Inherited Family Trauma: Diagnosis and Resolution in Individual Sessions

8 Day Training – Calgary, AB

With Mark Wolynn and Shannon Zaychuk, Ph. D.

The significant problems we have cannot be solved at the same level of thinking with which we created them. – Albert Einstein

Emerging trends in psychotherapy are now beginning to look beyond the conflicts and traumas of the individual to include traumatic events in the family system. Recent developments in the fields of trauma, cellular biology, neurobiology, genetics, attachment theory and developmental psychology are pointing us back at least three generations to explain the patterns of trauma and suffering that repeat in future generations.

Unconscious family loyalties, unresolved family traumas and hidden dynamics are carried in the words we speak, the symptoms we express and the body defenses we unknowingly construct. When we know how to navigate this unconscious territory, we can begin to shift long-standing patterns of suffering and unhappiness.

Many of our current therapeutic models do not yet include a protocol for working with inherited family trauma. Unconscious family influences underlie many of the physical, emotional and psychological symptoms we experience. Without this root cause in view, our interventions can only scratch the surface.

If you are a mental or physical health practitioner, adding this dimension of diagnosis and intervention can expand your therapeutic reach and greatly enhance what you bring to your clients. If you work with people in any coaching or supervisory capacity, this wider lens will open new pathways of understanding and enhance your effectiveness with others. If you personally struggle with difficult symptoms or longstanding patterns that have prevented you from being fully alive, you will not want to miss this workshop.
The problem, as well as the solution, is often revealed within the first moments of interaction. If we listen only to our client’s story, we risk following our clients into the places where they perpetuate their issues and remain stuck. However if we know how to get to the core or fundamental driving force behind the issue, we can implement the most potent solutions.

In this training, therapists will learn how to quickly expose the root causes behind many of the emotions, behaviors, fears and reactive patterns that keep us mired in our daily lives. Therapists will learn to explore words, fears, symptoms and body language in a way which not only illuminates the core issue, but also the specific and essential skills and resources necessary for a thorough resolution. Therapists will learn how to identify the unconscious loyalties, unresolved traumas and hidden dynamics that contribute to patterns of illness, unhappiness and dissatisfaction, as well as learn practical and safe interventions to deepen a client’s healing process.

In this training, participants will:

- Learn The Core Language Approach® — a specific method of questioning and interviewing designed to quickly identify the core trauma underlying a client’s issue
- Learn how to recognize the Core Language® beneath a client’s story
- Learn to identify the systemic dynamics that underlie a client’s main issue
- Learn how to track a client’s family history back to an unresolved traumatic event in the system
- Learn how to work with illness and chronic medical conditions
- Provide clients with a context for understanding the physical, psychological and emotional symptoms they’ve been experiencing
- Provide clients with new images for resolution
Level Two: Effective Resolutions in Individual Sessions
July 28th – 31st, 2012

For many of us, the effects of unresolved trauma blend into our words, emotions, reactions and choices in ways we never even think to question. In this level, participants will learn how to work with trauma, specifically how to shift the story-image of a sexual, war or family trauma. Students will receive hands-on training in constructing a visceral, three-dimensional healing experience that allows a new image with new sensations to take root in the client’s body.

To further integrate the three-dimensional healing experience, participants will design individualized homework practices that anchor the new images and sensations. Each time the new image is revisited, an opening is created in the body for greater ease and expansion.

In this training, therapists will:

- Learn how to construct visceral, three-dimensional resolutions in one-on-one sessions
- Learn how to use dialogue, imagery, ritual and healing sentences as tools for reconciliation
- Learn how to restore order and aliveness to an empty or strained relationship with the parents
- Learn how to resource clients through body-awareness, body-sensation and breathing techniques
- Learn how to design client homework assignments to anchor an intervention
- Learn how to help clients break long-standing patterns of illness, fear and unhappiness.

In each Level of the training the first day will consist of a group workshop. The workshop format will be used to provide both a demonstration and learning of the systemic principles applied in the teaching days to follow.
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Dates:
Level 1: Saturday, May 12th – Tuesday, May 15th, 2012
Level 2: Saturday, July 28th – Tuesday, July 31st, 2012
Location: Parkdale United Church – 2919 8th Avenue NW, Calgary, AB
Fees: For both levels $1600 ($250 deposit to reserve your spot)
**$1500 if paid in full prior to February 15th, 2012

About the Facilitators:

Mark Wolynn
Director of The Hellinger Institute of Northern California and co-director of the Hellinger Learning Center in New York City, Mark is one of North America’s foremost Family Constellation facilitators. He conducts workshops and trainings in family therapy throughout the United States, Canada, England and Latin America, as well as for the University of Pittsburgh's Medical School and Graduate School of Social Work. Mark is a regular presenter at hospitals, clinics, conferences and teaching centers. He specializes in working with depression, anxiety, obsessive thoughts, fears, panic disorders, self-injury, chronic pain and medical conditions unresponsive to conventional treatment. www.hellingerca.com or www.facebook.com/MarkWolynn

Dr. Shannon Zaychuk
A Chartered Psychologist for 30 years, Shannon has facilitated a wide variety of workshops and trainings throughout Canada and the United States. She has been a sessional instructor for the University of Calgary’s Graduate Counseling Program and continues to supervise graduate students in their chartering process. Shannon is the past Director of the Integrative Body Psychotherapy (IBP) Institute of Calgary. As a certified IBP instructor, she regularly trains psychotherapists and allied health professionals in this modality. In addition to teaching and training, Shannon has a private practice in Calgary where she sees individuals and couples working with trauma, relationship issues, anxiety, depression, grief and persistent symptoms and conditions. www.zaychuk.ca

For more information and to register, please contact:

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