the centre
for systemic constellations

CSC Foundation Training
In Systemic Constellation Work

Bristol 2026

Course Information

Course Information

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Contact Details

Teaching Faculty & Tutors

• Gaye Donaldson	07810 434699	gaye@thecsc.net
• Sheila McCarthy-Dodd	07875 708604	sheila@thecsc.net

Course Supports

▪ Jamie Colston	07909 442006	Jamie@jamiecolston.com
▪ Nic Seuren	07915 485984	nicseuren@gmail.com

Administrative & Finance Enquiries

• Hannah Cox, Operations Director	07929 313976	courses@thecsc.net
• Tara Kelsall, Course Administrator		admin@thecsc.net

Course Support People

The course will be supported by our two course supports, who will be at every module to support both the teachers and of course you. The role is in the form of a voluntary internship.

This is a role that is generally available to students who have completed the Foundation or Applied Training in the past and would like to continue to develop their knowledge and experience of systemic constellation work. The course supports will ensure smooth continuity between modules and will be there to assist you if needed.

If you would like to put yourself forward as a Course Support Person in the future, please email the office to let us know and we will put you on the list.

A Note About Privacy

In advance of the training we will send you a consent form, to ask if you are willing to share your contact details with the rest of the group. This enables peer practice groups to be established and group sharing to occur. These details are only to be used regarding the course and are NOT to be used to promote yourself, your work or anything else.

We may take photographs during the course for the CSC newsletter or website. Please do not join the photograph if you do not wish to be publicly included.

We may record the teaching components of the zoom sessions to be shared with students who wish to revisit the content covered. This does not include work happening in breakout rooms.

If you haven't returned your consent form, please can you kindly email it to Hannah, our Operations Director (courses@thecsc.net) prior to the course commencing.

Dates, Times & Venue

The course will consist of 4 modules where we meet in person and 3 one-day online sessions, via Zoom.

All course materials, dates and Zoom links will be available to you on the CSC Course Hub. When you enrol on the training you will automatically be registered on the hub. Each Zoom session will be recorded and uploaded on to the 'Materials' section of the hub.

If you are going to be late for any of the modules, please contact one of our course supports to let them know. Please wait until the meditation is over before you enter the room.

Module/Zoom Session	Date	Time	Day(s)	Facilitator
Module 1	**8-10 April**	09.30-5.30pm	Wednesday-Friday	Gaye Donaldson & Sheila McCarthy-Dodd
Zoom session 1	**8 May**	9.30-5.30pm	Friday	Sheila McCarthy-Dodd
Module 2	**10-12 June**	09.30-5.30pm	Wednesday-Friday	Gaye Donaldson
Zoom session 2	**13 July**	9.30-5.30pm	Monday	Gaye Donaldson
Module 3	**16-18 September**	09.30-5.30pm	Wednesday-Friday	Sheila McCarthy-Dodd
Zoom session 3	**9 October**	9.30-5.30pm	Friday	Gaye Donaldson
Module 4	**4-6 November**	09.30-5.30pm	Wednesday-Friday	Gaye Donaldson & Sheila McCarthy-Dodd

Venue

Bristol Subud Hall, 29 Wesley Place, Clifton, Bristol, BS8 2YD - Tel: 07790 519683

Important Information

In the event that the Centre has insufficient student numbers to start the training, we will consider delaying the start of the training. Whilst this is unlikely, in these economically difficult times, we would like to alert students to this eventuality.

To reduce disruptions to everyone's diaries it means that the first module would take place at the dates of module two (thus dates for module 1 and zoom 1 are postponed/cancelled) and we would add an additional zoom date and module at the end of the outlined schedule.

We would provide you with as much notice as possible, but please be aware that should you book travel/accommodation that is non-refundable we would not be able to reimburse you.

Teaching Topics

The field and the system

Including:

The self as part of the system; The organising principles of systems; Acknowledging the place of our ancestors; The primary system – parents and children – how families thrive; Constellations as ritual.

What it means to work with the heart and the soul

Including:

What does it mean to be healthy; How does phenomenology help; Somatic sensing and body-based intelligence; Stance; how to manage balance and reciprocity; Fate, soul and the spirit; What is asked of us when we help others; Practitioner ethical impeccability – what does this mean in Constellation Work?

How we deal with incoherence and disorder

Including:

When things go wrong; Radical inclusion and the consequences of exclusion - atonement, identification and entanglement: Working with issues that are not our own, and what needs to be done to put things right.

Teaching Topics by Module/Session

Module 1 with Gaye Donaldson and Sheila McCarthy-Dodd

- Establishing the Holding Framework of the Group
- Framing the Personal Learning Journey – What is Required?
- The Field & The System - The Organising Principles of Systems
- The Creation of your Own Systemic Map – The Self as Part of The System
- Definition of Health – Wholeness, Strength, Balance, Completeness, Hierarchy, Presence, Bonding, Belonging, Attachment – A Theoretical Overview

Zoom Session 1 – 'The Primary System – Our place in the system, as partners, siblings, sons, daughters, parents and grandparents. What It means to belong to a family, and how families thrive.' and 'Balance and Reciprocity' with Sheila McCarthy-Dodd

Module 2 with Gaye Donaldson

- Conscience – What this means in Constellation Work
- Radical Inclusion and The Consequences of Exclusion – Identification, Entanglement, and Atonement in Issues that are not our own - and how to put this right
- Reading A Constellation in Relation to The Orders
- Fate, Soul and the Spirit

Zoom Session 2 – 'The 4 Different Types of Feelings' and 'The Language of Constellations' with Gaye Donaldson

Module 3 with Sheila McCarthy-Dodd

- Getting in Tune with The Client - Somatic Sensing & Body Based Intelligence
- How Does Phenomenology Help?
- The Stance of the Facilitator
- The Initial Interview - Meeting the Client in Group and One to One

Zoom Session 3 – 'The Orders of Helping' and 'Constellations as Ritual' with Gaye Donaldson

Module 4 with Gaye Donaldson and Sheila McCarthy-Dodd

- Acknowledging What is - the place of Reality in Constellation Work
- The Definition of Health - revisited
- How to Manage Endings
- Closing Ritual and Completion

An Important Point About the Course

This Foundation Training in Systemic Constellations is designed to develop a personal understanding and connection with the unified field and how balance is manifested. The course will establish ways of working with the field and will give students foundation-level teaching in the important concepts that underpin systemic constellation philosophy.

Please note: This course is run as a learning group. However, the teaching material can sometimes be triggering of our own personal issues. Whilst every attempt is made to hold a safe, contained and nurturing learning environment, students are required to respect the Learning Contract of the group and recognise that this is not a therapy or process group where personal issues can be attended to.

If we feel that your personal issues are overwhelming in such a way that the learning of the group is affected, we reserve the right to ask you to leave the group. It may be possible to repeat any missed modules on a later course.

We do recommend that all students have some form of on-going support in place (such as therapy, supervision, mentoring, coaching or spiritual work) for the duration of the course. Please speak to your tutor should you need any help with this.

Tutorials, Workshop Places & Peer Practice Groups

- In addition to the course, you will also be offered 2 tutorials - further details about who your tutor will be given at the first module of the training.
- You are also invited to attend two free of charge workshops as a resource (representative) with any of the faculty during the training. For the relevant workshops, please visit the Faculty Workshops page on our website - https://www.thecsc.net/workshops/. You will need to contact the facilitator directly to book your place. Please remind them of the training that you are currently on.
- **You need to use your two free tutorials and workshop places before the end of your training.**
- You will also be encouraged to set up one or several peer groups, perhaps organised geographically. We would like to encourage you to take the opportunity to practice constellation work together between modules.

Tutorials

Tutorial support is considered an important part of student development during the course. Students will be asked to arrange two tutorials with their tutor, as and when, they need them. We suggest that the first is scheduled near the beginning of the course and the second towards the end. Dates for these are to be arranged directly with your tutor. Students may choose between having an individual one-hour session either by phone, Zoom, or in person. Occasionally, if the tutor has rooms that will accommodate a larger group, two or three students allocated to the same tutor, could combine their sessions and have a joint face-to-face session if they prefer. Both tutorials must be taken during the training**.**

Workshops

As part of your Foundation Training, you are invited, as a representative, to attend 2 free workshops with any of our faculty before the end of the training. For details of all available faculty workshop dates please see our website www.thecsc.net - the workshops are listed under the 'Community' menu. This list is regularly updated and will reflect all the events available to you.

Please Note: All bookings must be made directly with the trainers - and not through CSC. Under 'Faculty Workshops' you will find the dates for their events.

To book a place at one Sheila's workshops, follow the 'More Info' link to her email address and say you are claiming your free workshop place as a CSC student. To book on to one of Gaye's workshop, click on the 'More Info' link which will take you to the Kindred Constellations website. At the checkout enter the coupon code KINDREDLONDON/KINDREDBRUTON/KINDREDBRISTOL depending which venue you choose. Only one workshop booking at a time.

Cancellation of Workshops & Tutorials

Please note: We require **7 working days** notice for cancellation of tutorials or workshop places. If you do not give the required notice, then you will forfeit your session/workshop place.

Missed Modules

If you are unable to attend one of the modules, due to an unavoidable situation, such as sudden illness, bereavement or an agreement made before joining the training, it may be possible to pick up the missed teaching on the next Foundation course only. The fee for re-taking a module is £175.

Food & Breaks at Modules

There will be a break each morning for coffee and another in the afternoon for tea. A lunch break of usually around an hour will be timed for around 1pm.

- Tea, coffee, herb teas, fruit and biscuits are provided at all modules.
- You can either bring food with you for lunch, or you can visit one of the numerous cafes and restaurants nearby.

If you have any special requests for snacks, then please ask the course supports as they will be sure to bring what you need.

Certificate of Attendance

At the end of module 4 you will be given a Certificate of Attendance, stating the exact number of hours you have attended the training. The total hours for the course are 120 of which each module is 24 hours plus 24 hours of online teaching.

Additional CSC Courses & Events

CSC is delighted to host an international guest trainer two or three times a year. We also arrange some other Continuing Professional Development (CPD) trainings and workshops.

We strongly recommended that serious students of this work attend these events as they support the development of your own style when working in this field. These additional CPD events are part of the CSC annual programme of activities, and therefore cannot be attended as a free workshop place as part of this training. Further details about these additional events can be found on the website www.thecsc.net under 'Courses'.

Additional Trauma Training

Although we always cover the topic of trauma in our trainings, there is never sufficient time to offer the depth of teaching and experience that we would prefer. We therefore strongly recommend that students on all of our trainings attend the additional trauma workshops that we put on. We particularly recommend Stefan Jovanovic and Sarah Peyton's workshops which will be included in our programme each year; with Stefan's workshops, please book early as places are limited. Understanding trauma and how to work with it, is an essential element needed when running safe groups and sessions. Due to the importance of these session we offer them to students at discounted rate.

Fee Payments and Instalment Contracts

Conditions for Payment by Instalments

a. If you will struggle to pay the fee in full before the course begins, you can discuss options with the Operations Director and Course Administrator. Instalment contracts are offered at our discretion and will incur a fee of £50 should you choose to pay by credit card or Paypal to cover bank charges. They are agreed on a case-by-case basis.
b. If offered, this contract should be signed in ink, scanned and emailed to **courses@thecsc.net** within 7 days of receipt.
c. The Centre reserves the right to end an instalment contract at any time and any remaining funds will then be due immediately.
d. Late payments of instalments will incur a charge of £25 for every month where the payment is not made in accordance with the terms agreed.
e. The Instalment Contract will typically offer four instalments, beginning immediately.

Any payment plan will always end a minimum of 30 days prior the last module of the course.

Terms and Conditions

This training is covered by terms and conditions, which you agreed to when paying your deposit. They form an integral part of the relationship between CSC and yourself. Please read them as they contain relevant information. They are also available on the student hub and are send out together with the invoice directly to you.

Venue, Accommodation, Directions & Travel Information

Accommodation Information

All modules will be held at the Subud Hall, which is located in the Clifton area of Bristol, by the Downs.

We would recommend looking at Airbnb's and bed and breakfasts in the postcode are BS8 2YD

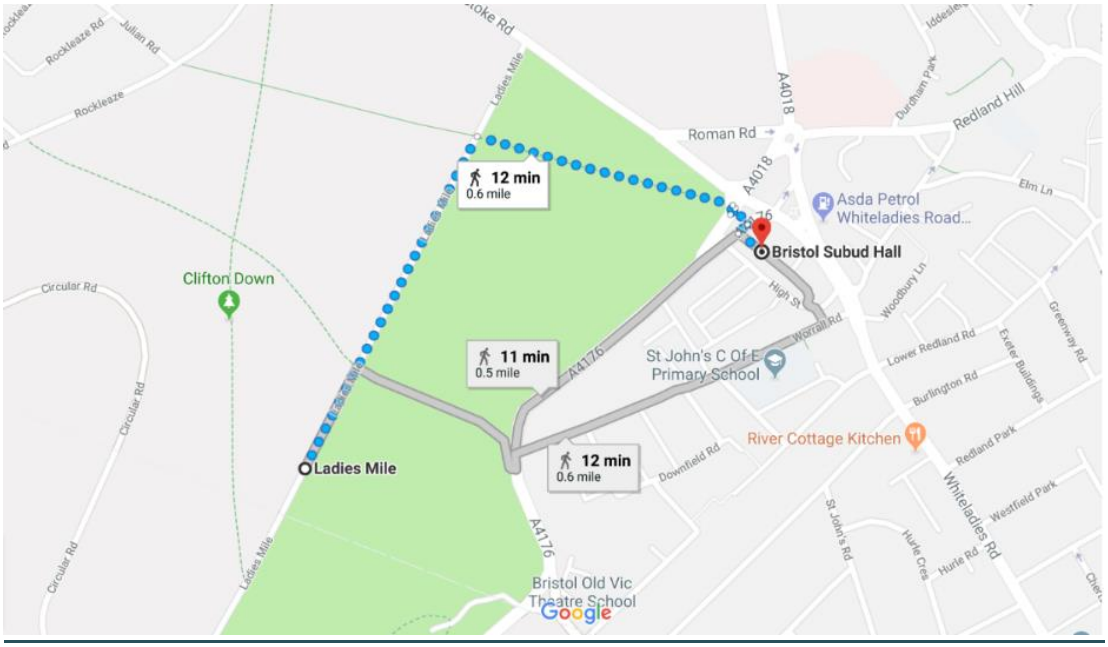
Directions & Travel Information

Venue:

Bristol Subud Hall
29 Wesley Place
Clifton
Bristol
BS8 2YD

Email: Imilia Lucas - subudbristolbookings@gmail.com
Tel: 07790 519683

Google maps



Trains

If you book 2 weeks in advance you can get an off-peak return from London Paddington to Bristol Temple Meads for as low as £60 return. The journey is 1 hour and 40 minutes.

Train travel from Birmingham to Bristol costs roughly the same and takes 1 hour 30.
Train information can be found here (www.trainline.com).

Megabus

Travel from London Victoria coach station to Bristol bus station costs as little as £13.00 return and takes 2 hours 20 minutes. More information can be found here. (uk.megabus.com)

Parking and local transport

Buses

Local First buses run from Bristol city centre (by the bus station or a short walk from the train station) to Subud Hall on White Ladies Road roughly every 5 minutes. Bus services 1, 2, 3, and 4 travel that way

Bus information can be found here.

Parking

All day parking in the immediate vicinity of the Subud Hall and Clifton in general is quite rare however you can park **for 5 hours** for free a very short walk away on the Downs, as shown in the below map. You can then move your car to a nearby road with similar rules at lunch time on the Thursday and Friday. The free parking areas on the Downs keep changing so do check the notices carefully. The local meters are free of charge on Saturdays.

Please also see 'Just Park' for parking options as these will be cheaper.

Recommended Reading

For a general overview of Bert Hellinger's systemic therapy:

- Hellinger, B., Weber, G. & Beaumont, H. Love's Hidden Symmetry
  A comprehensive manual

- Hellinger, B. Love's Own Truths
  On bonding and balancing in close relationships

- Hellinger, B. To the Heart of the Matter
  Brief Therapies: mapping out Family Constellations in a highly concentrated form

- Hellinger, B. & ten Hovel, G. Acknowledging What Is
  A challenging interview clarifying his thinking on family entanglements

- Hellinger, B. Insights
  Lectures and Stories, e.g. On Conscience, Guilt and Innocence in Relationships (Parents and Children, Men and Women)

If you wish to apply systemic thinking and constellation work to your own practice:

- Ulsamer, B. The Art and Practice of Family Constellations
  Leading Family constellations as developed by Bert Hellinger

- Franke, U. In My Mind's Eye
  Family constellations in Individual Therapy and Counselling

- Franke, U. The River never looks back
  Historical and practical foundations of Bert Hellinger's work

- Franke, M. You are one of us
  Systemic insights and solutions for teachers, students and parents

Other:

- Hellinger, B. Peace Begins in the Soul, Family constellations in the service of reconciliation

The books above are available from:

- Carl Auer — www.carl-auer.de
- Karnac Books — www.karnacbooks.com
- Amazon — www.amazon.co.uk
- Used Book Search — www.usedbooksearch.co.uk

Guidelines for Transcribing a Constellation

Observing and transcribing a constellation is valuable because:

- Through it the issue holder has an opportunity to revisit the situation at some later time, which often helps to embed the resolving energy.
- The transcriber has the opportunity to take their understanding to a deeper level by detailed study. A constellation that is not fully understood does not 'read' well.
- And a collection of constellations, held in confidence, will support the research and development of this field.

So, what to notice? What to write down? What to miss out or summarise? How important are diagrams? First, set up a three-column document. In the first column write the transcript, alongside in column two list the professional interventions with your analysis and understanding of them and finally in the third column record your personal responses to the work.

The Initial Situation

The opening conversation is critically important. You need to provide the relevant information that the facilitator is given, but also relevant data on the relationship between the two of them, including key moments within the conversation. It is helpful to note the quality of eye contact, the tone of voice, the amount of support needed by the issue holder to maintain focus. If the issue is about a complex system, make sure you have detailed the information – the history, the people involved, the need expressed, the hierarchy and so on.

The Choosing of Representatives

Note how and in which order the representatives are chosen and with what sort of care they are placed. Watch for their initial reactions and interactions. Before they begin to give feedback, see what you make of the configuration yourself.

The Constellation

From then on you will be writing a something like a film script. There will be stage directions, including pauses, tone of voice, emotional responses and so on. There will be the words of the representatives, the words given to the representatives and how they deliver them, and the words of the constellator directed to the issue holder or the group. You need to specify which is which. It will also be important to specify whether it is a representative speaking or the issue holder, whether their words are chosen by the constellator or spontaneously generated and what impact they seem to create. You will need to indicate movements and gestures, and how the constellation shifts through the session. Some mapping is helpful, including the direction faced by the representatives. This can be done visually or verbally.

The Resolution

There will often be conversation, including later comments from the group, which is part of the whole and should not be omitted. You need to describe how it seems to affect the issue holder. And how the group is affected.

Later

- See if you can provide a brief summary of the work that will sit at the front of your transcript, taking it from issue to resolution in a language that illuminates your understanding of the orders.
- Add a commentary about your own process - what impact it had on you, what it illuminated, how else you think it might have gone, your concerns and delights – a personal response that comes from your heart and your truth.
- And lastly, your estimation about what sort of further support, coaching or other work the issue holder might benefit from.

An Image of Seven Generations of a Family

