



# Family Constellation Program

## Outline of trainings implementing the FCP model

### Day I

**9:00 – 10:30** Welcoming and getting to know the participants. Presentation of the training goals and principles of work. Defining your own place in the field of support work.

*10:30 – 10:40 Coffee break*

**10:40 – 12:10** When a conflict escalates to violence. Psychological context of domestic violence: its types, dynamics and co-occurring factors.

*12:10 – 12:25 Coffee break*

**12:25 – 13:55** Psychological aspects of working with the perpetrator of domestic violence. The causes of violent behavior.

*13:55 – 14:30 Lunch break*

**14:30 – 16:00** Psychological aspects of working with a victim of domestic violence. Various reactions to violence, secondary victimization.

*16:00 – 16:10 Coffee break*

**16:10 – 17:35** Forms of support for specific groups of victims of domestic violence. Child as a witness of violence. The specificity of the situation of elderly people and people with disabilities.

### Day II

**9:00 – 10:30** The ABCD model of emotions in working with a family with the problem of violence.

*10:30 – 10:40 Coffee break*

**10:40 – 12:10** Nonviolent Communication. Needs as the key to understanding behavior

*12:10 – 12:25 Coffee break*

**12:25 – 13:55** The language of jackal and giraffe in communication with people experiencing domestic violence.

*13:55 – 14:30 Lunch break*

**14:30 – 16:00** How to commit to change - Motivational Dialogue and the transtheoretical model of change.

*16:00 – 16:10 Coffee break*

**16:10 – 17:35** Methods of foreign partners of the project: Theater of the Oppressed, Biofeedback, family conference, Stigamot method, Duluth model.



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## Day III

**9:00 – 10:30** Introduction to family settings according to Bert Hellinger.

*10:30 – 10:40 Coffee break*

**10:40 – 12:10** Systemic order and its dynamics. Disruptions in the functioning of the family system.

*12:10 – 12:25 Coffee break*

**12:25 – 13:55** Phenomenological face of system work. Areas and forms of applying the settings. systemowych.

*13:55 – 14:30 Lunch break*

**14:30 – 16:00** Counteracting domestic violence and settings according to Bert Hellinger. System dependencies. Principles and forms of helping.

*16:00 – 16:10 Coffee break*

**16:10 – 17:35** The application of settings according to Bert Hellinger in the life and work of a professional.

## Day IV

**9:00 – 10:30** Counteracting domestic violence in Poland - legal context. The "Blue Card" procedure, tasks of individual bodies, institutions and non-governmental organizations.

*10:30 – 10:40 Coffee break*

**10:40 – 12:10** Practice of implementing the "Blue Cards" procedure. Difficulties in interdisciplinary activities. Support network.

*12:10 – 12:25 Coffee break*

**12:25 – 13:55** Helping is tiring - counteracting burnout. Emotions and needs of people working in welfare professions.

*13:55 – 14:30 Lunch break*

**14:30 – 16:00** Helping is tiring - counteracting burnout. Work-life balance.

*16:00 – 16:10 Coffee break*

**16:10 – 17:35** Personal development: strengthening potential and building self-esteem. Summary of work.

Rekrutacja i szczegółowe informacje:

<https://grupaprofesja.com/family-constellation-program-eng>



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Project Leader



# Marek Szczęsny

educator, psychotherapist

A graduate of the WSP in Opole. Founder of the Integral Therapy Center in Zielona Góra, under which he runs therapeutic groups, personal development trainings and training courses. Since 2003, working in the field of therapy and psychotherapy with disabled and mentally retarded people at the Occupational Therapy Center and Workshops in Zielona Góra. Working with an individual client and running groups on behalf of the Municipal Social Welfare Center and Social Integration Center in Zielona Góra. In 2003, he completed the Annual Program of Psychological Education in the field of psychotherapy, psychoeducation and personal development at the Andrzej Szulc Institute of Psychological Training and Education in Krakow. Lecturer at the University of Zielona Góra in the fields of: sociotherapy, art therapy, interpersonal training, and classes in the field of personal development. He collaborates with the Lusatian University of Humanities in Żary and the University of Lower Silesia in Wrocław, as well as with educational and therapeutic centers (ODN, CKU, WOTUiW) in Zielona Góra. In 2006, he graduated from the three-year Gestalt School of Psychotherapy at the Psychological Education Center in Wrocław. In 2006, he completed a training - System settings in counseling and psychotherapy, basic course - Individual contact at the Center for Systemic Psychological Settings. In 2010, he completed training in system settings for the organization in Plus in Wrocław. In 2011, he obtained a psychotherapist certificate. He conducts individual psychotherapy. Permanent supervision at the PTP supervisor Jacek Rydlewski. He is the author of the books: "Pretty close ... three fairy tales", Wydawnictwo Kropka, Zielona Góra - 2002 and "Tertu - story seller", Aksjomat Publishing House, Krakow - 2003. In the years 1990 - 2003 an actor and journalist associated with theaters in Opole, Łódź and Zielona Góra, as well as radio stations: Polish Radio Program 1, Program 3, Regional Broadcasting Station of Radio West in Zielona Góra.



# Justyna Staszewska

psychologist

Psychologist, MA in psychology at Adam Mickiewicz University in Poznań, professionally active as a psychologist since 1995. Certified Trainer of System Settings by Bert Hellinger.

During her professional career, she diagnosed the mental state and developmental potential of children, conducted therapeutic programs, crisis interventions, conducted classes in general, developmental, social, clinical, and creativity psychology. As part of the activities of the institution, which is the Psychological and Pedagogical Counseling Center in Zielona Góra, she created and ran a Crisis Intervention and Therapy point for children and adolescents, conducted psychological research and crisis interventions, supported the functioning of families by supporting parents, and closely cooperates with school principals, educators and teachers. Ms. Justyna conducts substantive consultations for volunteers working with children in the clinic. As part of her professional activities, she constructed and conducted educational, preventive and therapeutic programs. He conducts workshops on the basics of Iyengar yoga.

Project Lider



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Project partners



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