

Media release 19 July 2105

Revolutionizing Individual and Family Therapy

With Systemic Family Constellation Training

This is a revolutionary philosophy, methodology and process that taps into ancestral wisdom and combines with the latest cutting edge psychology and research in Epigenetics for deep transformation on many levels. This is a experiential, solution focused and energetic process that is brief.

Systemic Family Constellations may stand alone as one session only or part of a larger personal development or therapeutic process.

Family Constellations may take place in workshops or private sessions or skype.

Family Constellation training for those who really want to understand themselves and their families.

Family Constellation training is mainly experiential learning in 3 modules Family of origin and present family and private sessions.

Learn about Family Dynamics.

Take the opportunity to receive a constellation in both your original family AND your present situation for deep clearing through the learning experience.

A perfect way of learning about family and relationship dynamics that helps break generational patterns..

Family Constellation philosophy including In this course Systemic Family dynamics, Blind Love, Entanglements, Order. Loyalty and how patterns are passed on though the Family of Origin into Present family situations.

Epigenetics

“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.”

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

Studies in Epigenetics shows that social , environmental and emotional and relational factors affect the switching DNA markers on or off, hence the work of such processes as Systemic Family Constellations is a valid psychotherapeutic process in healing trauma and resolving emotional and relational dysfunctions and improving wellness.

Yildiz Sethi holds regular workshops and private sessions of Family Constellations in Sydney and Brisbane and has recently released a book,

Stardust on the Spiritual Path, which goes into more detail about how to navigate relationships.

The book can be purchased at www.yildizsethi.com and more information of Family Constellations and workshops can be found on www.familyconstellations.com.au

About Yildiz Sethi:

Yildiz Sethi is a Counsellor, Clinical Hypnotherapist, Family Constellations facilitator and trainer and former physics and chemistry teacher. Master of Applied Social Science (Counselling) Grad Dip Couns. Dip Clinical Hypnotherapy. Training in Family Constellations with Bert Hellinger. Author Stardust on the Spiritual Path 2014.

Ends

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

Media contact

Yildiz Sethi 0412172300

yildiz@yildizsethi.com

www.familyconstellations.com.au