



INTEGRITYSOURCES

Hania Gorski

Invites You to the Systemic Constellations  
Workshop:

## *Healing Movement towards Happiness and Success in Life and in Relationships*

The Systemic Constellation Work (SCW) explores our issues and existing negative patterns in our life, in order to initiate a healing movement towards happiness and success.

So what is the nature of our issues? It could be described as a block, a disruption, a dis-order -opposite to a natural flow. An issue is like an obstacle for a person to feel happy, satisfied, fulfilled and peaceful – in any area of life.

Finding the root of obstacles in order to transform them, bringing order to recognized dis-order – is a way to make space for happiness and success happening in life. From this perspective – success in our private life is also inseparable from success in our work and business lives.

### Why attend a Systemic Constellation Workshop?

Systemic Constellations are particularly useful in a wide range of issues when people feel **stuck**, and when other attempts to find a solution have failed. These might include repeated patterns of making certain types of decisions in life, facing ongoing relationship difficulties, and work or chronic health issues.

The workshop is focused on finding solutions to our issues by looking at what was disconnected, dis-ordered, and separated in our whole system of relationships. That is looked at by setting up a constellation (representation of elements of the issue relevant to the past and to the present, and by looking at our family system - our primary system of belonging).

### Examples of issues appropriate for a Constellation Process:

- ✓ Issues in relationships - with a partner, parent(s), children or with other important people from within the family or beyond it.
- ✓ Personal issues (such as a lack of success in achieving work or personal goals.)
- ✓ Health issues (Systemic Constellations explore possibly underlying systemic entanglements)
- ✓ Organisational systemic issues (in the workplace or in the community)

Systemic Constellation Work can be seen as a short-term but powerful intervention tool to explore an issue and bring a solution, and is sometimes more effective than other methods.

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### **What you might expect at the Workshop**

Systemic Constellation Workshops (**SCW**) offer fresh and deep insights into practical ways of achieving greater well-being and of solving persistent issues.

The Workshops are facilitated by **Hania Gorski** - an experienced psychologist and highly trained SCW facilitator who will offer constellations for questions or issues presented by participants. The process starts from gathering a brief overview, and then setting up the constellation using representatives for the issue. The dynamic process of setting up the constellation brings more understanding of underlying systemic entanglements, and allows (in most cases) to re-arrange the configuration of the issue in order to gain a resolution or to ignite a further process of resolution.

The workshop participants are invited to present their questions or issues, but this is by no means compulsory, and participants may simply choose to witness other participants' constellations. The conscious presence of all participants is essential to create space and energy to make the work effective. Quite often, through a *simple participation*, some important insights and solutions appear, creating a unique process for the whole group.

At all times, privacy and confidentiality are well protected.

Important Note: the Systemic Constellation Workshop *is not a group therapy*. To set up a constellation for an issue, few basic facts are needed, and the disclosure is minimal.

- ✓ **For more information about Hania Gorski and Systemic Constellations:**  
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