



RIMINISCENZE

OLISTICHE

HOLISTIC ACADEMY

FAMILY AND SYSTEMIC CONSTELLATIONS FACILITATOR

Training Programme: Family and Systemic Constellations Facilitator

2 Academic Years

720 hours (672 hours of courses and seminars + 32 hours of group training + 16 hours of individual supervised practice) of theoretical and practical teaching, training and supervised practice

Who is the Family Constellations Facilitator

The Family and Systemic Constellations Facilitator accompanies the person in exploring the dynamics that can emerge within the systems they belong to, such as family, relationships, groups or organisations.

Through the systemic and phenomenological approach, the Facilitator observes what emerges in the Constellation with an attitude of listening, presence and suspension of judgement, creating a space in which aspects and dynamics that are not immediately recognisable can become visible.

The role also requires the ability to listen with empathy and to manage the emotions that may arise during the work.

Family and Systemic Constellations originate from the work of Bert Hellinger and from the meeting of different approaches, including the systemic view, phenomenology and psychodrama. Constellations became part of the programme of La Città della Luce in 2006, and since then the method has been progressively enriched through the research, practice and experience of the teachers of the Accademia di Arti Olistiche.

The training thus integrates the foundations of Family Constellations with different areas of further study, offering theoretical, practical and experiential preparation.

The Training Path

The training begins above all with work on oneself: personally experiencing Constellations and deepening one's own awareness is a fundamental part of the path for those who wish to use them professionally.

The programme integrates theory, practice, training and supervised practice, and explores tools such as the genosociogram and different applications of Constellations, including couple relationships, self-realisation and success, and chakras.

The programme lasts two years and includes theoretical-practical courses and seminars, intensives, training, supervised practice and elective courses within the Accademia di Arti Olistiche.

The training concludes with a final dissertation, agreed with the Academy tutors.



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YEAR 1

COURSE	No.	HOURS
• Family and Systemic Constellations - Basic Seminar (16 hours) RS	2	32
• Family and Systemic Constellations - Intensive Seminar (32 hours) CDL	1	32
• Usui Reiki - First Level (16 hours) RS	1	16
• Residential Intensive "The Hero's Journey" - Part One (48 hours) CDL	1	48
• Journeying with the Goddess/The Sacred Masculine (64 hours) CDL	1	64
• Family Constellations on the Feminine/The Sacred Masculine (16 hours) CDL	1	16
• Love, Sexuality and Couple Relationship (16 hours) RS	1	16
• Introduction to Archetypal Astrology CDL	1	16
• Genosociogram 1 & 2 (16 hours) RS	2	32
Elective courses*	4	64
TOTAL COURSE HOURS		336
+ Group training (4 hours on Friday afternoons)	4	16
+ Supervised practice as a representative in individual consultations	8	8
TOTAL HOURS		360



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YEAR 2

COURSE	No.	HOURS
• Family and Systemic Constellations - Basic Seminar (16 hours) RS	2	32
• Family and Systemic Constellations - Intensive Seminar (32 hours) CDL	1	32
• Residential Intensive "The Hero's Journey" - Part Two (48 hours) CDL	1	48
• Journeying with the Goddess/The Sacred Masculine (64 hours) CDL	1	64
• Constellations for Self-Realisation and Success (16 hours) RS	1	16
• Evolutionary Constellations (16 hours) RS	1	16
• Astrological Constellations	1	16
• Professional Conduct and Code of Ethics (8 hours) CDL	1	8
• Holistic Marketing and Self-Promotion (16 hours) RS	1	16
Elective courses*	5	80
TOTAL COURSE HOURS		336
+ Group training (4 hours on Friday afternoons)	4	16
+ Supervised practice as a representative in individual consultations	8	8
TOTAL HOURS		360



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ELECTIVE COURSES

COURSE	No.	HOURS
• Astrological Constellations	1	16
• Shamanic Constellations	1	16
• Evolutionary Constellations - 7 Chakras	1	16
• Light and Colour Constellations	1	16
• Retreat in Sardinia: Connection with Nature, Kundalini Yoga and Meditation, Family Constellations, Aura-Soma®.	1	48
• Meditation Techniques and Presence Practices	1	16
• Light and Colour - Energy Rebalancing Techniques	1	16
• Rigenera: mind, body and soul (constellations + movement + colours)	1	16
• Bach Flower Remedies (16 hours) CDL	1	16
• Reiki - Second Level	3	48
• Akashic Records (64 hours) CDL	4	64
• Penna Luminosa® Colour Enlightenment® Basic Course "OPENING THE PORTAL OF LIGHT" (24 hours)	1	24



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At the end of the second year, once all the training and supervised practice hours have been completed, it will be possible to take the Facilitation test to receive the qualification as a Family and Systemic Constellations Facilitator.

SINGLE FORMULA

360 hours over 12 months with constant support. An extension of up to 4 months can be requested in order to complete the hours.

If you have already attended seminars or bought a personal growth hour package, these can be counted as Academy training hours and the enrolment fee will be recalculated accordingly.

It is possible to start the programme with a personal growth package of 80, 160 or 240 hours and later convert it into Academy training hours

ANNUAL FEE

3500,00 € /year VAT included

Payable in instalments to be agreed.

first instalment of 950,00 € and 3 further quarterly instalments of 850,00 €
or seven instalments of 500,00 €

A customised instalment plan over 12 months can also be requested.

For example: first instalment 500€ and then 250€ each

It is also possible to begin the personal growth path by attending a few seminars of your choice and to decide later to enrol in the training; in that case the hours already attended and the corresponding fees already paid will be deducted.

For any information, I am at your disposal.

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