

# FAMILY CONSTELLATIONS AND TRAUMA

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ONLINE TRAINING FOR FAMILY CONSTELLATIONS'  
FACILITATORS

WITH **BERTOLD ULSAMER**




## **Today I decide to become aware to take care of me.**

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CADHU (Human Development Advisory Center) was born in 1999 under the initiative of Blanca García and other health professionals who were eager to provide tools for the path to human development. This is how our first workshop was born: Awake.

At CADHU we offer life tools to expand your consciousness, improve your health and your relationships, to live in harmony with yourself and the environment. Since our beginning and throughout our work, we are committed to contributing to the mental and emotional health of all those who have been part of the CADHU family. We have grown together with our community. In 2021 we celebrate 22 years accompanying the transformation of thousands of lives.

**We invite you to transform with us!**



Family constellations generally work with transgenerational connections, with ties to parents, and with the order in family systems. However, as a facilitator, you also face conflict situations and traumas from your clients.

Clients could very easily revert to a freeze state and often are not even aware of it, so they can be retraumatized.

**Knowing how to help in a moment of trauma, from the body and biology within a constellation, can help the client to heal.**

Complement your training as a facilitator in family constellations by learning to work with the dynamics involved in the resolution of traumatic events:

- What to say and express?
- How do you handle the intense feelings of the client, his pain, fear and anger?
- How can you prevent your client from being traumatized in a secondary way?
  - How to achieve a state of security and connection with your own resources during a constellation?



This training offers an understanding of trauma, post-traumatic symptoms, and how to complement family constellations with **trauma therapy**.

# Facilitate with an integrative framework

Family constellations and trauma therapy work with different levels of our being.

## Family constellations

Representative vision of the family, work or social system to find balance and harmony based on the order and inclusion of all members.

## Somatic Experiencing

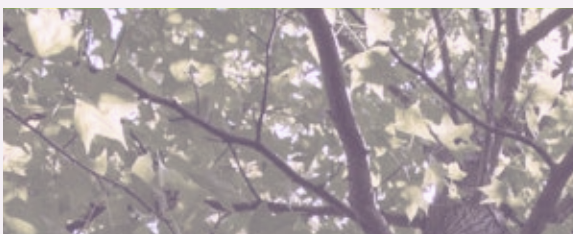
Release of trauma through the conclusion of the fight, flight or freeze movement that was locked in the body. This branch of body psychotherapy is developed by Dr. Peter Levine.

**Family constellations** unite us with our roots as social beings and shows the union we have with our families. **Trauma work** is done on our bodily energies, which have been affected by a negative experience.

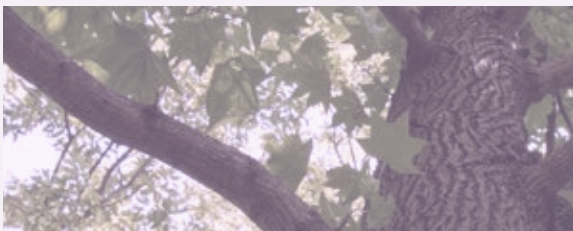
# Why taking this training?



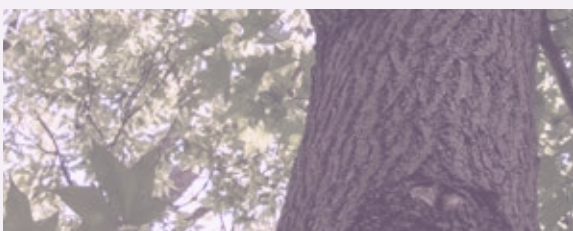
- Get a deep, biological understanding of trauma and post-traumatic symptoms



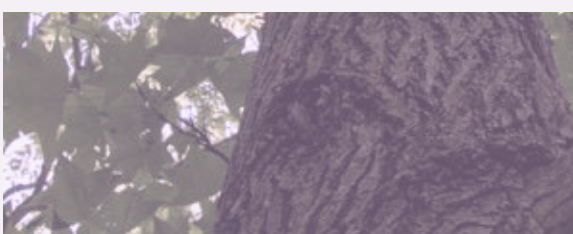
- Identify the bodily signs of the trauma state in your consultants and during a family constellation



- Know and identify the states of trauma freezing



- Learn to use family constellations to deal with traumatic events



- Avoid retraumatization of the patient

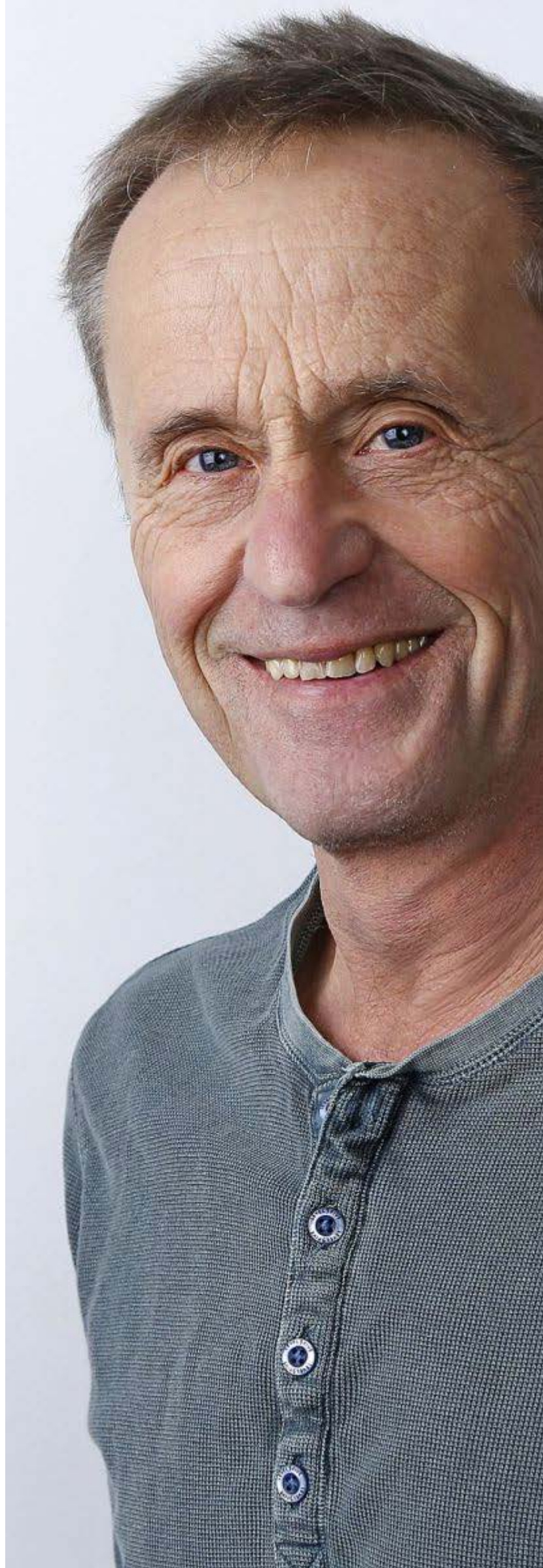
With

## **BERTOLD ULSAMER**

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Doctor of Law and Psychology in Würzburg, Geneva and Freiburg. Specialization in psychodrama and client-centered interviews. Trained in NLP in 1988 in Santa Cruz with Robert Dilts. In 1994 he trained in family constellations and wrote the book *“Practical help against fear: How you support yourself in times of crisis”*, as an introduction to the theme of constellations, which has sold more than 200,000 copies.

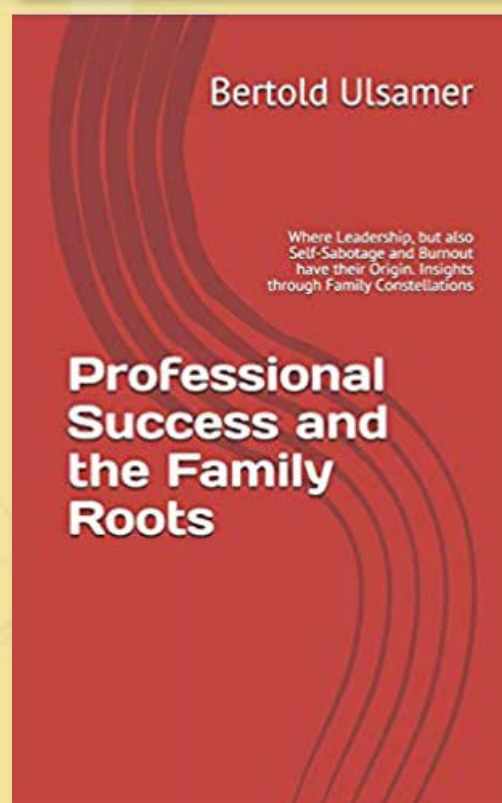
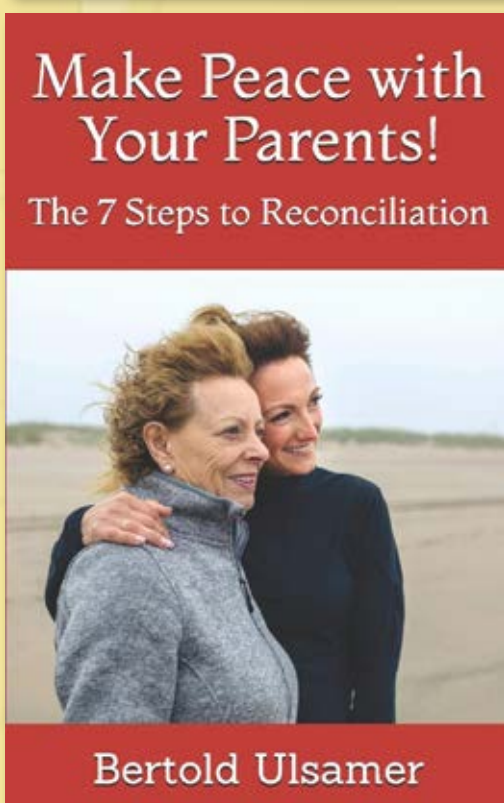
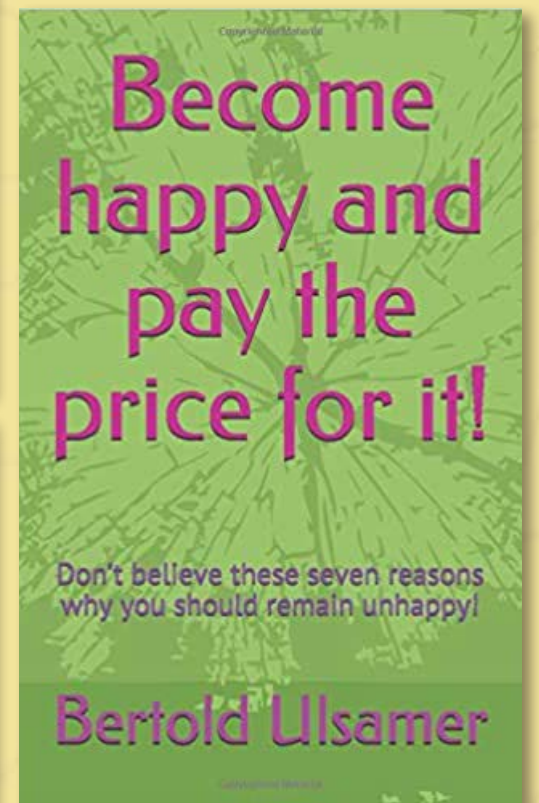
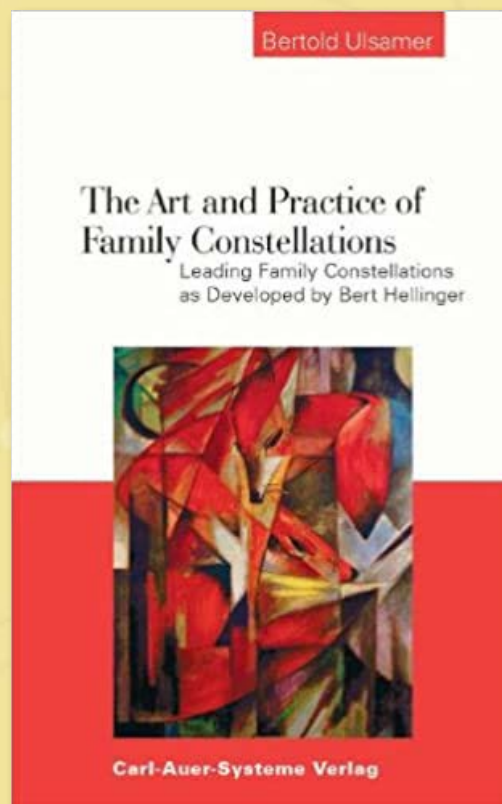
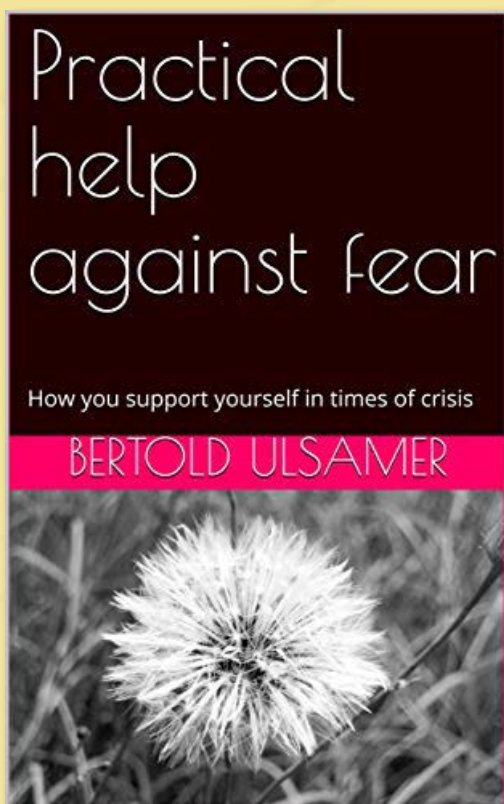
His main area of work has been family constellations trainings on the five continents. In 2002 he completed trauma training with Peter Levine (Somatic Experience) in Switzerland, which broadened his understanding and has integrated work with family constellations.



# Bertold Ulsamer

Author of more than twenty books on family constellations, communication and personal development, translated into more than 10 languages. Currently focuses on the area of family constellations and trauma

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# Program

## Phase 1

- Deep understanding of what happens biologically and bodily in trauma.
- Learnings to avoid retraumatizing through constellations.
- Techniques for an effective rapport with a client with a trauma situation prior to a family constellation.

## Phase 2

Application of work with trauma in family constellations. 5 specific cases of trauma will be constellated, such as the following, and another case of the group's own interest.

- Intra-family physical abuse. Dealing with violence in the family.
- Car crash. Dealing with my own shock and guilt.
- Child sexual abuse. The importance of sexual abuse and the dynamics in the family.

## Course methodology

Experiencing experiential, transformative and training processes online is a reality. Train through live sessions with the facilitator, experiential exercises, and guided case setups.

- Live online sessions by Zoom with Bertold Ulsamer
- 3 hours weekly sessions
- Experiential exercises in small groups
- Family constellations facilitators oriented

# INFORMATION

## Start date



**Wednesday June 23th, 2021**

1 wednesday weekly  
12 sessions total. 3 hours each one.

**Phase 1:** June 23 to July 28 (6 sessions)

**Phase 2:** August 11 to September 14 (6 sessions)

## PHASE 1

Session 1 June 23  
Session 2 June 30  
Session 3 July 7  
Session 4 July 14  
Session 5 July 21  
Sesión 6 July 28

## PHASE 2

Session 1 August 11  
Session 2 August 18  
Session 3 August 25  
Session 4 September 1  
Session 5 September 8  
Sesión 6 September 14  
(tuesday)

## Schedule



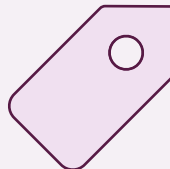
9h - 12h México      22h - 1h China  
16h - 19h France      7h - 10h U.S. (L.A.)

## Modality



Online  
training

## Price



**Complete training**

**\$795 USD | 660 €**

**Cost per phase (2 phases)**

**\$420 USD | 350 €**

**Monthly payment (4 installments)**

**\$190 USD | 165 €**

**Enroll**

• AT THE END OF THE TRAINING RECEIVE A DIPLOMA ISSUED BY BERTOLD AND CADHU.

“In family constellations we work with uniting what is disunited. Trauma is about the loss of bonds with ourselves, with our families, and with the world.”

Peter Levine

Train with **Bertold and CADHU**

# Contact us

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