

Constellations in the Field™

FOUNDATION TRAINING PROGRAMME



Bespoke Training in Systemic Coaching with Horses

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Overview

CIFF is a bespoke mentoring programme designed to train participants on how to work systemically and therapeutically with their horse/herd to address the challenges, issues or problems presented by their clients. Some of the programme components are intentionally fluid and flexible, so as to address and accommodate the participant's unique and specific experience, skill set and projected aims.

Structure

This blended learning programme comprises:

- 3 x on-site learning workshops (eight days in total hosted at Browns Farmhouse)
- 2 x online group tutorial sessions
- 3 x online individual tutorial sessions
- Minimum 6 x supervised case studies
- Practise exercises and writing activities (worksheets and instructions in course materials)
- Self learning (resource guide to further reading, films, videos and blogs provided)



Who is this programme for?

This programme is designed as an adjunct to existing practice for therapists, coaches, counsellors and those in the healing modalities, as well as those already engaged in equine-assisted learning/personal development/coaching. Trainees must have access to a horse. This programme is CPD certified but is not accredited.



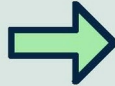
Learning Objectives

- Theoretical principles and practical application of the systemic constellation model including: working with representatives, the knowing field, identifications, hidden ancestral loyalties, phenomenology, crafting healing sentences, entries and exits and more
- Understanding of theories underpinning equine-assisted personal development and how it interacts with the constellation model
- Development of facilitation skills including: deepening awareness of your own family system and unique therapeutic stance; how to conduct client consultation, honing in on core issues, identifying unspoken, unconscious and unacknowledged imbalances or disruptions in the client's system; how to conduct the session from initial set-up, use of representatives, working with the herd, through endings/resolutions
- Understanding of spatial movements and use of objects in a session and how they relate to both constellations and horse-led work
- Devising equine-led constellations for individuals
- Creating a bespoke equine-led constellation model that works specifically for you building on your own unique style, expertise and skill set

Programme Progression Map



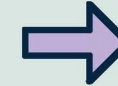
On-site Learning Workshop 1



On-site Learning Workshop 2
+ case study with volunteer client



On-site Learning Workshop 3
+ case study with volunteer client



Congratulations!
You've completed

OFF-SITE

interval between workshops 1 and 2



Practise and exercises



Online group tutorial session

OFF-SITE

interval between workshops 2 and 3



Practise and exercises + 2 case studies with volunteer clients



Online individual tutorial session



Online group tutorial session

OFF-SITE

after workshop 3



Practise and exercises + 2 case studies with volunteer clients



Online individual tutorial session

Programme cost is £1750
or if you wish to pay in instalments, 3 payments of £650 each (total £1950)



On-site Learning Workshop 1 (three days)

DAY 1

Morning session: Systemic Constellation – Basic Principles of Theory and Practise

What is a systemic constellation and how does it work in practise?

Afternoon Session: The Knowing Field

Recognizing and working with the Knowing Field

DAY 2

Morning Session: Communicating with and Reading the Horse

Horse as guide in the therapeutic process and horse behaviour in the context of a systemic/therapeutic session

Afternoon Session: Exploration with the Herd

Activities with the herd as teacher/leader/ collaborator in the learning process

DAY 3

Morning Session: Facilitator Tools

Overview of basic counselling theories and skills, and use of counselling theories and skills in a horse-led constellation session

Afternoon Session: Confronting The Self

Confronting challenges/issues in our own system

On-site Learning Workshop 2 (three days)

Day 4

Morning session: How to Structure a Client Session

Overview of the structure of a session from setting the tone, opening meditation, information gathering, actual constellation and closing

Afternoon Session: Integration and Practise (Peers)

- Opportunity to put learning into practise by conducting sessions with your peers

Day 5

Morning Session: Recognising and Working with Trauma

Working with disruption and trauma in the client's system

Afternoon Session: Integration and Practise (Peers)

Opportunity to put learning into practise by conducting sessions with volunteer clients

Day 6

Integration and Practise (Volunteer Clients)

Opportunity to put learning into practise by conducting sessions with volunteer clients

On-site Learning Workshop 3 (two days)

Day 7

Morning Session: Finding and working with your orientation/unique stance

Working with different modes of perception and knowing: Mind, Body, Heart

Afternoon Session: Additional Tools for Facilitating a Session

Place, object, movement, working with nature, metaphor, creative writing and drawing etc

Day 8

Morning Session: Integration and Practise (Volunteer Clients)

Opportunity to put learning into practise by conducting sessions with volunteer clients

Afternoon Session: Looking Forward - Developing Your Practice with Individual Clients

Finding a style that expresses your skills, character and intentions, and who to work with and how

PLEASE NOTE: All workshops conducted at Browns Farmhouse. Refreshments and lunch provided. Discounted on-site accommodation available for a limited number of attendees. We reserve the right to make changes to workshop programme to accommodate trainees' progress.