

Sydney Medical Centre  
level 1, 70 Pitt Street  
Sydney NSW 2000  
phone (02) 9233 3399

**Joanna Malinowska**  
**MSc, DHC, Cert IV in Clin Hyp, CMAHA**

Pennant Hills  
NSW 2120  
phone 0412 092 972

## One Day Family Constellation Workshop

**Find the peace and healing by uncovering the hidden dynamics of your family and ancestors. Let the collective wisdom of your ancestors, minds and souls of fellow workshop's participants and the strong, composed facilitator connect together in Family Constellation. Observe the existing energy of your family and relationships as it unfolds and transforms to allow the natural flow of love with its healing power.**



“No waves without the ocean” - Bert Hellinger, the founder of Family Constellations therapy

### Workshop Schedule

<b>Date</b>	Sunday 26th September 2010
<b>Duration</b>	10 am to 6 pm
<b>Location</b>	Ryde-Eastwood Leagues Club, 117 Ryedale Rd, West Ryde (Opp. West Ryde Rail Station) Free parking
<b>Facilitator</b>	Joanna Malinowska
<b>Price*</b> see workshop structure	\$250 to do a constellation (\$200 early bird before 4 <sup>th</sup> September) \$70 to be a participant (\$50 early bird before 4 <sup>th</sup> September)
<b>Booking</b>	Send the online enrolment form <a href="http://www.myhypnotherapy.com.au/family_constellations.htm#EP">http://www.myhypnotherapy.com.au/family_constellations.htm#EP</a> Optionally email <a href="mailto:joanna@myhypnotherapy.com.au">joanna@myhypnotherapy.com.au</a> or call Joanna 0412 092 972 (or send SMS)

## **Workshop Structure**

The workshop is made up of two groups of people

1. Participants who are interested in setting their own constellations and to be representatives for other people constellations. The number of participants doing their own constellation is limited to 6 persons.
2. Participants who came only as observers and/or representatives for other people's constellations, limited to maximum of 14 persons.

Both groups benefit from constellations, because even being a representative or observer taps into our unresolved issues and helps us to create some shift.

Each constellation usually takes from 25 to 45 minutes, but it could be longer or shorter than this. There are 5 to 6 constellations done in a one day workshop.

### **The practical course of events for each constellation:**

1. The person doing the constellation states the issue briefly. No history is needed; the person just explains the nature of the issue.
2. The facilitator asks some questions about the family structure and the most important events from the constellation view.
3. The facilitator decides which family members are relevant in solving the issues and asks the participant to choose the representatives to take the role of those family members. The participant is usually asked to choose a representative for himself/herself.
4. The participant feels his way in the centre of the room and places representatives into the position which seems proper and then sits back and observes.
5. At this time the energy field forms around the representatives and they experience the feelings of the real people they represent, even if they have no previous knowledge of their personalities or history. They also very often behave like the real person and have some knowledge of events never revealed to them.
6. The facilitator leads the constellation, connecting with the energy of the field, observing representatives, asking questions as the dynamics of the family unfolds and looking for the best resolutions.
7. At the end, when the solution is reached and the best possible order restored, the client takes his position in the Constellation to experience himself the new energy and healing.

Please see [http://www.myhypnotherapy.com.au/family\\_constellations.htm](http://www.myhypnotherapy.com.au/family_constellations.htm) for the explanation of Family Constellations therapy.

[www.myhypnotherapy.com.au](http://www.myhypnotherapy.com.au)  
[joanna@myhypnotherapy.com.au](mailto:joanna@myhypnotherapy.com.au)  
fax (02) 9233 3393  
phone reception (02) 9233 3399  
or Joanna 0412092972

**Joanna Malinowska**  
Clinical Hypnotherapist  
MSc C4CH DHC Cert Adv Clinical  
Hypnotherapy  
Pitt Street Medical Centre  
Level 1, 70 Pitt Street, Sydney NSW 2000

## Family Constellation Workshop Enrolment Form

### Participant Details

Title: \_\_\_\_\_ First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Tel (wk): \_\_\_\_\_ Tel (home) \_\_\_\_\_ Tel (mobile) \_\_\_\_\_

Email: \_\_\_\_\_

Fax: \_\_\_\_\_ DOB: \_\_\_\_\_

### Workshop Details

Date and Time: Sunday 26/9/2010 10 am to 6 pm

Location: Ryde-Eastwood Leagues Club, 117 Ryedale Rd, West Ryde

### Agreement:

I understand that the Enrolment Form is the agreement between me and Joanna Malinowska. A refund (initiated by the participant) incurs a fee of 10% of the amount refunded. The request for refund must be made in writing / by email at least 10 days before the workshop. Due to the organization of venues and limited spaces in the workshops, there will be no refund if you cancel less than 10 days prior to a commencement of the workshop. If for any reason Joanna Malinowska does not deliver the course in the agreed time schedule, the participant has the choice of full refund of the fee or transfer to next available workshop.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Payment (see the schedule):** \_\_\_\_\_ Cash \_\_\_ Credit Card \_\_\_

**Credit Card Details** Bankcard \_\_\_ Visa \_\_\_ MasterCard \_\_\_ security code \_\_\_\_\_

Card No. \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Please inform the reception by calling 9233 3399 before sending this form by fax**

**Payments by Paypal on**

[http://www.myhypnotherapy.com.au/family\\_constellations.htm#EP](http://www.myhypnotherapy.com.au/family_constellations.htm#EP)