Family Systemic Constellation Workshop Information and Agreement Form 2026

This document provides information to help participants prepare for and integrate their workshop experience. It also sets out the understandings and responsibilities agreed to through registration, payment and attendance. Family Systemic Constellations are an experiential practice and are not a substitute for medical, psychological, psychiatric or other professional care.

Preparing for a Family Systemic Constellation Workshop

Try to be well rested, with a clear mind and relaxed body.

You do not have to undertake your own constellation. Each participant is invited into an embodied experience and may take part in brief exercises, explore a personal inquiry, witness the work of others or act as a representative, according to their comfort. Through a constellation lens, we attend to wider relational and systemic patterns and allow possible ways forward to emerge.

Clarify your question: It can be helpful to formulate a clear, simple sentence describing the issue and change you hope to see after doing the constellation.

It is useful to know the basic facts about your family: Think about who belongs to your family system. Consider your parents, grandparents, siblings, aunts, and uncles.

Those included in the system are:

1. Parents, grandparents, great-grandparents and ancestors even further back.

2. Brothers and sisters, sometimes aunts and uncles.

3. Children, including any who died young, including stillbirths, miscarriages, and abortions.

4. Anybody who made room in some way for the above members. This may include former partners of parents or grandparents, as well as those whose misfortune, death or actions brought the family an advantage or gain.

6. Victims and perpetrators of violence and murder within the family.

7. Sometimes people who have saved family member's life.

8. The excluded, the *black sheep*, the problem maker.

Being a representative does not involve acting or performing a role. Representatives are invited to notice and report sensations, emotions or impulses that arise during the process, without needing to interpret or explain them.

Nourishment and comfort: On the day, wear comfortable, layered clothing. Bring your lunch and a water bottle. Drinks and snacks are provided during regular breaks.

Following a Family Systemic Constellation Workshop

Momentum for healing: Constellations are helpful for the creative impulse and momentum of healing. Don't worry if your constellation has not reached a full resolution.

Experiencing a family constellation: A constellation may offer insights, new perspectives and meaningful images relating to our family or other systems. These experiences may influence how we understand ourselves and our relationships and may support a sense of greater choice or direction. The process can continue to unfold within us after the workshop.

Processing: Afterwards, you may find it helpful to return gently to the final image or another meaningful moment from the constellation. Allow time for the experience to settle before analysing it in detail. Reflection can be valuable, but sometimes thinking about the experience can disrupt a more somatic integration. If this becomes distressing or overwhelming, pause and seek support from the facilitator or an appropriate health professional.

When we go home from the workshop, we need to be considered about what we tell others about our experience. It is difficult to explain constellations to those who have not experienced them. It is normal for many people to be sceptical about something that is outside their normal experience and that challenges our usual perception of the world. Even when sympathetic, many people will try to engage you in an analytical conversation which can disconnect you from the healing image of the constellation. It is best to wait for a while before trying to talk about it.

A practitioner may make suggestions to focus our healing image. This may include focusing on a particular element of the constellation, such as seeing our siblings in birth order, or feeling our parents physically supporting us from behind. It may also include acts to help us reincorporate or acknowledge a forgotten family member, such as displaying their photo in our home, visiting their resting or a special place or doing another ritual or activity that is

meaningful for you. Other than these acts of awareness, we don't need to do anything more for the constellation to have an effect. This work helps us become more deeply connected with all the members of our family system, living and dead. The healing effects of the work unfold in their own time when we let go of the need to do something.

Conscious love: As a result of our constellation, we come closer to holding all those who belong to our family in conscious love. We respect their fates and their burdens as their own. We can then give up the childlike loyalties where love and belonging meant living out the consequences of another's life - which have only served to entangle us. Unnecessary suffering is therefore replaced with acknowledging what is.

Patience: Whatever occurs in a constellation should not determine your behaviour around the people represented in the constellation. Rather, we simply let it work within us and we may find ourselves spontaneously acting in different ways than we did before. We may find ourselves contacting distanced family members. We may find ourselves being more assertive or conciliatory than before. Whatever the change in behaviour, it is likely that we will feel a greater sense of relaxation and connection. We may even feel more alive.
You may feel emotionally or physically tired after the workshop, and the experience may continue to settle over the following days. Attend to your wellbeing and give yourself time to rest. If you feel unsettled, distressed or concerned, contact the facilitator, your therapist or another appropriate health professional. If you need urgent assistance, contact an emergency or crisis support service.

Confidentiality: We keep confidentiality out of respect for each other.

Facilitator/s details are available if you need to contact them after a constellation workshop.

"Heal the past, live the present, dream the future" (Mary Engelbreit) aptly captures the power of this simple yet profound human work: cultivating awareness and loving presence, and opening to transformation as we come to understand our ancestors' influence through the light of love.

Family Systemic Constellation Workshop Registration and Agreement Form

Please read below. By signing and/or attending a workshop, you confirm your understanding and agreement to:

- ✓ I may learn about myself and my family, organisational or ecological system in several ways during the Family Systemic Constellations Workshop:
  - a witness/observer to a constellation
  - a representative in a constellation
  - by requesting my own constellation.

- ✓ I may or may not get a chance to do my own constellation as we will enter a *phenomenological process** yet by participating in the group setting and/or as a representative I can gain important personal insights, and these insights can be valuable for me in a transformational way.

- ✓ I am aware that Family Systemic Constellations can:
  - have a healing effect and may open new possibilities in individual, family and work life
  - provide experiences that address purpose and meaning in individual, family and work life
  - convey extraordinary human insights and unexpected perspectives
  - be helpful in resolving individual, family, structural and organisational issues, particularly those that persist beyond the usual explanations and strategies for solving them.

- ✓ Family Systemic Constellations, with all they offer, do not replace my day-to-day responsibilities, relationships, strategies and activities.

- ✓ Family Systemic Constellations may provide a dynamic, momentary image of a human relational system—personal, family, structural, organisational or ecological—and may bring attention to patterns or perspectives that have not previously been recognised.

- ✓ I understand that even though these images may show stories that have been passed down and accepted as reality, they are not necessarily an accurate reflection of reality. But they do often provide helpful new perspectives and deeper insight at a systemic level.

- ✓ I understand that personal information shared during the workshop is private and confidential. I agree not to identify participants or disclose their personal stories or specific workshop experiences outside the group. I understand that the facilitator cannot guarantee the actions of every participant, although all participants are asked to uphold this agreement.

- ✓ During the workshop, I may encounter painful memories, unexpected intensity or strong emotional responses. I may pause, decline an exercise, step outside or leave the workshop at any time. Where possible, I will let the facilitator know so that appropriate support can be offered.

- ✓ After the workshop and over the following days, I may continue to process the experience or feel tired or emotional. Responses vary from person to person. If I remain unsettled, become distressed or have concerns about my wellbeing, I can contact the facilitator or seek support from an appropriate health professional. The facilitator's contact details will be provided at the beginning of the workshop.

Please arrive by 9.45 am. *Unless otherwise stated, the workshop runs from 10.00 am to 4.00 pm and includes morning tea, lunch and afternoon tea breaks. Please allow enough time before the start to complete registration and payment so the workshop can begin promptly.*

Morning and afternoon tea/coffee will be provided, BYO lunch – alternatively there are few places accessible by a few minutes' drive, where lunch might be purchased.

Important: before the workshop, please advise the facilitator confidentially of any current health concerns, treatments, accessibility needs or recent experiences that may affect your safe participation. You may do this by email or phone. The facilitator can discuss whether the workshop is appropriate for you and any reasonable supports that may be helpful.

By signing below, I confirm that I have read and understood this agreement and have had the opportunity to ask questions before participating in the Family Systemic Constellation Workshop.

Date	
Name	
Phone	
Address	
Email	
Emergency contact name	
Emergency contact number	
Signature	× _____