

# TRAUMA CONSTELLATIONS REVISITED

**A THREE DAY WORKSHOP DEMONSTRATING  
THE CREATIVE FUSION OF SOMATIC TRAUMA  
APPROACHES AND SYSTEMIC CONSTELLATIONS**

**FRIDAY 24<sup>TH</sup> – SUNDAY 26<sup>TH</sup> MAY 2019  
EDMONTON, ALBERTA, CANADA**



**JOHANNES BENEDIKT SCHMIDT**  
**A skilled and innovative facilitator of over 25 years**

I am delighted that Johannes Benedikt Schmidt has accepted my invitation to come to Canada to facilitate a three day workshop. I consider Johannes to be a model for facilitators in the constellations field. He brings a gentle, safe approach to some of the most difficult human conditions that are looking for healing. In my trainings, I recommend his book *Inner Navigation* as the benchmark for teaching the process of facilitating.

Jonathan Hooton, constellations facilitator, trainer and workshop organizer.

**Johannes Benedikt Schmidt, Ph.D.**, holds an M.A. in Psychology, M.A. in Human Development, and a Ph.D from Fielding Graduate University Santa Barbara, CA for his research on the Transcendent in Psychotherapy. Johannes experienced his first constellation in 1988 and subsequently was an early adopter of constellation work. He has been working as workshop presenter, consultant, and psychotherapist for 25 years. Johannes has been trained in Behavior Therapy, Hypnotherapy, Constructivist-Systemic Work, Constellation Work, Somatic Experiencing, Brainspotting, Structural Dissociation Work, Psychotraumatology, Subtle Self Work, and Craniosacral Biodynamics.

Johannes was originally trained in agriculture, worked for an insurance company and freelanced for consulting companies. Today, he teaches mostly in Germany, Switzerland, and Austria. In 2009 Johannes came for the first time to Canada and offered seminars in Systemic Constellation Work, and Trauma Work. He facilitates solutions for individuals, companies and family businesses. He is the author of *Inner Navigation – trauma healing and constellations process work as a navigational tool for the evolution of your true self* which can be ordered via his website <http://www.apititude-academy.com/literatur/innere-navigation.php>

## THE WORKSHOP

Changes in our society evolve rapidly. Small changes in systemically interconnected systems bring about effects in various domains simultaneously. Our knowledge about the biopsychospiritual system called “human being” is exponentially growing and we need to re-learn what we knew in every instant. We now have a deeper understanding about the human condition than ever before – especially about the ways we are both separate and yet intricately connected at the same time.

The field of trauma work and interpersonal biology especially challenges previous views on how to work with personal dynamics. Somatic (body-based) understanding of personal dynamics widened our view on the limitations and potentials of systemic constellation work. The fusion of these two potent approaches increases the relevance of personal work for our clients. When we come from these places of deeper understanding we open doorways to work more gently, effectively and in tune with others and what supports them from the inside out. This is especially true of those often unseen and misunderstood places where trauma has embedded in the body and derailed our life course. Consequently, recurrent reflection on our approaches to access issues of clients and invite processes of repatterning on multiple levels is mandatory for all serious facilitating.

In this workshop, we will critically reflect on the concepts and practices of systemic constellation work. Johannes B. Schmidt will work with participants’ processes using his integrative view and practice. As a seasoned facilitator who has been setting up constellations extensively since 1994, Johannes has integrated approaches from body-based trauma work, principles of craniosacral biodynamics, experiences with pre- and perinatal psychology, constructivist systemic work, interpersonal neurobiology, and mindfulness practice to name only a few.

Johannes’ slow-motion constellations and his focus on inner dynamics rather than family entanglements opens constellation work to a wide range of applications. His integration of conception issues, intrauterine life and birth dynamics as well as bonding and attachment styles enables him to work in the non-verbal domain of human development facilitating complex trauma healing. Focusing on self-regulation, he challenges our view on independence and autonomy. In his work, a space of stillness and silent participation opens and invites deeply felt contact and connection that profoundly affects our being-nature. Witnessing this work is entering a space of true transformative intimacy.

**Dates:** *Friday 24th – Sunday 26th May 2019*

**Times:** *9 am – 5 pm each day*

**Fees:** *\$675 [\$695 through PayPal]  
Early bird of \$625 [\$645 through PayPal] by 31st March 2019  
Deposit of \$200 [\$210 through PayPal] to hold your place  
Refunds, less \$100, are available until 30th April 2019  
All prices are in Canadian dollars*

**Location:** **PROVIDENCE RENEWAL CENTRE**  
*3005 – 119 Street NW, Edmonton, Alberta, Canada*  
[www.providencerenewal.ca](http://www.providencerenewal.ca)

**Registration:** *contact: JONATHAN HOOTON  
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website: [www.soul-guide.com](http://www.soul-guide.com)*

### **ACCOMMODATION AND MEALS AT PROVIDENCE RENEWAL CENTRE** **Group rate available until 30th April 2019 when booked through Jonathan**

Single rooms with shared bath:	\$45.00 per night	Breakfast:	\$ 8.75 per person
Double room with bath:		Lunch:	\$14.00 per person
	Single occupancy:	Supper:	\$14.00 per person
	Double occupancy:		