

# Systemic Constellation Work and Inner Navigation

20 Days Certified Training Course

from February 19, 2009 to November 5, 2009 with

**Johannes Benedikt Schmidt**



## *A certified training in Systemic Thinking and Constellation Work*

### **INTENTION OF THE PROGRAM**

This introduction into systemic thinking and constellation work prepares you for the challenges of an ever more complex world. The interconnectedness of our life can not be grasped with analytical thinking alone. New ways of pre-sensing and understanding what is to come are essential for our effectiveness in a fast changing world.

In this training you will learn the potential of systemic constellation work as well as theory about systemic thinking. We will deal with questions of all aspects of your life as undue specialisation will not provide the fitness you need for global challenges to come. Questions about your life-situation, career, family, personal processes, spirituality, organizational, strategic or philosophical issues as well as your relational capacity are all welcome to fully fathom the potential of this work.

This training appeals to professional people from all walks of (business) life, who feel concerned about the human factor in their daily routines.

This training is not only a 'training'. It is also about taking you, your present situation and the fast changing world seriously. It is a perfect course to enrich your thinking with transforming ideas, moving experiences and embodied cognition.

The group will range from 14 – 20 people. Previous knowledge is not necessary for attendance. However experience in Coaching, or Consulting techniques, as well as self-modification is advantageous. Johannes Schmidt facilitates the course in English (basic knowledge is sufficient). Documentation and books are available in Dutch and English.

### **FACILITATOR**

*Johannes Benedikt Schmidt is the founder of the Aptitude-Academy, a cooperative network for human and collective development in Europe, and author of the book "Inner Navigation (2006)". His charisma, dedication and humour make him a very beneficial person to train with. He holds a Master Degree in Psychology and is trained in Constructivist-Systemic Work, Constellation Work, Behaviour Therapy, Hypnosis, body-based Traumawork, and Craniosacral Biodynamics. Johannes has been facilitating constellations since 1993. His sharp perception, compassionate honesty, and unconventional simplicity have been appreciated by workshop participants in several countries. Currently, he pursues doctorate studies at the Fielding Graduate University, Santa Barbara, CA. See [www.aptitude-academy.com](http://www.aptitude-academy.com) for more information.*

## PROGRAM

### **Block 1: Attitude and perception : Feb. 2009, 19-20-21**

- Setting the framework
- First experience with constellation work
- Get started in our own practice
- Understand the essence of Inner Navigation

### **Block 2: What is systemic? : March 2009, 19-20-21**

- Differentiation Systemic versus non-systemic
- 'Constructivist' versus 'Phenomenological' systemic
- Exercises and practical applications

### **Block 3: Different types of constellations, personal issues and settings : May 2009, 28-29-30**

- Exploration of family-, organisational-, structural-, political-, trauma-constellations and other latest developments
- Personal process work and deepening of Inner Navigation

### **Block 4: Structural Constellations : July 2009, 9-10-11**

- The power of structures and the solution-focused attitude
- Basic structures: problem-constellations, the hidden subject

### **Block 5: Work live with clients : : September 2009, 15-16-17 ☺ (Tu-We-Th)**

- Methodological way for leading the initial interview
- Guidelines for finding one's way through the constellation
- Setting up a framework
- Practical issues of handling the context and set up
- Fields of application
- Overcoming the mental consciousness structure

### **Block 6: Supervision and follow-up : October 2009, 20-21-22 ☺ (Tu-Th)**

### **Block 7: Certification : November 4-5.**

## PRACTICAL ARRANGEMENTS

### WORKING HOURS PER MODULE

**Thursday (15.00 - 21.00 h):** Welcome, personal experiences and questions, evaluation peer-teams, practice.

**Friday (09.00 - 18.00 h):** Full learning day with theory, personal practice, own cases and group 'interview'.

**Saturday (09.00 - 16.00 h):** Full learning day with theory, personal practice, own cases and group 'interview', planning peer-teams.

### ☺ Please note :

**Block 5-6 :** Tuesday (15.00-21.00), Wednesday (09.00-18.00), Thursday (09.00-16.00)

**Block 7 :** Wednesday (09.00-21.00), Thursday (09.00-18.00)

**INVESTMENT 3.500 €** for the whole 1-year program including certification, documentation, lunches, drinks and coffee.

## REDUCTION

Check on [www.beaweb.be](http://www.beaweb.be) whether you can be considered for a **reduction (50 %)**

## INFORMATION AND SUBSCRIPTION:

[info@kernkracht.be](mailto:info@kernkracht.be)

[www.kernkracht.be](http://www.kernkracht.be)