

SUMMARY OF Systemic Skills Development - BASIC training

Video 1: Introduction to Systemic Skills Foundation Training

- BASIC Training and Systemic Skills Foundation Training
- Uncovering Hidden Patterns within the System and the importance of "Why?"
- Developing a Systemic "Seeing" Perspective
- Code of Ethics and working with Safety and Compassion
- Recognising the Importance of Spoken Words

Video 2: Systemic Flow and Hidden Patterns

- Understanding Systems as innately systemic
- Exploring Life as the flow of Breath on the Earth Journey
- Primary System: Family and Environmental System
- Dances of the Blind Reflex (Spatial, Temporal, Relational, Process, and Uncertainty Blindness)
- Understanding Quantum Field and the dynamics of Perpetrator vs. Victim
- Present Experience and Creation passed forward through the system

Video 3: Inclusion and Belonging

- Recognising Systems within Systems
- Embracing the concept of Everything being included
- Understanding the importance of Belonging and Everyone's inclusion within the system

Video 4: Systemic Coaching and Healing

- Opening the heart and listening from a heart space
- Systemic Seeing and uncovering hidden patterns
- Understanding the disruptive power of hidden dynamics in energy flow
- Finding systemic solutions and following the natural intelligence in the system
- Exploring Energy Flow, Strengths, and missing elements in client's systems
- The power of "What if" interventions and the Phenomenological Approach

Video 5: Practical Training and Systemic Process

- Recognising the importance of practical training in systemic work
- Questioning within oneself and steps towards Discovery
- Phases in the Systemic Process: Family System, Belonging, Organisational System, and Hierarchies
- Working at the highest tension and strengthening the client
- Addressing hidden dynamics and loyalties within the system
- Patterns, Dynamics, and creating more wholeness
- Interventions, experiential learning, and the power of movement

Video 6: Constellations Process and Bringing Wholeness

- Exploring the Constellations Process and systemic perspective
- Understanding the "Now Moment" and somatic experiences
- Letting go of judgments and creating neutrality within
- Addressing beliefs and energy that hold the system in bondage
- Trusting the client's strength and facing reality for healing

- The power of acknowledging strengths and weaknesses in parent's systems
- Observing the field, recognising the healing in pain, and solving problems

This training provides a comprehensive journey through systemic awareness and transformation. It covers foundational skills, hidden patterns, systemic flow, coaching, healing, practical training, the systemic process, constellations process, and bringing wholeness to systems. By following this training, learners will gain a deep understanding of systemic dynamics, develop necessary skills, and acquire the tools to facilitate transformative change within individuals and systems.