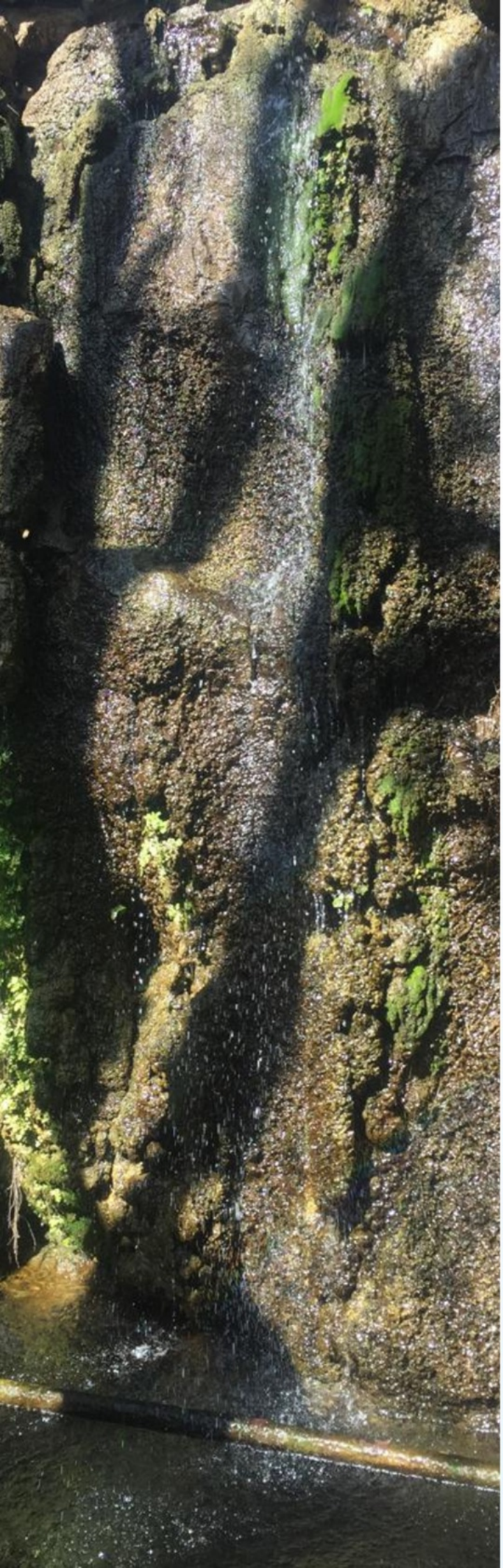


‘Going with the Soul’

Family & Systems Constellations Training 2025-2027

The moment I feel myself included in something Greater,
I resonate with it and receive from there something that
transcends me: calm, confidence, courage and,
when necessary, strength
(*B Hellinger*)





Going with the Soul is a dedicated journey of becoming a Family & Systems Constellation Facilitator over the next two years. When we learn the languages of the soul, we begin to find our senses again.

We may glimpse what it means "to be included in something greater" once more. We never leave or forget this place entirely.

Hellinger called this inner movement *mit der Seele gehen,* literally translating to an active word: '*with-the-soul-going*'.

Tending, tracking, following cues of soul over time requires patience and practice.

When we lose connection, our inherent sense of belonging in the world falters. We experience separation, division, hurt.

During this time there are many distractions. Many of us may suffer from a dulling of perceptions.

In this training programme you are invited to step into a passage of reconnecting and remembering:

We are included.

We have always been included in the greater whole of life.

Clarity and healing movements spring from re-connecting to this inner knowing.

This is at the heart of Family & Systems Constellations Work.

Constellations work values the somatic wisdom of our bodies.

We develop our capacity for perceiving and attune to the internal sensory intelligence found in our physical form.

The poet & nature-based scientist Johann Wolfgang von Goethe said about 200+ years ago:

EVERY NEW OBJECT, CAREFULLY BEHELD,
OPENS UP A NEW ORGAN OF PERCEPTION IN US



Practising observation of the immediate life world around him, Goethe found a pathway opening to deeper connecting with inner and outer nature, a way of attending to life.

Constellations training roots in such a rigorous process of paying attention.
At-tendere = the Latin word for *stretching*

Stretching our perceptions, enhancing understanding of the movements of life. We grow our capacity for awareness and precision, becoming powerfully available to self, to others, and to the world.

Ben Okri's quote has travelled with me for 30 years:
WE NEED TO LOOK AT ONE ANOTHER AFRESH,
WITH NEW EYES, WE NEED TO KEEP DOING THAT, EVERY DAY

This journey is an invitation to look afresh. To stretch. To grow.

Welcome!





What is required?

Family & Systems Constellations Training is a committed journey.
It implies a decisive act of will to enter a transformative process over a period of time.

This training is deeply personal, as well as collective. It is an embodied learning experience and commitment to my own healing.

A learning journey begins with resourcing, allowing releasing of patterns that no longer serve. The task of the facilitator? Becoming fully available to life. From here we accompany clients in their healing process.

What do we seek in a constellation? The subtle inner movements of the soul, inspiring transforming of outer realities experienced as stifling or hurtful, healing unfolding over time.

A constellation facilitator's task is as much to remove self -
to cease 'wanting outcomes' - than attending to the whole human being with focused intent and presence. We release the desire to "help" or "change". Emptying out. Into the non-space relevant movements, words and images rise that the seeker can take into their soul and further into their lives.



Family & Systems Constellations Facilitator Training
2025-27 in Cape Town

Dr Undine Whande & Guest Teachers/Trainers
Contact/Book: undinewhande@gmail.com
Website: www.undine.co.za
More information below



Family & Systems Constellations Training 2025-2027

Requirements for SCASA Certifcation
(to be certified and list under the Southern African Systems Constellations Association)

Training Days = minimum of 20

- Induction Phase - Attending 5 Open Workshops as Module 1: June 1 – 22 November 2025
- Foundation Phase – Modules 2 & 3 (3 + 3 = 6 days in person) August & October 2025
- Advanced Phase – Modules 4, 5 & 6 (3 + 3 + 3 = 9 days in person) (3 weekends) Dates tbc in 2026
- Module 7 - Open Themed Workshops / attending an Intensive / working with other trainers - (3-5 days)
- Presentations Online (Research Projects)

- **25 Peer Group Hours of Practice**
  - With your peer group which forms during module 4

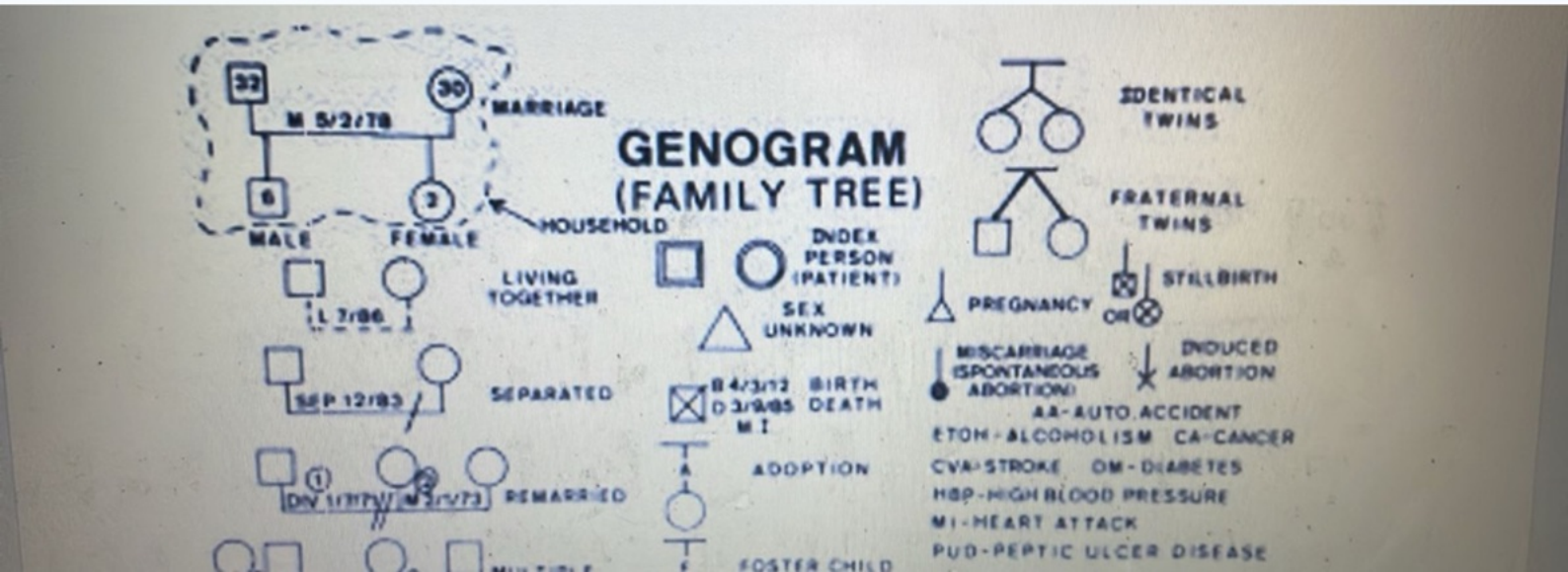
- **6 x Supervision Sessions**
  - 4 sessions with Undine, 2 with another supervisor

- **Constellations Research Project**
  - Group presentation + written or video submission

- **Full Portfolio Submission, Assessment of Portfolio**

- **Graduation**

- SCASA Website: www.familyconstellations.co.za



Who is this training for?

Family & Systems Constellations is an additional training for practitioners who already have professional training and qualifications, and/or a regular practice of accompanying other people in their work.

This means when coming on the training you are already equipped to work with people seeking your support. You have a practice that involves listening to and supporting fellow human beings. This can be as a community development practitioner, coach, teacher, psychotherapist, healer, counsellor, HR specialist, peer educator, facilitator, etc.

It is a benefit if you already have your own personal way of doing 'inner work'. There are many forms that foster paying sustained attention to the inner domain - dance, yoga, meditation, making music, art, aikido, nature observation, wilderness work, ocean swimming, conscious hiking, body work, animal communication, and more. Having some form of regular contemplative practice builds foundations for becoming a constellations facilitator. This will ground and sustain you in supporting others and growing yourself in the process.

Constellations work is an additional modality to integrate with your existing life's work. **It is not a stand-alone training and does not qualify you for doing coaching or therapy,** but a great addition when you are a qualified / seasoned practitioner wishing to augment and strengthen your work. Some modalities such as traditional healing, community work and indigenous practices do not feature in formal Western-based certifications. You need not have a degree to join this training, but you need to be a professional/mature practitioner in your own modality & practice.

Constellations Training is challenging as much as rewarding. It is essential that you are stable and resourced in your own life in order to begin the training. Every aspirant trainee will have a conversation on intention, aspirations and purpose, as well as mental health.

Speak to me with any questions you may have:
undinewhande@gmail.com

Foundation Training 2025

Modules 1-3

Module 1 - Basic Introduction to Family Constellations

Family Constellations Learning Series - 2025

- 1 June – Introduction to Family Constellations Work (online)
- 14 June – FATHER & our male lineages (Novalis Ubuntu Institute)
- 9 August – MOTHER & our female lineages (Novalis Ubuntu)
- 21 September – SIBLINGS (Novalis Ubuntu)
- 11 November – GRANDPARENTS (Novalis Ubuntu)

Module 2 – Deepening into Family Constellations

1-3 August 2025

Module 3 – Exploring Practice & Encountering Systems

10-12 October 2025

The Foundation Work can be done for self-development.





Advanced Training

Modules 4-6 In Practice - 2026

Module 4 - February 2026
Module 5 - May 2026
Module 6 - August 2026

Themes

- Finding my Rightful Place
- Stepping into Practice
- Crossing Personal Thresholds
- Working with what is here
- Phenomenology & Nature Observation Practice
- Thriving in Face of Historical Woundedness and De-colonial Practices in Constellations Work
- Trauma-Informed Constellations Work
- Indigenous Knowledge and Tracing our Lineages of Knowing
- Further relevant themes may arise

Research, Practice & Completion Phase - 2026-2027

Open Module 7 - September - November 2026
Research Phase July - December 2026
Peer Group Phase - June - December 2026
Presentations - January 2027
Submission of Portfolios - February 2027
Graduation - March/April 2027

The full facilitator training requires continuous attendance and additional personal work in between modules.



What is constellations work?

Constellations work is an invitation to seeing and perceiving more of what is alive and working in our systems – families, workplaces, homes, the relationship with the land we live on and more.

Constellations are a pathway to seeing more of what lives inside us. When we are in touch with our soul, our lives expand in possibility.

The work can support us in leading self and others. We step into guiding wisely what is entrusted to us in our lives – our families, creative projects, community work, leadership and life callings.

What do we do practically?

We ask questions, such as: How do family patterns impact transgenerationally across time and space? What has not been seen here? Who is or was excluded in this system? What is needed for love to flow again?

Through a constellations process we may access some of what could not be seen, held, included or healed in our lineages.

Perhaps it was, at the time, simply too much for our ancestors to integrate - consequences of transgenerational trauma, exclusion, oppresion, displacement, famines, war and violence.

Our ancestors' experiences continue to hold impact across generations. This can create a cyclic resonance across time. What was too painful or too shameful to be remembered in families gets excluded. Who and what gets excluded continues to affect descendants.

Repressed memories may be carried in the physical body and across generations. We, who come after, find little explanation for our symptoms or the complex inner realities and patterns that shape our daily lives.

We may feel singled out as 'black sheep', or 'the one with the "problem'. We may have accepted the notion that our experience is "pathological" and go seek therapy or want to fix ourselves. Yet we may be seekers and symptom-bearers of larger dynamics in the family system.

Epigenetics is only beginning to explore scientifically what has been known in indigenous cultures for thousands of years.

We are not only related to our ancestors, we are in ongoing relating.



Healing can extend backwards and forwards in our lineages.

Gently getting in touch with our roots, we begin the work. We tread with care, one step at a time, taking time for integrating and resting.

When we honour and acknowledge what was held in the field of our ancestral roots, we may begin to heal. Life force becomes available again and the capacity for love to flow. Relationships improve.

The lineage heals with us as we attend to it.

We may impact on the possibilities available to our descendants, opening pathways for those who come after us. More breath, more flow, more freedom. These can be our actual children and also applies to our creative projects and legacies in the world.

Constellations work offers us the possibility to honour that which did not receive recognition at a given time. People in each family have their rightful place even if we cannot change their pain, or if they suffered a difficult fate. They each have belonging even if those who committed deeds we do not agree with. We may feel shame and guilt over some of our ancestral legacy and would not want to be descendants to this line. We may be benefitting still from the suffering of others who were deprived, unsure how to be with that or what healing in the collective sense is asking of us.

Facilitators sense and observe: what may be the relevant healing movement for the client? We do not know. We work in service of love. We work slowly and with great care. We are trauma aware and responsible with our limitations.

When our clients step into their own healing movements, large or small, the flow of life force can return to the full.

When something has been seen and honoured - given a place in the heart of a descendant - the whole system can often shift and settle. With time, whole families may come to a new, more restful and peaceful place.

Learning to perceive subtle dimensions in relationships, we begin to access more of ourselves. In touch with our soul, our lives we expand in possibility.

Living in the here and now, we can resource ourselves when we discover strength and resilience in our lineages.



From this 'rightful place' we may embark on the task of "looking" at what could not be seen.
Often this is only possible with distance, generations later.

Training in constellations work means honing a keen observation faculty, discerning what may be the healing movement arising in the very moment for this particular client.

We work phenomenologically which means we have no recipes even while we learn from previous work.

How does this work?

Honestly, we do not fully know. Constellations work becomes possible within what we call the "knowing field", a phenomenon that works across time and space, connecting us to each other and to all that is. Some speak of morphogenetic fields (Rupert Sheldrake) and refer us to quantum physics. We learn much from teachers who root in indigenous knowledge and who have known this way of seeing since ancient times.

The "knowing field" is collective phenomenon and becomes accessible through our bodies' intelligence. Yet it always also retains an element of mystery. When representatives step in to embody someone in a family system, they experience their symptoms or have a knowing of the experience of this particular family member. How this happens is perhaps linked to the notion of non-separation. I am because you are. We are not separate in the deeper source of life.

Healing movements that arise within this invisible field often unfold over a longer time period into our practical lives.

History

Known under the name “family constellations” & “systems constellations”, the work has both African and European roots.

Constellations became known initially simply as “setting up” (*Aufstellungen*), part of the phenomenological and therapeutic work of Bert Hellinger. Systems Constellations are practised in Southern Africa with explicit acknowledgement of Hellinger’s exposure to African cosmologies, specifically honouring the Zulu people. His experiences of rural African everyday life over 17 years inspired Hellingers venturing into constellations work.

Western based lineage roots include Gestalt therapy and systems thinking which followed after Hellinger’s return from South Africa to Germany and studies in the USA. The work keeps on evolving into the future through diverse practitioners in nearly every country of the world.

Constellations work is grappling with its multiple knowledge lineages and history. It appears a potential bridge while sitting on a faultline - acknowledging and honouring the work’s past is needed, together with fostering de-colonial practices. We meet this part under the theme “Historical Woundedness”.



Southern African Systems Constellations Association & Practitioner Community (SCASA)

As Systems Constellations Association of Southern Africa (SCASA), we are a community of practice across many disciplines, with members from Zimbabwe, Namibia and South Africa.

Practitioners come together to reflect on and evolve constellations work. We commit to uphold our quality standards for the work, agree tp a Code of Ethics and inquire further into what is needed for the work in our context at this time.

The SCASA certificate you receive qualifies you to join the Southern African Systems Constellations Practitioner Community (SCASA) as a registered facilitator, and to be listed on the website www.familyconstellations.co.za. You are joining a vibrant and budding community of practitioners at this time.

SCASA supports you in the ongoing practitioner journey, with interesting events, collegiality and developmental opportunities.

Your clients are assured of accountability as you are part of a reputable association, with a Code of Ethics and Quality Standards of Training.

Resourcing, stimulating and inspiring supervision and inter-vision sessions offer support for you to bring own case work.

We host spaces to try new things, to explore ideas and not least to practice your constellations work.

Your own specific inquiry into constellations work during the training will rise from your research and peer work.

You too will bring a valuable dimensions of this work into the world and the future.

How does the training unfold?

The foundation training is open to all and can also be done for personal development purposes. It marks the entry pathway to move into advanced training through which you then obtain a SACSA facilitator certification and permission for website registration.

SCASA assures quality and upholds standards of our work in the region and has a good standing internationally, as it is partnering with other associations globally such as ISCA, the International Systemic Constellations Association.

Constellations today are offered in a wide range of realms. However, the rootwork of the modality rests in the family.
Therefore, foundation training begins with setting up your own family constellation and learning the basics of working within family systems.

Based on this, you can then expand into further dimensions such as workplace and organisational constellations, community constellations, nature and land constellations, systemic constellations & ritual, working with historical woundedness and more.

After the foundation phase is completed, you will submit a motivational letter for being admitted into the advanced training.

Please know that we will converse with each applicant after foundation training about the basic requirements for joining the advanced practitioner training before admission.

Registered member of
SYSTEMS CONSTELLATIONS ASSOCIATION of Southern Africa

Undine Whande is a SCASA registered constellations trainer and facilitator.

www.familyconstellations.co.za/find-a-trainer/

While foundation training is with Undine, the advanced training will include exposure to a variety of additional guest teachers. The co-teachers in the advanced part of the training will share their roots lineages and bios in time. All teachers been on a path of integrating the gifts from several learning pathways with constellations work.

Once you have completed both the foundation training and the required advanced modules with the training team, you can then attend workshops by other qualified trainers and facilitators that will count towards building your full portfolio as a facilitator. You will need to budget for 3-5 such days of open work and 2 additional supervision sessions with other supervisors.

This basic flow may vary in each individual practitioner journey.
We aim to start and graduate our groups together, as this supports the process of completion. The advanced modules are open for graduates and trainees who want to further practice and learn.



Costing:
Total Training Package: R45.000 (full payment prior to start)
Foundation Training only - 8 days: R18.500

Payment plans options:
Quarterly over 12 months in 4 instalments R12.500
Monthly over 18 months R2.800 pm

For sign up / queries on the course:
Undine Whande undinewhande@gmail.com
www.undine.co.za





Dr Undine Whande -
Family & Systems Constellations Trainer
SCASA

I am a peacebuilder at heart.

Most of my life I have worked in various conflict resolution and social justice initiatives in Southern Africa. As a child of parents deeply traumatised by war, my own healing quest led me into family constellations work, as well as kundalini yoga and meditation.



Throughout my life I have held a line of inquiry that asks:

How are the histories of countries, communities, families and individuals intertwined?

This led to working with the Truth and Reconciliation Commission (TRC) and a doctoral thesis in Social Anthropology: "Imagined Communities – Divided Realities. Healing Memories after the Truth and Reconciliation Commission". A deeper immersion in nature observation and social process followed 2004-2006: "A Masters Programme in Social Intervention" by the CDRA in Cape Town, starting to accompany leaders and teams in organisations. Training in systemic leadership coach and organisational constellations followed 2006-2008 and 2012-2015 deepening into family constellations.

Key to my own healing was becoming a kundalini yogi from 2008.

I am honoured to receive teachings from several knowledge lineages and keep on learning from Southern African sages and wisdom keepers.

I have learned that we are always on a path of growth and development, no matter our age or life phase. Even when going through conflict and pain, healing and insight are always available to us.

We are never alone.

Testimonials

Training as a family constellations facilitator, I assumed I was training to help others and develop a vocation. I ended up growing myself to levels that were uncharted before.

Family constellations training as a facilitator is the best kept secret for personal, systems and family growth. It is gently unwrapped, at a pace that is comfortably held, yet we are invited to push our limits for personal and systems growth. The training is held and curated on an individual and group basis by Dr. Undine Whande.

Undine is professional , organised , available and handles all the dynamics sensitively and unbiased. Undine's coursework is professional and organised, dates and all communication is structured and informative.

It was a huge spiritual growth for me, a time of introspection and examination of many family dynamics , friendships and patterns in my life. It brewed long afterwards and is still settling

Undine is a great facilitator. Grounded in her Being, experienced in her Doing.

I work even more systemically than I already did. It enabled me to start really small if that is what the situation asks for. I facilitate regular one on one constellations and am looking forward to the 'bigger' workshops and retreats that are in the making.

Wonderful, magical. Very supportive in a time of great personal change and transformation. Challenging too.