

PR 30 July 2015

**International Systemic Family Constellation training is taking place in Brisbane Australia on the 2-10 January 2016 with Yildiz Sethi. The course contains 3 modules for professionals in a 9-day intensive comprehensive course dealing with Family of Origin, Present family and Private sessions. This is an exciting, revolutionary way of dealing with issues for individuals and relationships from the teachings of Bert Hellinger. The format of the course is perfect for national and international therapists. This course will be conducted in English.**

Yildiz is a registered psychotherapist, clinical hypnotherapist and practitioner and trainer of Family Constellations since 2005. She is a former educator of Australian College of Applied Psychology who specialised in methods of counselling and has been trained by the innovator Bert Hellinger and Svagito Leibermeister in addition to many other international trainers. She is highly experienced and has been running monthly Family Constellations workshops in Brisbane and Sydney since 2005 and is an expert of private sessions in Family and Business constellations.

Yildiz says "Family Constellations is a revolutionary, powerful, systemic approach to individual, relationships, success and wellness issues. It is an effective, experiential, solution-focused and an energetic, psychotherapeutic approach that assists people in finding new healthier perspectives on themselves and their family or situation. This provides an avenue from which they can grow and form healthier relationships in the present."

She believes that "Family Constellations is an effective methodology to restore or heal faulty attachment bonds from family of origin that is relatively brief in nature and may stand alone or be part of a longer therapeutic process."

She continues,

- "As a registered counsellor and clinical hypnotherapist, talk therapy is fine for communication, debriefing, sorting out thoughts and feelings, but is not so effective with deeper unconscious or systemic issues, hence the need for more effective and efficient methodologies.
- "Family Constellations can be experienced in a group/workshop situation or alternatively private session".
- "The training is ideal for those who already work in a therapeutic manner with others".
- "There is evidence to support the effectiveness of working systemically through the study of Epigenetics is showing that DNA is not as hard wired as previously thought and can be switched on or off by environmental, social and emotional factors and patterns passed down generations through relational bonds.

Quote from the study,

'It turns out that although I don't remember my life before four years of age, my genes do. What I ate, how I responded to events, how my parents treated me, what I learnt, all placed chemical markers on my DNA. Those tags affect how my genes are expressed throughout my life.'

Studies in Epigenetics shows that social, environmental and emotional and relational factors affect the switching of DNA markers on or off, hence the work of Systemic Family Constellations that deals with healing trauma and resolving emotional and relational dysfunctions and improving wellness for individuals, families and for the extended family system is a valuable methodology for deeper

healing". <http://www.abc.net.au/catalyst/stories/4198637.htm> 17/03/15

"The training focuses on Family of Origin, Present family, Private sessions."

"The training involves both Professional and Personal Development."

Ends

High resolution images and interviews are available on request and on website.

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[www.familyconstellations.com.au](http://www.familyconstellations.com.au)

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