



French retreat photo (c) Sarah Hickson

# IDENTITY CONSTELLATIONS RETREAT

Fri 10 Nov 4pm - Sun 12 Nov 4pm 2017

## A Weekend of Self-Encounter

### Who are you, beneath who you had to become?

This highly experiential process explores how early attachment or bonding issues and trans-generational trauma leave imprints on us - affecting our self-esteem, health, relationships and life choices.

**Adverse childhood experiences** result in us developing 'survival strategies' such as perfectionism, addictions, self-criticism and anxiety. They also mean we have to suppress parts of ourself.

**Identity Constellations** bring us into contact with these 'traumatised' and 'survival' parts as well as our 'healthy self'. We discover more of who we truly are and what we really want. The process leads to softening, integration of our parts, greater autonomy and healthier relationships.



*“ I had no idea what to expect & was blown away. Really deep work done in a safe, nurturing way. ”*

**Constellations** are simply defined as 'a collection of parts' - in this case parts of the Self or Psyche. Whether you bring a specific issue or simply wish to know yourself more deeply, you are very welcome.

#### What happens?

With a 'Working Place' you are guided to create a 'Sentence of Intention' for your issue, then you select Representatives to join you in your facilitated Constellation.

**Representatives** interact by expressing or moving in response to whatever physical or emotional experiences are present. 'Parts of the self' become apparent as the inner workings of the issue are revealed in a deep self-encounter.

*“ Extraordinary. So many insights. I feel healthier & more free. ”*

**The Identity Method** was developed by Professor Franz Ruppert alongside his Multi-Generational Psycho-Traumatology theory. Significantly revised from Burt

Hellinger's Family Constellations, the process incorporates current psychological and neurological theories of Limbic Resonance, Bonding and Attachment.

**For enquiries call 07808 722 841 or email [ruth@calmheart.co.uk](mailto:ruth@calmheart.co.uk)**

Grosmont House is 40 minutes south east of Middlesborough by car, 70 min by train

#### The Facilitator

**Ruth Culver** facilitates regular Identity Constellations workshops in London & St Albans. Since 2009 she has worked 1-to-1 with adults, teens & children, specialising in relational trauma, depression & anxiety. She uses a wide range of therapeutic tools including Hypnotherapy, Inner Child Therapy, Oaklander Creativity, Sand Tray Therapy, Mindfulness, NLP, the Intention Method & Compassionate Communication (NVC).



#### The Venue

**Grosmont House** is a lovely private home with a large, light group room for workshops. Accommodation is in single, twin or double rooms (mostly en-suite), either in the house or its nearby cottages. Wonderful home-cooked meals (vegetarian with some fish & eggs) & cakes plus a very warm welcome are provided by Selma & family.

**Grosmont Village** is set in the beautiful North Yorkshire Moors, close to Witby & Goathland. There will be time after lunch on Saturday to enjoy a walk in the surrounding countryside.



#### The Price - choose either:

**Working Place** - For a guaranteed personal Identity Constellation £300 Early Bird (£330 from 1 Oct)

or  
**Representative** - Gain personal insights & healing by taking part £240 Early Bird (£260 from 1 Oct)

- Price includes shared (twin/dbl) accommodation & all meals  
- Private room supplement £50

**Early Bird deadline 1st October**

*This beautiful intense retreat includes optional morning meditations*

**There are only 9 Working places**  
Plus space for up to 6 Representatives

**BOOK NOW - [www.calmheart.co.uk/booking](http://www.calmheart.co.uk/booking)**