

## 1. Basics of constellation work

History, further development, phenomenology, constructivism (systems and their meaning)  
Basic dynamics in present and original family & organizations, complex systems as well as working world, clan / system conscience

**Constellation forms:** hidden work, structural constellations (e.g. tetralemma, religious polarities), house & place constellations, symptom constellations, business constellations, relationship constellations

**Levels of change:** Beliefs, attitudes, behavioural patterns, influence of (clan) consciences, orders of helping, loyalties, attachment & balance,

**Dynamics of:** entanglement, confusion, sbehaviour patterns, double illumination, give & take, resistance mechanisms

## 2. Attitude and philosophical-ethical background Ethics guideline (DGfS)

**Work method:** Respect, seriousness, fearlessness, intentionlessness, humility  
Training of collection, perception, presence

## 3. Methodological procedures

**Clarification of tasks:** Conversation, concerns, hypothesis formation; client responsibility,

**constellation management:** tasks, directive/non-directive management, process competence in difficult situations, crisis intervention and prevention

**Constellation procedure:** Interventions (solution sets, rituals, position in space, cataleptic hand)  
Genogram / Organigram  
Pre- and post-processing / Effect / Documentation

## 4. Practice in group setting

Group dynamics, different formats, application areas

## 5. Practice in individual work

Variants: ground anchors, figures, imagination

## 6. Possibilities and limits of constellation work

Constellation settings, integration into ongoing counselling and therapy processes, indication/contraindication/legal foundations/ethical limit

## 7. Self-awareness and supervision

The participants set up their own processes. This deepens access to and trust in the method. Their own horizons and freedom of action. They become aware of their potentials and abilities. The view of oneself and the world becomes clearer. Solution processes are internalized. Accompaniment for others becomes possible. The participants set up themselves several times in different exercise units under supervision.

# Recognized further training in system constellations (DGfS)



**DGfS**

Deutsche Gesellschaft  
für Systemaufstellungen

**Anerkannte Weiterbildung  
in Systemaufstellungen (DGfS)**

## Fundamentals of the DGfS curriculum

In my, from the DGfS recognized advanced training, the new (valid starting from 1.1.18), from the DGfS ([www.familienaufstellung.org](http://www.familienaufstellung.org)) prescribed bases (curriculum), are obtained. Additionally my special fields (places, body, occupation) & levels of change (Karma, adhesions, time quality etc.) are integrated within the program.

Recognition as a System Operator at the DGfS:

The participants must prove their attendance over the following course days within 2 years:

- At least 30 days theory, practice, self-awareness, supervision
- At least 5 days work in peer groups
- At least 6 days of observation with recognised system operators (DGfS)

*DGfS guideline: min. 3 constellations on own topics , 2 guided constellations under supervision*

Of these, at least 4 days of self-awareness or hospitation with other/external further trainers of the DGfS should be visited.