



## Family Constellations NYC Family & Systemic Constellations Training Program 2023/23

### General Information:

This thorough training program is focused and based on classic Family & Systemic Constellations after its developer Bert Hellinger and will be conducted virtually by Luisa Muhr (Family Constellations NYC). The program will also cover the grounds of extended modern Constellation techniques, including the use of archetypes in the Field. The approach in which Muhr will conduct the program will mostly draw from the legacy work of Muhr's mentor, renowned German Constellations facilitator and astrologer Dr. Peter Orban (Symbolon Germany), and Muhr's own in-depth experience in this modality.

### Requirements:

- Having done at least one Constellation with me (privately or in group setting) or another Family & Systemic Constellations facilitator.
- If you are a healer of another modality or did a Constellation with another facilitator the requirement is to attend at least one of my workshops as a participant or seeker prior to qualify to get accepted into the training program.

This is for you to get a clearer idea of how I work and will help you to make your decision. If you do not meet the requirements but would still like to join the program, please contact me at [fcnyinfo@gmail.com](mailto:fcnyinfo@gmail.com).

### General Structure:

- 11 two-day seminars in total: one weekend/month at 5 hours per day (Saturday and Sunday) (total days: 22)
- Saturdays: trainees only, Sundays: open Constellations Healing Circles where clients from the outside who want to work (other than the trainees) will be able to join and do a Constellation (all facilitated by Luisa Muhr); trainees will be present during these Constellations to observe and study them.
- All groups will be facilitated by Luisa Muhr in a virtual setting.
- Each trainee will receive one Constellation of their own, as part of the training program (at no additional costs), facilitated by Luisa Muhr. Additional requests to do one or multiple Constellations occurring during the Open Constellations Healing Circles are offered to all trainees at a reduced fee.
- Each trainee will receive a 30-minute private mentoring session with Luisa Muhr during the last hour of class (peer study group time) on a Saturday.

### Certificate:

Upon successful conclusion of the program, each trainee will receive a hand-signed certificate of completion by Luisa Muhr (Family Constellations NYC).

### Modules:

- The Field
- The Family System I: Order, Biological/Immediate Family and Who Belongs to It, Give and Take, House of the Soul
- Romantic Relationships/Partnership: Order, Capacity, Dynamics, Breakups and Recovery
- The Family System II: Children and Special Circumstances: Abortions, Miscarriages, Children from other Partnerships, Adoption, ...
- Profession: Purpose, Workplace and Dynamics, Hierarchy, Money
- Traumata I: Mental and Physical Illnesses, Addiction
- Traumata II: Accidents, Abuse, Rape, Incest, War, Imprisonment, Victim-Perpetrator/Murder, Holocaust

- Archetypes: Fate and its Relatives, the Universal and Collective System I: Country/Place, Culture, Religion, Language, Ethnicity, Color, Immigration, Political Dynamics (such as Colonialism, Regimes, etc.), Family Secrets
- Archetypes: Fate and its Relatives, the Universal and Collective System II: Death, Loss, Emotions, Ego, Anima/Animus, Queerness, ...
- Praxis I: Leading a Constellations Workshop
- Praxis II: Different Formats of Constellations (One-on-one, Couple, Dolls/Objects, Virtual)

## Dates:

February 19-20, 2022

March 19-20, 2022

April 16-17, 2022

May 21-22, 2022

June 18-19, 2022

July 16-17, 2022

MID-TERM BREAK (month of August)

September 17-18, 2022

October 15-16, 2022

November 19-20, 2022

December 17-18, 2022

January 21-22, 2023

\*Please note: dates and module breakdown are subject to change, depending on the group's needs. Be assured all module topics will be covered, no matter the final structure.

## Course Material:

Trainees will have digital access to the original first English translation (by Luisa Muhr) of Dr. Peter Orban's "Kursbuch Aufstellungsarbeit: Grundlagen – Methoden – Beispiele" ("Course Book Constellation Work: Fundamentals – Methods – Examples"), which will act as a guide throughout the training program. This has been possible with the approval and blessing of Dr. Orban himself. Digital access will be provided as digital "handouts", chapter by chapter, as the training progresses. Digital access, as

well as any form of distribution are strictly prohibited and are for your personal use only. Digital access to the documents is included in the program at no additional cost.

Additional course material will be announced closer to the beginning date and throughout the training program (at no additional cost).

### Payment & Payment Plans:

Full Program: \$2300  
(Early Bird Special before December 1, 2021: \$2100)

Payment Plans are available in the following layouts:

- 1) Pay in full upon registration: \$2300 (or \$2100 for Early Bird)
- 2) Pay in two installments (first installment due upon registration, second installment due July 16, 2022): \$1150 each (or \$1050 each for Early Bird)
- 3) Pay in quarter installments (first installment due upon registration, second installment due April 16, 2022, third installment due September 17, 2022, fourth installment due December 17, 2022): \$575 each (or \$525 each Early Bird)

Once signed up the registration fee of \$75 (included in price total or first payment) is non-refundable.

Spots are limited and will be filled on a first come first serve basis.

**In order to secure your spot, please choose one of the payment plans listed above, contact me at [fcnyinfo@gmail.com](mailto:fcnyinfo@gmail.com) with your full name, email and payment choice and I will send you additional information as needed together with a payment agreement form. Once you make your first payment and have signed the agreement your spot will be confirmed.**

Payments can be made via Zelle, Paypal (Friends and Family transaction only, please), Venmo, wire transfer, check or cash. If you want to pay via wire transfer, check or cash, please contact me directly at [fcnyinfo@gmail.com](mailto:fcnyinfo@gmail.com) and I will provide you with all the information you require.

For online payments:

Zelle: [luisamuhr@gmail.com](mailto:luisamuhr@gmail.com) or 347-791-2716

Paypal: <http://paypal.me/luisamuhr> or via [fcnycinfo@gmail.com](mailto:fcnycinfo@gmail.com)

Venmo: @luisamuhr

\*Please note: Even if you choose a payment plan, you are still eligible for the Early Bird Special, given that you make your first payment by December 1, 2021.

If you require any other type of payment plan, please contact me directly at [fcnycinfo@gmail.com](mailto:fcnycinfo@gmail.com) and I will do my best to accommodate your needs.

Please know that as you sign up for this program you are committing yourself to fully attend all seminars. If there is an emergency and you need to drop out during the course of the program, I am asking you to immediately contact me to discuss your situation.

This particular training program and the work itself relies on every person in the room. Even the slightest change will change the group dynamic. Please always be aware and know that you are irreplaceable and essential to the group, no matter what.

If you have any additional questions, please feel free to contact me anytime at [fcnycinfo@gmail.com](mailto:fcnycinfo@gmail.com).

Thank you for your openness, willingness, and commitment. I look forward to going on this wonderful and exciting journey together!

### **About the Instructor:**

Luisa Muhr is a New-York-based artist and healer, specializing in Family & Systemic Constellations, originally from Vienna (Austria), with Hungarian and Constantinople-Greek roots. As the descendant of her great-grandfather, a Holocaust survivor, Constellation work has always played an integral part in Muhr's life.

She was first introduced to Family Constellations, Guided Imagery work (Katathym-imaginative Psychotherapy), and Astrology as a young child through her mother and has been surrounded and shaped by them since.

Muhr was surrounded by Constellation work on a monthly basis starting at the age of 9 in her childhood home in Austria. By the time she turned 14 she actively started to participate in Constellation workshops facilitated by her later mentor, Dr. Peter Orban,

one of Germany's most prominent Family Constellations facilitators who was one of Bert Hellinger's early students. Muhr finally completed her Family & Systemic Constellations certification training program through Dr. Orban. Inspired by her mentor, Muhr's Constellation work can also include a large variety of archetypes (rooted in Carl Jung's teachings). As a Family & Systemic Constellations Practitioner Muhr works and has been working at the following healing centers in New York City: [MINKA Brooklyn](#), [Balance Arts Center](#) (Midtown Manhattan), [Ohm Center](#) (Upper East Side) and at [Maha Rose](#) (Brooklyn).

In March 2020 she was scheduled to be a panelist and presenter at University of Michigan, discussing the healing aspects of "Field Work" in the arts/performance practice and in Family Constellation work, which due to the COVID-19 pandemic has now been postponed to Fall 2021. Muhr has been featured in multiple podcasts and interviews to help to spread this very important work.

During the pandemic she has been developing and shaping a virtual Constellations platform to continuously provide healing for people around the world. Muhr is holding regular workshops on a large variety of platforms and feels strongly about the importance of offering healing space to diverse marginalized groups of people.

Apart from her work as a Constellations facilitator and coach Muhr is a multi- and interdisciplinary performer and experimental theater-maker, specializing in vocal, movement, performance, sound, and installation art. She is the co-founder and artistic director of the performing arts company FENGARI Works and runs New York's leading interdisciplinary womxn and non-binary artists series Women Between Arts (at The New School Glassbox Theater). Muhr has been featured on some of New York's most important stages and venues and tirelessly keeps creating performance work.

She deeply believes in the power of different types of energy Field Work and that healing happens through multiple shapes, forms, and lenses, the arts being one of them, Constellation work another.

Muhr is currently in the process of completing her Deep Listening® certification, combining art and healing work in a new way.

[www.familyconstellationsnyc.com](http://www.familyconstellationsnyc.com)