

DGfS Guidelines for Recognition
DGfS Guidelines for advanced training in system constellations (focus on family constellations)

Preamble

The DGfS understands system constellations as a method complementary to other therapy- and counselling approaches, to be learned after completion of studies / training in a psycho-social field, an acknowledged training in counselling/therapy, and several years of professional practice.

We consider the following standards as the minimum requirements to be offered by training institutes according to their respective core themes.

I. Criteria of recognition for teaching therapists / trainers (DGfS)

1. The teaching therapist / trainer is an recognised systemic constellation facilitator (DGfS).
2. Membership in the DGfS. This recognition lapses upon withdrawal from DGfS.
3. Qualifications of constellation
Verified practical experience in the leading of constellation seminars of at least 60 days within 5 years.
4. Qualification of teaching
A verified teaching position as an advanced trainer in systemic constellations of at least 60 days within 5 years.
This teaching position, as leader or co-leader, should comprise not less than one complete or two half cycles of a "recognised advanced training in systemic constellations" (DGfS).
An equivalent advanced training position which differs from this may be recognised upon request.
In the case of a co-leadership position, the applicant has to be recommended by the relevant institute / provider.
5. Supervision
Verification of the following:
The participation of 20 days of group-supervision with a teaching therapist/- trainer (DGfS), resp. 20 days intervision with system constellators (DGfS) in 5 years or 10 days group-supervision with a teaching therapist / teaching trainer (DGfS), resp. 10 days intervision with system constellators (DGfS) and 20 hours single-supervision within 5 years with a teaching therapist / teaching trainer (DGfS).

Temporary regulations until 11 / 2008:

Qualification of teaching:

For the years through November 2008 the requirement " in a 'recognised advanced training in systemic constellations (DGfS)' " does not apply.

Supervision: for the years through November 2008 the following is allowable:

20 days group supervision / intervision within 5 years or

10 days group supervision / intervision and 20 hours individual supervision within 5 years with systemic constellation facilitators (DGfS) (= previous name: Listed Members DGfS).

For the time after 2008 only supervision under the auspices of teaching therapists / teaching trainers (DGfS) respectively, intervisions with systemic constellation facilitators (DGfS) will be recognised..

6. Recognised teaching therapists / teaching trainers (DGfS) are obligated to fulfil at least four days per year of advanced supervision / intervision / advanced training .

This must be documented every 5 years. If this obligation is not met, DGfS-teaching authorisation can be withdrawn.

7. In the case of serious misconduct in connection with a teaching position, recognition may be withdrawn by the advanced training board, in cooperation with the arbitration board and the board of directors.

This is also valid for proceedings involving “unfair competition”.

II. Criteria of recognition as advanced training in systemic constellations (DGfS)

1. The institutes/providers of advanced trainings in systemic constellations have at least one facilitator who is recognised as teaching therapist / teaching trainer (DGfS).
2. Two recognised options for advanced training:
At least two teaching therapists / teaching trainers (DGfS) are active in the advanced training.
or:
If only one teaching therapist / teaching trainer (DGfS) is responsible for the whole advanced training, the following requirements also apply:
 - at least 4 days of theory and methodology and
 - participation in a personal development seminareach led by external teaching therapists / teaching trainers (DGfS).
3. Two already completed cycles of the offered further training with respective structure and curriculum acc. to item 3 of the further teaching-guidelines DGfS are to be verified.

Temporary regulations until 11 / 2008:

The verified structure and contents of the advanced training should be comparable to the future criteria required as of 2009 (item 3 of the advanced training guidelines DGfS).

Institutes/providers who have offered advanced training with only one teaching therapist / teaching trainer will be recognised if they fulfill the criteria of item 2.2 of the new requirements in effect as of 2009.

4. A proposal for an advanced training and a written curriculum detailing the extent, contents, and methodology of the training, corresponding to the advanced training-guidelines of the DGfS in its entirety, must be submitted to the board of acceptance.

III. Further training guidelines for institutes/providers of advanced training in systemic constellations (DGfS)

1. Recognition according. to item 2.3.2.
2. Structure of the advanced training
Number of participants: minimum of eight participants
Duration: a period of at least two years
Extent (according. to the applicable criteria for recognition as a systemic constellation facilitator (DGfS)):
 - at least 16 days theory and methodology
 - at least 8 days personal development
 - at least 5 days supervision
 - at least 5 days work in peer-groups
 - at least 6 days observing constellation seminars with a systemic constellation facilitator (DGfS)

The peer-groups and observing are not integral to the advanced training, but are to be completed externally according to the preferences and organisation of the individual participants. They are listed as required additions to the general conditions of the advanced training.

Teaching units: 8 teaching units per day

3. Preconditions of admission:

Applicants should have a qualified profession in a psycho-social field (usually) and professional experience of at least 3 years. In addition, doctors, psychotherapists and alternative health practitioners should have advanced training of at least 3 years in one or several acknowledged psychotherapeutic methods if they plan to use system constellations in their therapeutic work. Analogously, members of other psycho-social, pedagogic and other professions who plan to use system constellations in their counselling work should have a qualified advanced training in counselling of at least 40 days.

In individual cases when one of the above mentioned preconditions is not satisfied, admission to advanced training may be allowed according to the conditions of a responsible method of work which is defined in the criteria of admission for the certificate of "systemic constellation facilitator (DGfS)".

4. Proposal for an advanced training

In announcing an advanced training, all the requirements for certification as a "systemic constellation facilitator (DGfS)" (see item 5) should be spelled out explicitly, in addition to the description of the structure and conditions of admittance.

5. Curriculum – model guideline

a. Basics of constellation work

Information on the history and development of classical family constellation work, according to Bert Hellinger, and further developments.

The phenomenological perspective as compared to other therapeutic/counselling methods.

Orders and basic dynamics in family systems (family of origin, present family), couple dynamics.

Orders and basic dynamics in systems at work, interfaces.

Organisational and family constellations.

Systemic entanglements and resolutions, interrupted reaching-out movement, distinction of primary/secondary- and acquired feelings, functions of the personal/collective conscience.

Special dynamics in family systems (patchwork families, adoption, children displaying behavioural problems and others), guilt, victim-perpetrator dynamics.

Dynamics with (psycho) somatic and psychiatric illnesses.

b. Methodological approaches

Clarification of the intention of resolution, conversational conduct, brief therapeutic interventions, work with rounds, creation of genogram, and hypotheses.

Setting up a constellation, interventions, rituals, and sentences of resolution.

Representation and representative awareness.

Resistance, termination and resumption of the work.

Directive/non-directive leadership, and others.

Diagnostics, indications/contra-indications, crisis intervention and prevention.

Preparatory work/rework, documentation.

c. Practice and specifics in various fields of application and settings

Psychotherapy, counselling, pedagogy, social work, supervision, coaching, development of organisation, and others.

Group/individual setting.

d. Theory and practice of different forms of constellations

Classical family/organisational constellations, movements of the soul / the spirit, structural constellations, symptom constellations, auto-poetical constellation,

constellations in an individual setting, constellations with symbols, constellations using guided fantasy, and, concealed constellation.

e. A phenomenological attitude and philosophical/ethnic backgrounds

Respect – Seriousness – Fearlessness – Lack of intention

Training in Focusing – Awareness – Presence

f. Possibilities and limits of constellation work

Integration into ongoing counselling/therapy

g. Self-development, practice and supervision

Experience of personal systemic entanglements und possible resolutions

Experience with the phenomenon of the field and with representative awareness

Case analysis

IV. Board of advanced training

The provisional board of advanced training serves the period of transition until the election of a standing board.

The staffing of the future standing board of advanced training (5 teaching therapists / teaching trainers (DGfS), of these at least 1 member also to be a member of the board of directors) for 2 years each will be determined by an election of the members at the first plenary meeting to be held by the recognised teaching therapists / teaching trainers (DGfS) and the representatives of the institutes/providers of recognised advanced training in systemic constellations (DGfS). The board of advanced training are responsible for all questions of advanced training. Consequently, they will initiate any necessary alterations in the guidelines of advanced training and in the criteria for recognition of the systemic constellation facilitators (DGfS) and will propose such alterations for final approval by the board of directors. They will meet at least two times a year and will address the following tasks:

- Further development of advanced training and of the respective criteria of recognition by the DGfS according to the national and international (IAC) developments (consideration of the Bologna processes, and others)
- Further development and adjustment of the criteria for recognition of systemic constellation facilitators (DGfS).
- Consulting service for DGfS members on all questions of advanced training
- Organisation and management of the plenary meeting, to be held every two years by the teaching therapists / teaching trainers (DGfS) and the representatives of the institutes/providers of recognised advanced training in systemic constellations (DGfS).

Reporting on the work of the advanced training board and documenting new initiatives.

- Selection and appointment of the 4 members of the advanced training commission, an executive body that will process incoming applications according to the guidelines of advanced training. Members of the training commission can - but do not have to - be members of the advanced training board.
- Any decisions as to the disposition of disputable applications for recognition that cannot be cleared conclusively by the advanced training commission will be submitted to the board of advanced training. For resolutions, a simple majority is required.
- Delegation of a member (and of a representative) to represent the board of advanced training on the board of directors to assure the flow of information between the two. Their tasks include submitting resolutions of the advanced training board to be voted upon by the board of directors (as the higher authority) and to submit to them for assessment, any disputable cases regarding official recognition that have come from the advanced training commission and could not be cleared conclusively by the board of advanced training.

- Delegation of a member (and of a representative) to represent the German board of advanced training on the international board of advanced training and to assure the flow of information between the two.

1. Tasks of the commission for official recognition:
Assessment of applications by teaching therapists / teaching trainers and institutes/providers of advanced training in systemic constellations according to the guidelines of advanced training criteria DGfS.

In disputable cases, rejections of applications will be framed in concrete explanations, and. amendment requested (e.g.: "in this curriculum the various forms of constellation work are not adequately covered (item 3).

In the case of rejection, a new application is only allowable after a period of one year.

During the pending acceptance progress the prospective entitlement will continue.

In cases where the members of the commission cannot reach a decision, the application in question will be submitted to the board of advanced training for disposition.

If the board of advanced training cannot reach a decision the case will be referred to the board of directors. Applicants may appeal the decision of the board of advanced training and the case will be passed on to the board of directors.

2. Both bodies (the board of advanced training and the commission for official recognition) are accountable to the board of directors.
3. Functions of the plenary meeting of teaching therapists / teaching trainers (DGfS) and representatives of recognised institutes/providers of advanced training in systemic constellations (DGfS)

The plenary meeting of the recognised teaching therapists / teaching trainers (DGfS) and representatives of recognised institutes/providers of advanced training in systemic constellations (DGfS) will be held every two years. It will serve as a forum for information and discussion of the recent work of the board of advanced training and the development of future projects. It will select the members of the board of advanced training for the subsequent period of 2 years

- can submit proposals and recommendations to the board of advanced training in regard to future policy within the scope of the DGfS and possible alterations in the DGfS guidelines for advanced training.

V. Titles and publications

Systemic constellation facilitators recognised by the DGfS are authorised to publish their certification using the following words:

- "Systemic constellation facilitator (DGfS)"

Teaching therapists / teaching trainers recognised by the DGfS are authorised to publish their certification using the following words:

- "Teaching therapist for systemic constellations (DGfS)"
- or
- "Teaching trainer for system constellations (DGfS)"

Institutes/providers of advanced training in systemic constellations (DGfS) are authorised to publish their certification using the following words:

- "Recognised advanced training in systemic constellations (DGfS)"
- or
- The advanced training is recognised according to the guidelines of advanced training set by the DGfS".

Apart from this, they will point out the following remark in their publication of further training acc. to item 3.4.:

- “Following completion of an advanced training, participants can apply for recognition as a systemic constellation facilitator at the German Society for System Constellations (DGfS) in case any additional requirements must be met (see criteria of recognition DGfS).”