

# Constellations Workshops for Hoffman Process Graduates, London, 2010

2 and 1-day Workshops with Gaye Donaldson & Matthew Pruen

February 26/27, April 9 (one day), June 11/12

*"What a beautiful way to enhance and deepen the wisdom I gained on the Hoffman Process. Really powerful and deeply moving stuff. Thank you."*

CR. Hoffman graduate, 2008

## A New Tool for Attending to Inter-Generational Patterns

'Systemic Constellation Work', as the approach founded by German psychotherapist Bert Hellinger in the 1980's is often called, fits beautifully with the Hoffman Process. It is a wonderfully elegant way of mapping out the patterns that run through family generations and finding lasting, healing resolutions.

For this reason we are programming a number of 2 and 1-day workshops in 2010 which will combine this profound method and an integration of Hoffman tools.

We invite graduates of the Hoffman Process to participate in this practical and deeply moving method and add to their Hoffman experience – moving even further beyond inherited limiting patterns.

The workshop setting is a unique, solution-focused resource for individuals who want to look beneath the surface "truth" of an issue or problem and catalyse new solutions.

Working one at a time, participants can bring a particular issue to work on. After a brief talk, members of the group (about 20) are chosen to represent the people, concepts and other elements that make up the problem issue. It then becomes possible to gather previously hidden energetic information and use this data to find solutions.

The Hoffman Process, with its emphasis on our four parts (Emotions, Intellect, Spirit and Body), prepares us well for working with constellations which draw on the way we know things with our bodies. Like the process, it works by enhancing what we know intellectually, with this deeper intuitive knowledge. Equally, constellation work also cultivates respect, gratitude and love and exposes the deeper truth of our interconnectedness.

Space is made available for participants who want to bring an issue to work on. Alongside Hoffman tools and experiences, it is expected that about 10

constellations will take place over two days - 5 on one-day workshops. Whether participating as a representative in someone else's constellation or working on an issue of your own, participants are deeply touched by the specific and universal themes and learning that emerges. Either way, a constellation workshop is an extraordinary and unforgettable experience that helps us change the way we see things.

### **THE FACILITATORS:**

**Gaye Donaldson** (Hoffman grad. 2001) is a systemic constellator and registered BACP counsellor, working in the community and the private sector. She has been devotedly involved with constellations for more than 14 years, training extensively in both family and organisational approaches. Gaye is a Director of The Centre for Systemic Constellations and is a teacher on both the foundation and professional training in family constellations. She also runs an organic farm and Systemic Centre in the Blackdown Hills in Somerset.

**Matthew Pruen** (Hoffman grad. 2001) is a senior Hoffman teacher as well as a systemic consultant and facilitator working one to one and with groups in London and the South East. He has advanced level trainings in organisational constellations as well as foundation level trainings in family work. He also leads seminars in systemic approaches to creativity at London College of Communications as an associate lecturer and runs workshops in the Brighton area.

### **WORKSHOP FEES:**

One day workshops	Two day workshops
£125 per person	£225 per person

A limited number of bursary places are available

### **THE VENUE:**

The October Gallery,  
24 Old Gloucester Street, London, WC1N 3AL, Tel: 020 7242 7367  
Directions: [www.octobergallery.co.uk](http://www.octobergallery.co.uk)

### **SCHEDULE:**

Arrive 09:30am for tea & coffee  
Workshop will run from 10:00-5:30pm each day

Time for breaks will be made in the morning and afternoon sessions. A lunch break will be at approx 1:00pm

The workshop is non-residential.

**BOOKINGS & ENQUIRIES:** Call Matthew Pruen 07976 843 715 or email: [matthew@hoffmaninstitute.co.uk](mailto:matthew@hoffmaninstitute.co.uk)