

# International Courses on Trauma Constellations & Individual work. A Collaborative Learning Project – Residential Event, Sweden (for travel information see end of document)

With Vivian Broughton and Tore Kval.

*Introductory Module: 14 – 19 August 2012 – limited places*

*Advanced Module: 21 – 26 August 2012 – limited places*

There are several essentials to Trauma Constellations work in the private session:

- an understanding of trauma processes, including splitting and symbiotic trauma, based on the work of Franz Ruppert, and an understanding of PTSD symptomatology;
- an understanding of the methodology of constellations as practised in group and the private one-to-one session;
- the client interview with the focus of establishing 'the intention' as the primary orienting factor for the constellation;
- a facilitation approach that is phenomenological, present and mindful, respecting the client and the constellations process as the central authority of the work;
- an understanding of the use of floor-markers in the individual session;
- the maintaining of clarity when using oneself as a representative in the constellation;
- the facilitator's recognition and ongoing addressing of their own trauma;

Drawing on Vivian's first book, *In the Presence of Many*, and her developing ideas on trauma and one-to-one work, Tore's own developing work with trauma constellations and breathwork, and Franz Ruppert's theories about trauma as presented in his publications<sup>1</sup>, we will focus on these essentials via the practice of constellations and reflective feedback, questions and discussion.

We will also consider the differences and similarities between the group constellation and the one-to-one constellation in order to improve the quality of our one-to-one work.

We will give detailed attention to the initial interview and establishing the 'intention'. The success of the subsequent constellation is dependent on this.

**The Introductory module** is for those who have some experience of constellations work generally and who are interested in developing their work in the individual context and learning about trauma constellations work as distinct from traditional family constellations.

**The Advanced module** is for those who are familiar with Franz Ruppert's work and are interested in refining their understanding and skills of one-to-one work and the trauma constellation. Participants on this course will be better prepared if they have read some of Franz Ruppert's work and Vivian's book *In the Presence of Many*, and have attended at least two workshops specifically working with trauma constellations.

The venue is especially suitable for this kind of work as the natural environment is beautiful and supportive. Active meditations will also be offered to help the process.

**Price each course:** Norwegian Kroner. 6000 (€770 approx)

In addition N.Kr 500 (€65 approx) for each day for food and boarding (N. Kr 2,500/€325 approx)

**Place:** Dalsland in Sweden. 2 hours by bus from Oslo.

For information about the venue: <http://www.one-ness.net/gallnas>

**Event Language:** English.

**Applications contact:** Tore Kval +47 90771022, [tkkval@online.no](mailto:tkkval@online.no)

**For more Information:**

Contact Tore or Vivian +441179232797, [Vivian@constellationswork.co.uk](mailto:Vivian@constellationswork.co.uk).

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<sup>1</sup> *Trauma, Bonding & Family Constellations* and *Splits in the Soul* published in English. There are also the original publications in German for those who speak German.

### Travel information:

Travel from UK:

There are 5 airports into which you may fly, depending on the airline and the price you wish to pay. The journey from Oslo centre to Gallnas is: 105 mins to Arjang + 40 mins to Gallnas.

#### **1. Oslo Gardemoen**

is the main Oslo airport located about 45 mins from the centre of Oslo. Flying into here you must travel from the airport (best by airport bus -flybussen) to Oslo Galleri main Bus Station. From there you catch a SWEBUS Epress bus to Stockholm, stopping at a town called Arjang.

Norwegian flies from Gatwick, Edinburgh, Manchester

British Airways, SAS and Norwegian airlines fly into here from the UK. The first two are the higher priced companies.

#### **2. Oslo Torp (Sandefjord) - about 1.5 hours to Oslo centre**

Is a RyanAir feeder airport with flights from Liverpool, Stansted and Edinburgh

From Oslo Torp an express bus, timed to synchronise with your flight times, takes you to Oslo Galleri bus station where you then catch the Swebus Express to Stockholm, getting off at ARJANG

#### **3. Oslo - Rygge - about 60 mins to Oslo centre**

Another Ryanair feeder airport with flights from Newcastle, Manchester, Liverpool, Dublin, Stansted, Gatwick.

An express bus synchronised to your flight times takes you to Oslo for the Swebus Express bus to Stockholm getting off at ARJANG

#### **4. Gothenburg City - about 3 hours max from Gallnas.**

a Ryanair feeder with flights from Edinburgh, Stansted

An airport bus, synchronised to your flight times, takes you to Nils Ericsson Terminal in Gotheburg from where you catch the Vasttrafik bus service to Bengtsfors (see links below)

<http://www.ryanair.com/en>

<http://www.norwegian.com>

Swebus Express

[http://www.swebus.se/SwebusExpress\\_com/](http://www.swebus.se/SwebusExpress_com/)

Arjang is actually spelt in Swedish Årjäng but UK keyboards will not have these extra vowels on them. So when you come to scroll down to find the town of Arjang, remember that Arjang comes after vwxyz in the Swedish alphabet.

Vastrafrfik

<http://www.vasttrafik.se/en/Travelling/Travel-planner/?from=0000800000004940!->

[290969855&to=00060029!-](http://www.vasttrafik.se/en/Travelling/Travel-planner/?from=0000800000004940!-290969855&to=00060029!-)

[727103693&resultdirectly=1&showadvanced=&date=7%2f18%2f2011&time=14%3a09](http://www.vasttrafik.se/en/Travelling/Travel-planner/?from=0000800000004940!-290969855&to=00060029!-727103693&resultdirectly=1&showadvanced=&date=7%2f18%2f2011&time=14%3a09)

WE COLLECT YOU FROM EITHER Årjäng or Bengtsfors and ask just for the petrol money.

If there are a number of you travelling from the same place into Gothenburg City airport, then if time permits we can transport you to and/or from Gothenburg City for the cost of the petrol. It is a question of how many others have to be at other bus connections and how many.