

# THE PHENOMENOLOGY OF HUMAN SYSTEMS **SYSTEMIC THINKING & PRAXIS**

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Program I  
April–Oct  
**2018**



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holistic, non-directive method of support-  
ing clients reaching a new solution of a  
transpersonal  
nature.*

*WELCOME to the Systemic world!*

**ASKIS AND LIFE ALPHABET SYSTEM**

# THE PHENOMENOLOGY OF HUMAN SYSTEMS SYSTEMIC THINKING & PRAXIS



2017-12-05



**Welcome to this training in systemic** constellation work and beyond, that dives into the deeper **Systemic Thinking**, the **Phenomenology of Human Systems**. It's a transpersonal training that puts the Constellation Work where it really belongs, in the transpersonal domain, as a door to fully explore the Human Systems phenomena.

**It is for you who work with people today, perhaps as a coach or in organizations, who acknowledge the holistic ecological view of life, and who want to learn more. Perhaps you have already started with systemic work, or you have an inclination for seeing what isn't obvious, but you need a fuller understanding to actually be able to use it in your work. If you feel intrigued by using the phenomenological approach with new perceptual tools, then this training is for you.**

It has been developed by Life Alphabet System the last four years as a continuation of their earlier trainings in Systemic Constellations given to both professionals and the public for more than 10 years.

## Three Integrative Programs

With this training, you will be able to use a holistic, non-directive method of supporting clients reaching a new meaning and solutions of a transpersonal nature. Furthermore, you will have become familiarized with subtle body perceptual tools and field awareness processes - the ones being developed by the phenomenological approach of the Hellinger Systemic Work over the latest 20 years. It has been divided into three different programs:

- I. **Systemic Thinking & Praxis**, the Phenomenology of Human Systems (described here).
- II. **Systemic Coaching & Mentoring**, including Solution Focused Brief Therapy & Counseling
- III. **Phenomenological Psychotherapy** in individual and small group settings

Choose all programs, or 1 and 2, or 1 and 3, all according to your own professional needs and focus. Program 1 is mandatory for the rest, and each takes 6 months during a span of 2 years.

### These programs will train you in

- Phenomenology (Programs I & III)
- Hellinger Work (Programs I & III)
- Process Work (ALL Programs)
- Solution Focus Work (Program II)
- Systemic Leadership (Program II)
- Coaching & Mentoring (Program II)
- Counselling (Program III)
- Phenomenological Psychotherapy (Program III)
- Group facilitation (Program III)

## Target groups for the Training

This experiential training is for all of you who work today as **psychotherapists, body therapists, professionals** already trained in Family or Organizational **Constellation Work**, professionals & students in **Transpersonal Psychology**, as well as **Counselors**,

**Coaches, Social Workers, Educators**, as well as **Leaders** and **Business Consultants**, whose aim is to acquire a grasp in Human Systems Dynamics and Systemic Thinking through its most advanced form, the phenomenological practice.

No previous experience in systemic work needed.

## Training dates 1st program, 2018

The training runs from Thursdays to Sundays:

**Module 1:** April 19-22

**Module 2:** June 14-17

**Module 3:** Aug 30-Sep 2

**Module 4:** October 11-14

## Themes per module, Program I

Below is a selection of important themes during each module. Contact us for a complete curriculum. Note: in **blue colour** are the Systemic THEMES to be explored during each module.

### Module 1, April

- The Organizing Qualities of Phenomena
- The “Essential Situation” – A phenomenological factor for Change
- Systemic Field Dynamics and Self-Realization Movement
- The Meta-Change Position and its value in finding a Solution
- **Personal Entelechy (self-realization) and Systemic Atonement**
- **Constellation processes on Personal Will and Family Fate**
- **The Metamorphosis of the Now – transcending Innocence & Guilt**

### Module 2, June

- Personal Inquiry and Exploration
- Proprioceptive Question: Writing the Mind Alive
- Engaging in a Systemic Dialogue
- Meaning-making as a Phenomenon
- **Movements of the Conscience and beyond**
- **The Transformation of Illness to the source of Self-Healing**
- **The Socratic Will and what completes the Movements of the Soul**

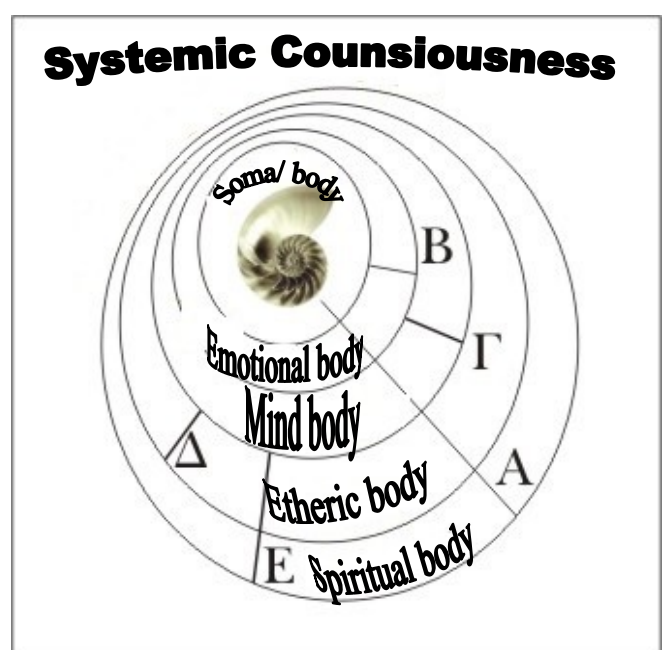
### Module 3, August/September

- Personal exploration on Bodily Natural Movements
- Practices in Embodying Human Relationship
- The Five Fundamental Human Actions to Others and the World
- Body Wisdom in Transforming our Physical Reality
- Walking the Developmental Edge
- **The multi-family Genealogy as a Field of Systemic Consciousness**
- **Systemic Field Awareness processes on Life, Death and Personal Will**

### Module 4, October

- Differences between Phenomenology and the mainstream approaches
- The benefits of the Phenomenological approach in working with Clients
- **The Deep Memory of the System as a Field**
- **Neuro-Imaginative-Gestalt (NIG) processes on Past-Present-Future**
- **Born to Help? A self-coaching guide for helpers, professionals or not**
- **Towards a Spiritual Psychotherapy**

**Practitioner Certification Process until Nov 30th, 2018 (optional).**



Transpersonal domain: Delta-E, i.e. from subconscious (etheric) to spiritual body.  
Systemic consciousness, from A–E, from Body/Soma to Spiritual body

## Detailed Structure & Methodology

This training consists of 16 days, i.e. four 4-day seminar modules with weekends spread over 6 months, followed by the Practitioner Certification Process, which is optional. In-between modules there will be INTERVISION GROUPS, i.e. students are prompted to meet under the guidance of a student coach (ASKIS/Gunilla).

Some meetings will also include supervision with Nikos & Anna via Skype.

**During the modules**, trainers and tutors will introduce each theme briefly and then move on to facilitate processes on a single level or in small groups.

The learning methodology is experiential with short, vivid presentations, exercises, personal reflection, phenomenological inquiry, constellation work, and field processes. Learning in this program is attained in a phenomenological fashion. Experiential learning means that you will be sitting at the “driver’s position” all the time. You will be participating in your experience as a learning member of this program and, at the same time, you will be experiencing your participation in relation to the other members and each theme.

With 4-day-sessions much more things get covered, with room for both breathing space for each theme as well as expansion into the systemic issues of each module.

**In Intersession meetings**, students will deepen their learning through Process Questions (PQ), Systemic Exercises (SE), and Phenomenological Inquiry (PHI).

All processes will be handed out as training documentation. Participants will also receive exercises via an e-learning platform, to be performed in-between modules.

## Requirements

The phenomenological approach requires from the participant a personal attitude of self-openness and self-inquiry combined with a natural curiosity towards the unseen and not-yet-shown in the context of the training program. Participants may experience profound personal insights throughout the training hours, but mostly after them. These insights should be further accommodated and worked upon via personal contemplation and/or meditation or some other personal practice of a transpersonal nature.

## Prices & Application

### Early-bird-price until Feb 28, 2018

SEK 33500 + VAT 25% (EUR 3200 + VAT)

### Ordinary price

SEK 35000 + VAT 25% (EUR 3350 + VAT)

### Certification Process

EUR 350, no VAT

### In-between meetings

Self-cost price of SEK 100 + VAT/meeting

## Programs II and III

The second Training Program (II) on **Systemic Coaching & Organizational Mentoring** will start in **December 2018 until May 2019**. The third Training Program (III) on **Phenomenological Psychotherapy** may start in *Autumn 2019* and conclude in *Spring 2020*. In this way, all three semester Programs (I, II, III) will have covered an actual calendar period of 2 years (April 2018 – April 2020).

# Facilitators / Trainers



**Nicholas Vayiakkakos**, a Counselor in Personal & Professional Development and an experienced Human Resources Trainer & Consultant, Nicholas is specialized in implementing programs on Systemic Thinking & Praxis, Phenomenology of Human Systems, Organizational Change, Self-Managed Leadership and Professional Coaching to business groups, corporate executives, private individuals and couples. He has been specifically trained in *Phenomenological Counseling* and in *Systemic Constellation Work* (2001-2007, Hellinger, Beaumont, Schneider, Weber et.al.), in *Deep Memory Process* (2008-2011, Dr. Roger Woolger) and in *NLP* (2001-2003, UK, US). Founder & Co-Director of the *Life Alphabet® System*, an Athens-based Centre for Personal and Professional Development since 1999, he develops with his partner Anna Saliverou and deliver, training programs and counselling services to individuals, couples and corporate clients. In 2014, Nicholas set up together with Dr. Vitor Rodrigues, an innovative program on Transpersonal Education, based in Athens and Santorini.



**Anna Saliverou**, facilitator & Counsellor in *Systemic Constellation Work* (Family and Organizational Systemic Phenomenology), Anna specializes in *Transpersonal Work* through archetypes in *Colour Psycho-Dynamics* (CPD) and in *Figures Constellations*. She is also certified as a *NLP & Personal Coaching Practitioner* and a graduate of the Aegean University Child Psychology/Psychiatry and Counselling studies. Together with her partner Nicholas Vayiakkakos, are the Editors of the *LIFE ALPHABET EDITIONS* - with more than 50 titles published in the series of “Systemic Thinking & Praxis”, “Transpersonal Fields” and “Holistic Therapies” (publishers of Charlotte Palmgren in Greek), and author of the book “Tastes of Love”.



**Gunilla Boivie**, a Psychosynthesis Therapist and Systemic therapist (Family Constellations, both from the Psykosynthesis Academy 2011, 2010), has worked as a therapist individually since then, and with groups the last years. In 2011, she founded her training institute ASKIS, the Academy for Systemic Constellations in Sweden, which has its roots in the early trainings in Systemic Constellations in Sweden in the 1990's. She is honored and proud to carry this important work on, with workshops and individual sessions with family constellations, as well as shorter courses and longer trainings in co-operation with other institutes. Together with Dr Albrecht Mahr, Gunilla arranged the first extended supervision group in Sweden for experienced facilitators, and she continues to offer trainings and counseling with Systemic Constellations through her institute, ASKIS.

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**Training in the Phenomenology of Human systems,  
Systemic Thinking and Praxis (Program I, 2018)**

# APPLICATION FORM

ASKIS and Life Alphabet System

2017-12

Name .....

Address .....

Postal address .....

Mobile .....

e-mail .....

Invoicing .....

address .....

Pls note local VATno here if applicable: .....

**Early-bird price until Feb 28:** SEK 33500 + VAT 25% 8375 (approx EUR 3200 + VAT 800)

**Regular price:** SEK 35000 + VAT 25% 8750 (approx EUR 3350 + VAT 837,5)

**Hours** Thursday-Saturday: 10.00 – 18.00, Sunday: 10 – 17.

**Application:** By submitting this form, your registration is binding.

## Cancellation

If you should cancel,

0-30 days before course start, you pay 100% of the fee

31-60 days before course start, you pay 50% of the fee

Earlier than 60 days before course start, or with a medical certificate, only an admin fee of SEK 750 (70 EUR) is payable.

City .....

Date .....

**Signature:** .....

Name in block letters:

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**Choose 1 or 2 invoices per module, (circle 1 or 2), return this form via email or to the address below.**

Postal address:

E-mail address: info@askis.se

ASKIS c/o Creere Sobeit AB

Contact person: Gunilla Boivie

Fortvägen 22, S-18764 Täby

Cell:+46 (0)709 31 3302

**Apply by March 18, 2018.**