Systemic Skills Development - BASIC

Video 1

In this introductory video, we will provide an overview of the curriculum for Systemic Skills FOUNDATION TRAINING. We will delve into the core concepts and topics covered in this training program, setting the stage for your journey into the world of systemic skills.

1. **BASIC Training:**
   - Introduction to the fundamental concepts and principles of systemic skills.
   - Building a strong foundation for understanding systemic thinking and its applications.

2. **Uncover Hidden Patterns within the System - WHY?**
   - Understanding the significance of identifying hidden patterns within complex systems.
   - Exploring the benefits of recognising patterns and their impact on decision-making and problem-solving.

3. **Develop Systemic "Seeing" Perspective:**
   - Cultivating a systemic perspective and mindset to perceive interconnectedness and interdependencies in systems.
   - Tools and exercises to develop your systemic thinking skills and broaden your perspectives.

4. **Code of Ethics:**
   - Emphasising the importance of ethical considerations in working with systemic skills.
   - Promoting safety, respect, and inclusivity in all systemic interactions.

5. **Safety for All - Working with Compassion:**
   - Creating a safe and supportive environment for systemic work.
   - Developing empathy, compassion, and self-care practices for effective and ethical systemic interventions.

6. **Importance of Spoken Words:**
   - Exploring the impact of language and communication in systemic work.
   - Understanding how verbal communication techniques can enhance rapport, understanding, and connection.

7. **Systemic Flow:**
   - Understanding the concept of systemic flow and its significance.
   - Developing trust in the flow of wisdom within the system for more effective interventions.

8. **Connecting and Trusting the Flow of Wisdom in the Field:**
   - Exploring techniques to connect and trust the wisdom inherent in the system.
   - Leveraging the collective intelligence and insights available in systemic contexts.

9. **Finding a Client's Core Problem:**
   - Techniques for identifying the underlying core issues in systemic settings.
   - Uncovering the root causes of problems and challenges to facilitate transformative change.

10. **Finding the Links:**
    - Recognising and exploring the interconnectedness of elements in systems.
    - Identifying the relationships and dependencies between different components for holistic understanding.

11. **Gaining Wisdom through Insights:**
    - Cultivating intuition and deep insights in systemic work.
    - Leveraging insights to facilitate transformative change and decision-making.

12. **The Dance of the Blind Reflex:**
    - Understanding and managing automatic and reactive responses in systemic interventions.
    - Developing awareness of blind spots and biases for more effective systemic work.

13. **Asking Systemic Questions:**
    - Techniques for asking powerful and systemic questions to deepen understanding.
    - Using questions to uncover new perspectives, possibilities, and solutions.

14. **Creating Systemic Awareness:**
    - Cultivating self-awareness and mindfulness in systemic work.
    - Recognising and managing personal biases and assumptions for better systemic interventions.

15. **The Art of Following:**
    - Developing the skill of "following" in systemic contexts.
    - Understanding the dynamics of leadership and followership in systemic interventions.

16. **The Phenomenological Approach:**
    - Introduction to the phenomenological approach in systemic work.
    - Understanding the subjective experiences and perspectives of individuals for better systemic understanding.

This video will provide you with a comprehensive overview of the topics covered in the Systemic Skills FOUNDATION TRAINING, setting the stage for deeper exploration and learning in subsequent videos.

Video 2:

The System holds the Key to Wholeness - Understanding Systemic Dynamics

In this video, we will explore the intricate dynamics of systems and their role in achieving wholeness and understanding. We will delve into various aspects of systemic thinking and the blind reflexes that can hinder our understanding of systems.

1. **Systems are innately systemic:**
   - Recognising that systems possess inherent systemic qualities and characteristics.
   - Understanding the interconnectedness and interdependencies within systems.

2. **Life is the flow of Breath on this Earth Journey:**
   - Viewing life as a continuous flow of breath and experiencing the journey on Earth.
   - Exploring the significance of understanding life as a dynamic and interconnected process.

3. **Family = Primary System:**
   - Recognising the family as a primary system that influences individual experiences and development.
   - Understanding the dynamics and patterns within family systems.

4. **Your Environmental System:**
   - Examining the impact of the environmental system on individuals and communities.
   - Considering the interconnectedness between humans and their environment.

5. **Dances of the Blind Reflex - Spatial Blindness:**
   - Exploring spatial blindness as a blind reflex that hinders our understanding of the system.
   - Understanding how spatial blindness can limit our perception and awareness of the system.

   - **Understanding the narrative as it links to the systemic hidden pattern:**
     - Recognising the significance of narratives in revealing hidden patterns within systems.
     - Exploring how narratives link to the underlying systemic dynamics and structures.

   - **Quantum Field:**
     - Understanding the concept of the quantum field and its influence on systemic dynamics.
     - Exploring the interconnectedness and non-locality within the quantum field.

8. **Dances of the Blind Reflex - Temporal Blindness:**
   - Exploring temporal blindness as a blind reflex that hinders our understanding of the system over time.
   - Recognising the impact of temporal blindness on perceiving systemic patterns and dynamics.

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   - **Perpetrator vs. Victim:**
     - Examining the roles of perpetrators and victims within systems.
     - Understanding the complex dynamics and power imbalances associated with these roles.

   - **Present Experience as it comes from the past history:**
     - Recognising that present experiences are shaped by past history within the system.
     - Understanding how the past influences current behaviours and patterns.

   - **Creation as it is passed forward through the system:**
     - Exploring how creations and behaviours are passed down through generations within systems.
     - Recognising the intergenerational impact of past actions and choices.

12. **Dances of the Blind Reflex - Relational Blindness:**
    - Exploring relational blindness as a blind reflex that hinders our understanding of relational dynamics.
    - Understanding the importance of recognising and addressing relational blind spots.

    - **Order of relationships in a system:**
      - Examining the hierarchical and interconnected nature of relationships within systems.
      - Understanding the order and dynamics of relationships and their impact on the system.

    - **Gains and Losses:**
      - Exploring the concept of gains and losses within systems.
      - Understanding how gains and losses influence systemic dynamics and patterns.

15. **Dances of the Blind Reflex - Process Blindness:**
    - Exploring process blindness as a blind reflex that hinders our understanding of systemic processes.
    - Recognising the importance of understanding and addressing process blind spots.

    - **Each Choice creates a Consequence:**
      - Understanding the significance of choices and their consequences within systems.
      - Recognising the impact of individual choices on the systemic dynamics.

17. **Dances of the Blind Reflex - Uncertainty Blindness:**
    - Exploring uncertainty blindness as a blind reflex that hinders our understanding of uncertainty within systems.
    - Understanding how uncertainty affects decision-making and systemic understanding.

- **Each role has purpose with value:**
    - Recognising the purpose and value of each role within a system.
    - Understanding the interconnectedness and contributions of different roles.

This video will deepen your understanding of the systemic dynamics, blind reflexes, and various aspects of system thinking, allowing you to perceive systems with a more holistic and comprehensive perspective.

Video 3:

A System within a System - Embracing Inclusion and Wholeness

In this video, we will explore the concept of systems within systems and the importance of inclusion and belonging. We will delve into the understanding that everything is interconnected and has a place within the larger system.

1. **A system within a system:**
    - Recognising that systems exist within larger systems, forming a nested structure.
    - Understanding how subsystems influence and interact with the larger system.

2. **Everything is included:**
    - Embracing the notion that everything within a system is interconnected and has a role.
    - Recognising the interconnectedness and interdependencies of all elements within the system.

3. **Everyone belongs:**
    - Understanding the significance of inclusivity and belonging within systems.
    - Promoting an environment where every individual is valued and has a place within the system.

This video emphasises the interconnectedness and inclusivity within systems, highlighting the understanding that everything and everyone has a role and belongs within the larger system.

Video 4:

Opening the Heart and Systemic Seeing - Nurturing Connection and Discovering Hidden Patterns

In this video, we will explore the importance of opening the heart and listening from a heart space in systemic work. We will delve into the concept of systemic seeing and uncovering hidden patterns that influence our lives. Additionally, we will discuss the principles of systemic coaching and the power of inclusion in facilitating healing and movement towards wholeness.

1. **Opening the heart and listening from a heart space:**
   - Recognising the significance of cultivating an open heart and listening deeply in systemic interactions.
   - Understanding the importance of empathy, compassion, and genuine connection.

2. **Systemic Seeing:**
   - Developing the skill of systemic seeing to perceive the interconnectedness and hidden patterns within systems.
   - Exploring the ability to recognise the underlying dynamics that influence our lives.

3. **Discovering hidden patterns - life links:**
   - Uncovering hidden patterns that link various aspects of life and experiences.
   - Understanding how these patterns impact our thoughts, emotions, and behaviours.

4. **Systemic Coaching:**
   - Introducing the concept of systemic coaching and its role in facilitating transformative change.
   - Recognising the importance of addressing the hidden dynamics that disrupt energy flow.

5. **Finding a systemic solution:**
   - Exploring techniques for finding systemic solutions to challenges and disruptions within systems.
   - Recognising the interconnectedness of solutions and their impact on the entire system.

6. **Following the natural intelligence in the system:**
   - Trusting the innate intelligence and wisdom present within the system.
   - Allowing the system to guide the process of finding solutions and creating change.

7. **Energy flow:**
   - Understanding the importance of unblocked energy flow within systems.
   - Recognising how disruptions in energy flow can lead to challenges and imbalances.

8. What would serve the client? Where will the client find their strength?
   - Focusing on the client's needs and strengths in systemic coaching.
   - Supporting the client in finding solutions and resources that align with their unique journey.

9. **The power of inclusion:**
   - Recognising the power of inclusion and embracing diversity within systems.
   - Understanding how inclusion contributes to the healing movement towards wholeness.

10. **Healing movement - Moving toward Wholeness:**
    - Acknowledging the transformative power of movement and growth within systems.
    - Embracing the journey towards wholeness and integration.

11. **Key Question: Who or What is missing?**
    - Exploring the key question of identifying missing elements or relationships within systems.
    - Recognising the significance of addressing these gaps for systemic balance and harmony.

12. **The art of asking questions:**
    - Developing the skill of asking powerful and effective questions in systemic coaching.
    - Understanding how questions can reveal insights, promote awareness, and facilitate change.

13. **Ill-gotten gain:**
    - Recognising the impact of unethical or imbalanced gains within systems.
    - Understanding the consequences and disruptions caused by ill-gotten gains.

14. **Systemic Awareness, Intelligence, and Wisdom:**
    - Cultivating systemic awareness, intelligence, and wisdom in systemic work.
    - Leveraging these qualities to navigate complexities and facilitate transformative change.

15. **Breath and Principles of Consciousness:**
    - Exploring the significance of breath and consciousness in systemic work.
    - Understanding how these principles contribute to awareness and connection within systems.

16. **Phenomenological Approach:**
    - Introducing the phenomenological approach and its application in systemic work.
    - Understanding the importance of exploring subjective experiences and perspectives.

This video emphasises the importance of opening the heart, nurturing connection, and developing systemic seeing in systemic work. It also highlights the power of systemic

coaching, inclusion, and the art of asking questions, ultimately leading to healing, transformation

Video 5:

Constellations Process and Bringing Wholeness to the System - Observing, Trusting, and Healing

In this video, we will explore the constellations process and its role in bringing wholeness to systems. We will delve into the systemic perspective and the importance of understanding the "now moment" and observing phenomena without judgment. Additionally, we will discuss somatic experiences, the power of letting go, and the use of universal wisdom in systemic work.

1. **Constellations Process > Journey:**
    -   Introducing the constellations process as a journey towards understanding and healing systems.
    -   Exploring the step-by-step process of uncovering systemic dynamics and patterns.

2. **Systemic Perspective:**
    -   Adopting a systemic perspective that considers the interconnectedness and interdependencies within systems.
    -   Understanding how systems influence individual experiences and behaviours.

3. **Understanding the "Now Moment":**
    -   Recognising the significance of the present moment in systemic work.
    -   Understanding the power of observing and experiencing the now moment without judgment.

4. **Understanding the 'phenomena' as it is observed:**
    -   Embracing a non-biased and non-judgmental approach to observing systemic phenomena.
    -   Recognising the importance of accepting and understanding phenomena as they are.

5. **Somatic experience:**
    -   Acknowledging the role of somatic experiences in systemic work.
    -   Understanding the body's wisdom and its impact on our understanding of the system.

6. **Stepping away from judgment - Create neutrality within:**
    -   Recognising the need to step away from personal biases and judgments in systemic work.
    -   Cultivating a state of neutrality to better observe and understand the system.

7. **Beliefs in the system create energy that holds the system in bondage:**
    - Exploring how beliefs within the system can create energetic patterns that limit growth and harmony.
    - Understanding the importance of addressing and transforming limiting beliefs.

8. **Letting Go - Stepping out of the Field:**
    - Embracing the power of letting go and stepping out of the energetic field of the system.
    - Recognising that detachment and releasing attachments can bring about healing and transformation.

9. **Use of Universal Wisdom:**
    - Tapping into universal wisdom and higher consciousness in systemic work.
    - Leveraging universal principles and guidance to facilitate healing and resolution.

10. **Acknowledge the World as It Is:**
    - Embracing the reality of the world and the system as it currently exists.
    - Understanding the importance of acknowledging and accepting the present reality.

11. **Acknowledging what is creates peace:**
    - Recognising that acknowledging and accepting the truth of the system brings about inner peace.
    - Understanding the role of acceptance in the healing process.

12. **Trust the client's strength:**
    - Having trust in the client's inner strength and resilience in navigating their system.
    - Empowering the client to take ownership of their journey and healing process.

13. **Trust "What Is":**
    - Trusting the natural unfolding and dynamics of the system.
    - Allowing the system to guide the process of healing and transformation.

14. **Facing the reality creates a healing force:**

    - Recognising that confronting and facing the reality of the system is a powerful catalyst for healing.
    - Understanding that acknowledging and addressing challenges leads to resolution.

15. **The empty space:**
    - Exploring the significance of the empty space in systemic work.
    - Recognising the potential for new possibilities and resolutions within the empty space.

16. **Finding strength through the connection with Pain:**
    - Understanding that pain and challenges within the system can serve as a catalyst for growth and strength.
    - Recognising the transformative power of embracing and working through pain.

17. **Connection and Observation of Field:**
    - Understanding the importance of connecting with and observing the energetic field of the system.
    - Recognising the valuable insights and information that can be gained through this connection.

18. **Pleasing vs Helping:**
    - Differentiating between the desire to please others and the genuine intention to help and facilitate healing.
    - Understanding the importance of setting healthy boundaries in systemic work.

19. **In the Pain lies the Healing:**
    - Acknowledging that within pain and discomfort lies the potential for healing and growth.
    - Embracing the transformative power of working through and resolving pain.

20. **Problems are Solutions:**
    - Shifting the perspective to view problems as opportunities for growth and transformation.
    - Understanding that problems within the system hold valuable insights and solutions.

This video emphasises the constellations process, observing without judgment, and trusting the natural unfolding of the system. It also highlights the importance of facing reality, acknowledging pain, and recognising problems as opportunities for healing and growth within the system.

Video 6:

The Importance of Practical Training and the Systemic Process - Steps Towards Discovery and Transformation

In this video, we will explore the importance of practical training in systemic work and delve into the systemic process of discovery and transformation. We will discuss the phases involved in working with family and organisational systems, addressing issues related to belonging, hierarchy, and history. Additionally, we will examine interventions, the power of questioning, and the movement between the client and the field in facilitating experiential learning.

1. **The importance of practical training:**
   - Recognising the significance of practical training in developing skills and competency in systemic work.
   - Understanding the value of hands-on experience in working with complex systems.

2. **Questioning within self:**
   - Encouraging self-reflection and introspection as a means of deepening understanding and insight.
   - Emphasising the power of asking probing questions to uncover hidden dynamics and patterns.

3. **Steps towards Discovery:**
   - Exploring the sequential steps involved in the systemic process of discovery and transformation.
   - Understanding how each step contributes to a deeper understanding of the system and its dynamics.

4. **The Systemic Process:**
   - Introducing the systemic process as a framework for working with family and organisational systems.
   - Recognising the interconnectedness and influence of various systems on individuals.

5. **Phase 1 - Family System from father and mother creates the Self:**
   - Understanding the foundational role of the family system in shaping one's identity and sense of self.
   - Recognising the impact of familial dynamics on personal experiences and behaviours.

6. **Belonging:**
   - Acknowledging the importance of a sense of belonging within family and organisational systems.
   - Exploring how belonging or lack thereof can influence an individual's well-being and functioning.

7. **Organisational system - Hierarchy and History:**
   - Examining the impact of hierarchical structures and historical influences within organisational systems.
   - Understanding how these factors shape the dynamics and functioning of the system.

8. **Working at the highest tension first:**
   - Addressing the most significant and impactful issues within the system at the outset.
   - Recognising the transformative potential of confronting and working through high-tension areas.

9. **Most courageous step leads to transformation:**
   - Encouraging clients to take courageous steps towards transformation and growth.
   - Recognising the power of bravery in facilitating profound change within the system.

10. **What weakens the client? What strengthens the client?**
    - Identifying factors that weaken and strengthen the client within the system.
    - Exploring strategies and interventions to address weaknesses and enhance strengths.

11. **What is missing?**
    - Investigating the missing elements or relationships within the system.
    - Recognising the significance of addressing these gaps for systemic balance and harmony.

12. **Phase 2 - Relationship between issue and starting point:**
    - Exploring the connection between the client's specific issue and their starting point within the system.
    - Uncovering hidden dynamics and patterns that contribute to the issue.

13. **What lies hidden in the system that created the father or mother as the child experiences them?**
    - Investigating the hidden dynamics and patterns within the family system that shape the child's perception of their parents.
    - Understanding how these dynamics impact the client's experiences and relationships.

14. **Acknowledging strengths and weaknesses in parent's systems:**
    - Recognising and acknowledging the strengths and weaknesses present within the parent's system.
    - Understanding how these qualities influence the client's own system and experiences.

15. **Understanding a child's loyalties:**
    - Examining the loyalty dynamics that exist within the family system.
    - Recognising how these loyalties can impact the client's beliefs, behaviours, and choices.

16. **Phase 3 - Patterns and Dynamics emerging from the field:**
    - Observing the patterns and dynamics that emerge from the systemic field.
    - Understanding how these dynamics shape the client's experiences and relationships.

17. New challenges create more opportunities to create more wholeness:
    - Embracing the idea that new challenges within the system present opportunities for growth and wholeness.
    - Recognising the transformative potential within these challenges.

18. **Phase 4 - Interventions:**
    - Implementing interventions as proposals towards solutions within the system.
    - Understanding how each intervention creates a new experiential learning and shifts the dynamics.

19. **The power of "What If":**
    - Embracing the exploratory nature of systemic work by asking "what if" questions.
    - Recognising the potential for creative solutions and possibilities within the system.

20. **Movement between the client and the field:**
    - Understanding the dynamic movement between the client's individual experiences and the larger systemic field.
    - Recognising the interconnectedness and influence between the client and the system.

21. **The Discovery:**
    - Emphasising the transformative power of the systemic process and the discoveries made along the journey.
    - Recognising the potential for profound personal and systemic transformation through this process.
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This video highlights the significance of practical training, the systemic process of discovery, and the importance of addressing various phases within family and organisational systems. It emphasises the power of interventions, questioning, and movement within the system in facilitating experiential learning and transformation.
Structured Curriculum: Systemic Awareness and Transformation