

AFRICAN  
CONSTELLATIONS  
**FACILITATOR  
TRAINING**  
**2022**



**PRESENTED BY  
TANJA  
MEYBURGH**

# THE TRAINING

## AN OUTLINE

The African Constellations Facilitator Training is an opportunity to immerse yourself in the practice and philosophy of Systemic Constellations.

This training has developed over the last 20 years in the multi-dimensional context of South Africa, with participants joining us from around the world to experience the unique culture and context and the grounded approach of African Constellations.

We offer a deep dive into Ancestral fields, as well as fundamental understanding in Systems Theory and the philosophy of Bert Hellinger's Classical Systems Constellations. The training is based on developing deep observation skills and an ability to "see" emergence in the knowing field that is collectively accessible to us all. This field was once trustingly called upon by indigenous people and has been incorporated in many subsequent healing traditions.

This training bridges the ancient and more modern ways of knowing and understanding family, organisational, natural and collective systems and the trans-generational dynamics that affect them. We dance the fine line between content and process, on the assumption that personal development and a foundational knowledge in classical family constellations is required to understand and facilitate effectively in various contexts and in your niche area of expertise.



# THE AFRICAN CONSTELLATIONS TRAINING

IS UNIQUE BECAUSE:

- We have a strong foundation in **systems theory**
- We offer training in **observational skills and phenomenology**
- We teach **classical and constructivist constellations** with family constellations as the foundation of exploration and support into your field of specialisation (nature, coaching, organizational, collective constellations, land etc)
- We offer experience in power relations, marginalization and working in **multicultural settings**
- Extensive research and experience in Southern African traditions and **Zulu Culture** as one knowledge lineage of Constellations work
- We **bridge ancient and modern ways of knowing**. Embodiment, movement, ceremony and ritual are an essential part of our work.
- We offer an online / in-person **hybrid model** that makes it possible to join us from anywhere in the world.



# QUALIFY WITH US

**To qualify as a Family or Systemic Constellations Facilitator, you will be required to develop your own portfolio within 2 years that includes:**

- 1. Register with African Constellations** for training and attend your intake interview.
- 2. Register with REAL Academy** with your unique code and access the courses to do in your own time (equivalent to 6 days training):
  - Resources for Facilitators 1, 2, 3 & 4
  - Constellations in the Individual Setting
- 3. In-person: TWO x INTENSIVE TRAININGS OF 5 DAYS in Cape Town 2022 and/or 2023.** Please note that travel and accommodation is to your account. Lunches will be provided during the training days.
- 4. Attend on-line subject open workshops** as a representative with Tanja Meyburgh (4 workshops required)
- 5. Peer Groups** (in person and/or online): you will be allocated a peer group for your minimum 25 hours practice. We suggest you each facilitate and write up at least 5 constellations in your group.
- 6. Attend 2 Supervision Workshops online** or in-person through African Constellations
- 7. Individual Supervision / Mentoring** (not included in fees)
- 8. You will take your cases for at least 4 hours one-on-one mentoring** to an African Constellations associated supervisor / mentor and pay them directly for their time.
- 9. Portfolio Submission and Exit interview** with Tanja Meyburgh
- 10. Graduation**

# QUALIFY WITH US

---

## **Your Portfolio:**

The portfolio is a summary of dates, workshops or modules attended and the number of days / hours you have attended in each. Level two and three can be completed simultaneously.

This is a comprehensive training but does not qualify you to practice therapy or coaching, but is rather an adjunct to existing professional qualifications. After you graduate with African Constellations, you are eligible to appear on the South African Systems Constellations Association of South Africa website as a registered facilitator. (A minimal yearly fee is payable to the association)

## **Investment:**

All inclusive (you only pay for your mentoring directly to your mentor)

R52 000 for South African participants

\$3600 for International participants

## **Requirements to Register:**

- Currently working in a field of practice in which you plan to apply Constellations work.
- You have set up and experienced your own constellation in a group or individually.
- Entrance interview with African Constellations

# YOUR TRAINER

TANJA MEYBURGH

Tanja Meyburgh, counselling psychologist, is a renowned Family and Systems Constellations trainer and supervisor and regular contributor to the international constellations journal, *The Knowing Field*. As founder of African Constellations, she has taken 15 groups through a full facilitator training and is the primary pioneer of constellations work in South Africa with 18 years of experience specialising in this field. She has assisted organisations in South Africa involved with addiction, adoption, trauma, political violence, community development and diversity. More recently Tanja has co-founded Ancestral Connections integrating dance and constellations, and the REAL Academy, an online resource for Embodied and Ancestral Learning. Tanja has also presented at the international intensives in Germany, South Africa and Australasia, and accepted invitations to teach at conferences and workshops in Germany, Austria, Belgium, United Kingdom, Kuwait, Netherlands, Portugal and the USA.

Tanja's MA (Psych) in Narrative Therapy has had a big impact on how she views power relations and work with marginalised voices and communities. She also has training and experience in wilderness therapy, art therapy, expressive movement and Southern African lineage wisdom. Tanja provides a creative and experiential learning space that brings a sense of soul and spirit in a psychologically grounded way. Her interest in self-growth, personal & collective ritual and embodiment supports her to hold a broad and deep container for clients' personal and professional process. Her work is described by those who know her as gentle and incisive. Tanja lives in Cape Town with her two children.