soul. It enabled me to move forward, to gain greater insight the way the family system works. It gave me hope for possible reconciliation between the members of the family, the living and the dead. It's a positive life changing experience." **Natalie**

"The best way I can summarise my experience during Family Constellations training is that it has been by far the most mind-soul all-encompassing experience in my journey as a person and among other modalities I have trained before. Maria's experience, skillfulness, generosity and compassionate loving style have meant a world of difference in the process of learning and integrating Family Constellations in my day-to-day life whether it's my personal life or when supporting others." **Heidi**

"Constellation work is so amazing and profoundly moving to experience. Maria's knowledge of the subject was excellent and I have learned so much during this course. To have Maria demonstrate her intuitive and skilful style and be taught by her is a privilege. The course has opened my eyes and heart." **Sheri**



*Maria Dolenc*

Gestalt Therapist And Systemic/Family Constellation Practitioner

## APPLICATION FORM

### Systemic/Structural/Family Constellation Training 2025

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Occupation: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please state briefly why you believe you should be considered for the course:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*Maria Dolenc*

Gestalt Therapist And Systemic/Family Constellation Practitioner

## ENROLMENT FORM

### Systemic/Structural/Family Constellation Training 2025

#### Student Commitment

Please tick your confirmation of each and sign at the bottom:

I wish to enrol for Systemic/Structural/Family Constellation training, which consists of twelve full training days from February 2025 to October 2025 run by Maria Dolenc.

I am committed to attending all sessions in order to engage with the group and contribute to creating a safe learning environment.

I accepting that I understand that this is a training course and should the need arise I will arrange any additional emotional support I might need with my own therapist or other professional.

**A Certificate of Completion will be issued at the end of the course. In the event that the trainer develops an accredited training program, this course will be recognised as prior learning.**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Full Name: \_\_\_\_\_



*Maria Dolenc*

Gestalt Therapist And Systemic/Family Constellation Practitioner

## PAYMENT DETAILS

Payments can be made by Direct Deposit/Internet transfer or Cheque/Bank transfer (made payable to Maria Dolenc)

A **minimum deposit of \$600 is required by 16th December 2024** to secure your place.

Payment by Cheque/Money order:

*Tick as applicable:*

- Enclosed is my cheque/money order deposit of \$\_\_\_\_\_
- Enclosed is full payment of \$2,600

Payment by Direct Deposit/Internet:

**Bank:** Bendigo Bank  
**BSB:** 633 000  
**Account no:** 154923353  
**Account Name:** Maria Dolenc

*Please use your full name as the reference for my records*

*Tick as applicable:*

- Deposited into account my deposit of \$\_\_\_\_\_
- Deposited into account full payment of \$2,600

If not paying in full up front:

Please indicate how you intend to pay the remaining balance

*Tick as applicable:*

- I intend to pay the balance before first training weekend
- I intend to pay the balance by installments (Total \$2,600).  
Contact Maria to make arrangements.

**PLEASE NOTE: All installments must be paid in the event of non attendance for any sessions.**

**Please return completed forms with deposit to : Maria Dolenc  
1/25 Stuart St,  
Collaroy NSW 2097**