

It didn't start with you...
but it can end with you.

FAMILY CONSTELLATION WORKSHOP

WITH MARK WOLYNN

Unconsciously, we relive our mother's anxiety. We repeat our father's disappointments. We replicate the failed relationships of our parents and grandparents. Just as we inherit our eye color and blood type, we also inherit the residue from traumatic events that have taken place in our family. Illness, depression, anxiety, unhappy relationships and financial challenges can all be forms of this unconscious inheritance.

Family Constellations reveal the hidden dynamics and family loyalties that keep us rooted in destructive patterns. In this two-day workshop, a new life course can be set in motion. The results can be life-changing.

VANCOUVER

Saturday, October 24th
Sunday, October 25th
10:00am – 6:00pm

Best Western
1775 Davie Street

\$395 CAD

CONTINUING EDUCATION: PRINCIPLES BEHIND GOOD HEALTH

October 26th - \$225 CAD

For medical treatment to be optimally effective, our connection to the family must be explored. In this special one-day event, we will learn how to work with the effects of trauma in this generation and in previous generations. We will learn how to identify the family dynamics and unspoken loyalties that contribute to physical symptoms, as well as how to work with persistent symptoms and chronic conditions.



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 Graduate School of Social Work, Western Psychiatric Institute's 4th-Year Psychiatry Residency Training Program, Kripalu, The Omega Institute and The California Institute of Integral Studies. 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 persistent symptoms and conditions. He is the author of *IT DIDN'T START WITH YOU: How Inherited Family Trauma Shapes Who We Are... and How to End the Cycle* (Viking 2016).

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For more information and to register, contact:

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