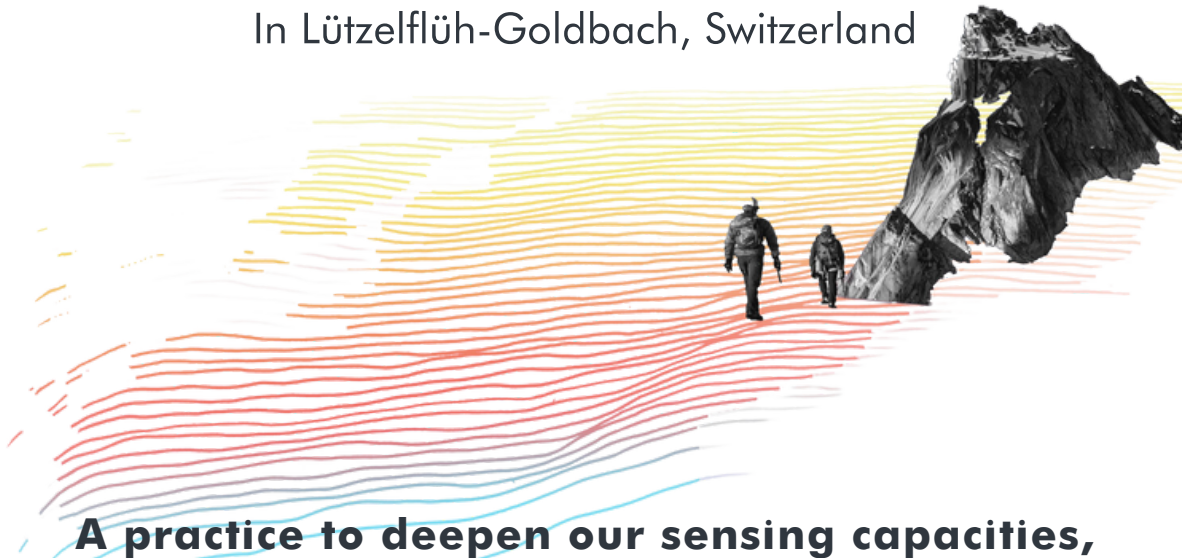


COLLECTIVETRANSITIONS

INTRO COURSE

Systemic Constellations for Societal Change
In Lützelflüh-Goldbach, Switzerland



**A practice to deepen our sensing capacities,
leading to wiser and more aligned actions
in social and socio-ecological systems**

In both German and English

German: May 18 to 20, 2024	<u>Waldhaus</u>
English: May 23 to 25, 2024	Waldhaus 35
7pm first day to 4:30pm third day	3432 Lützelflüh-Goldbach

Learn more & register at:
collectivetransitions.com/switzerland-training

INTRO COURSE

Systemic Constellations for Societal Change



This course is open to leaders, activists, and change-makers working at the forefront of societal transformation. Systemic Constellation is a powerful tool for navigating complexity and helping teams move through intense dynamics with greater ease, efficiency, and alignment.

Exploring the inner and outer of societal change

The practice of Systemic Constellations allows us to visualize a system's interaction patterns and interdependent relationships. By making these dynamics visible, we widen our understanding and obtain a greater variety of choices in how we respond. By revealing what often goes unsaid, has not been acknowledged, or challenges that may lie hidden, Systemic Constellations can support leadership in identifying root causes and leverage points for greater collaboration and creating and maintaining greater coherence within complex systems.

What are Systemic Constellations?

System Constellations is a process of creating a model of a particular system to reveal and transform its hidden dynamics and unrecognized origins of patterns. Developed by Bert Hellinger, a German psychotherapist, and strongly informed by his experience with the Zulu people of Southern Africa, this methodology originally focused on family systems. It is used to probe the deeper forces and patterns that influence an individual's thoughts, behaviors, and emotional experiences, many of which are influenced by forces acting through multiple generations.

Over time, this approach has been applied to other human systems, including organizations, communities, and society at large. We believe this is an essential practice for navigating complexity and creating conditions for healing.

In exploring issues through a systemic constellation, we learn to use our bodies more fully as instruments of perception. Through this practice, we tap into our inherent capacities as human beings to pick up signals as information from the field. In this way, the practice offers a bridge between our capacity to sense and feel and our storytelling mind.

INTRO COURSE

Systemic Constellations for Societal Change



Course Description

The 2.5-day course combines theoretical inputs and essential background information on this approach, small-group and whole-group exercises and practices, time for reflection and integration, and connecting with nature.

We will cover aspects such as (both through content input and application):

- Intro to the origins of Systemic Constellations
- The power of representation
- The importance of intention and guiding question
- The different phases of a systemic constellation - before, during, and after
- What this practice can do and can't do
- The difference between Systems Sensing and Systemic Constellation
- The importance and influence of place
- The aspects of time across generations
- The inner and outer dynamics
- Different forms of applying this practice as individuals and groups

This course enables you to learn how to draw upon your wider ways of knowing and use these capacities for informing your decisions and approach toward challenging and complex issues. This course covers the fundamental underpinnings of this work and gives you an overview of the different applications - especially for organizational and societal issues. After this course, you are welcome to join our [Community of Practice](#) at Collective Transitions.

Course lead

[Luea Ritter](#) is a process designer who accompanies societal change initiatives focusing on intercultural learning and transition processes. She has been working intensively with systemic constellation work for over 20 years. As co-founder of [Collective Transitions](#), she accompanies complex systems in transition and transformation processes towards regeneration. As co-leader of the [WorldEthicForum](#), she is committed to a culture of radically shared aliveness across sectors, places, and disciplines.

INTRO COURSE

Systemic Constellations for Societal Change



Prices

CHF 450.-

CHF 390.- (for people with low income)

If you are facing difficulties covering the course fees due to financial circumstances, please contact [Selina Lucarelli](#).

The course price includes two lunches, one dinner, and snacks during the morning and afternoon breaks. We will be pampered with vegan and organic food by cook [Beat Schenkel](#).

Breakfast optional: CHF 10.- per day

Accommodation costs – different options

CHF 60.- per Night and room - Single room with Double bed

CHF 30.- per Night and bed in Dormitory - 8 Beds (with sheets and covers)

CHF 20.- per Night and bed in Dom - 8-10 Places, with own sleeping bag

CHF 15.- per Night and person in own Camper or tent

For an overnight stay at the BnB (10 minutes walking distance), please inquire with Selina Lucarelli.

Registration

Sign up on our [website](#). Registration ends February 14, 2024. For any questions, please contact Selina Lucarelli by email: selina.lucarelli@posteo.ch

The number of participants is limited. After registration, you will receive a confirmation email with payment details. Your registration can be definitively confirmed upon receipt of the course fees.

Further Resources

[Understanding the Practice of Systemic Constellations](#)

[Systems Sensing and Systemic Constellation for Organizational Transformation: Building Collective Capacity for Navigating Complexity](#)