

# **"Family Constellations & Trauma" 3º Part Training**

**October 22 to 30 -2026**



\*\*\*Beyond the learning itself, it's a week of important personal work. It includes two healing and active meditations per day, and insightful painting exercises.

This advanced training is open to all those who have completed levels 1 and 2 of the Basic Family Constellations Course. It focuses specifically on refining our skills in working with people and teaches concepts and strategies to help the body and mind heal and renegotiate the effects of trauma and shock in human life.

While Family Constellations help us understand how, within the relational context of a family, we take on the traumas of others, we now add a complementary somatic approach, derived primarily from Somatic Experiencing work. We learn how our body responds to traumatic stress and what will help it recover healing and self-regulation. In this approach, we focus on bodily sensations and mobilize the powerful survival energy that has become frozen in the nervous system.

By working at a physiological level, the insights of a constellation are more easily integrated and assimilated, preventing any retraumatization. In traumatic stress, our nervous system is affected and reacts in ways beyond our control. Unless we reach the level of the body where the high stress is located, support its gradual recovery from a state of paralysis, and integrate the released energy, lasting healing will not be possible.

## **Topics covered:**

- Understanding trauma and post-traumatic stress
- Physiology of trauma and the stress response
- General treatment approach and basic concepts
- Working with emotions

- Using touch as a therapeutic tool
- Constellations practice with special consideration of trauma

Each day will include theory, followed by demonstration sessions and supervised practice. By combining Family Constellations with a somatic approach, we gain a broader understanding of how to address personal and collective trauma. We become more attuned to how to prepare a client for a constellation and how personal and collective traumas are often intertwined.

On a personal level, we find a deeper connection with our bodies and how to overcome post-traumatic stress. This strengthens our ability to be present with others and with ourselves in all kinds of challenging life situations.

The trauma you avoid will eventually destroy you.

The trauma you face will become your strength.

### **Investment in Training: 1.200€**

\*\*\*Full accommodation x 8 nights with individual room occupancy=**670€** with all meals (paid directly to the hotel when leaving)

\*\*\*Full accommodation x 8 nights with shared room occupancy=**580€** with all meals (paid directly to the hotel when leaving)

### **\*\*To make a reservation complete this:**

Full names (for Certificates)

.....

Full Address -.....

Profession .....

If you need invoice, details .....

**\*\*\*\*To confirm your reservation, make a deposit of 300€ to:**

-PayPal: [vedanta.suravi@gmail.com](mailto:vedanta.suravi@gmail.com)

Or La Caixa/Bankia

[C/de Alcalá, 44, 28014 Madrid](#)

IBAN ES65 2100 0921 8613 0074 9892

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Titular: Nadja E. Sasunic Kalebic

Please indicate: 3rd Part FC & Trauma

Wishing you all the best, Suravi