

# Holistic Healing of Life's Traumas

*Integrating the Symbiotic methods of  
Family Constellation Systems Therapy & Trauma Resolution of Somatic Experiencing®*

*Workshop with Euphrasia (Éfu) Nyaki  
On the Greek island Naxos, September 15-20, 2019*



*The workshop will be held in the small picturesque/beautiful village Apollonas on the Greek island Naxos. This is a unique opportunity to combine holiday with an exciting professional and personal introspection. The experience of the nature's beauty and amazing people, combined with a profitable course, make the journey to Greece a truly unique experience on this five days professional introspection and a day off with the possibility of a hike or an excursion by boat or bus.*

## **The Workshop**

The goal of the workshop is to introduce to the participants how Family Constellation Systems Therapy (FCST) can be integrated with Somatic Experiencing® (SE™) to promote healing of the inter-generational traumas that might have blocked the flow of life and love in the family system, which each one carries within. Through awareness of the principles of the FCST we will break the deadlocks and re-establish contact with the unlimited supplies of the ancestral resources available in the endless field of the universe.



A person, who experiences a traumatic life event, will often feel overwhelmed by the residual survival energy trapped in their nervous system. For this reason, the person often is stuck in a feeling of constant powerlessness and vulnerability and becomes disconnected from the flow of life-giving energy. Such a person's ability to connect fully to the resources of life that are abundantly available becomes impaired. This traumatized person will need enough time, empathetic understanding and secure presence that the method of SE™ offers in order to liberate the traumatic energy from their body. Once this residual energy is released, a person begins to connect with their life giving resources, which allows them to reconnect with the fullness of life. In combination with Somatic Experiencing, Family Constellation opens into often-unconscious blockages that slow or interrupt personal development, and can be transformed and bodily integrated.

## **Content**

In this workshop, Euphrasia (Éfu) Nyaki will introduce Somatic Experiencing® (SE™) for trauma resolution as well as Family Constellation Systems Therapy (FCST), and we will learn how to integrate these methodologies in an interaction for a deeper healing result,

There will be practical exercises, group interaction and personal work, etc. with a view to

- Understanding Stress, Trauma & their Effects
- Developing Body Awareness & Quality Presence
- Strengthening Support Systems & Resources
- Restoring the Self-Regulatory Capacity of our Neurophysiology
- Exploring the Range & Quality of Emotions
- Learning to Manage Strong Emotions
- Uncoupling Layers of Emotions in Relationships
- Introducing the Orders of Love in the Context of Developmental Trauma
- Healing Attachment Wounds
- Understanding Family Constellation Systems Therapy
- Developing Skills for the Art of Helping Others
- Grief work and letting go of past pain/wounds and loss
- Taking Responsibility for one's life and development
- Saying YES to Life and Moving On

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### *The workshop is open to*

SE practitioners and SE students, as well as other professionals with some knowledge of SE, or experience in a related somatic work/therapeutic work.

### *Practical information*

- Date** September 15-20, 2019 - It is a six days workshop with five training days with Euphrasia (Éfu) Nyaki.
- The excursion either is a boat trip to one or two of the small islands, which surround Naxos or a side seeing/ walking on Naxos. The excursion is open to family, friends and partners and the participants share the costs.
- Venue** Apollonas on Naxos in Greece is an ideal place for quiet vacations, and you may arrive early or stay after the workshop, maybe with your family, friends or partner. Additional information: <http://apollonnaxos.blogspot.com>
- Registration fee** for the workshop incl. coffee, tea and fruit DKK 6,900 (€ 920)  
Early bird payment - before July 1, 2019 - DKK 6,200 (€ 830). Double room at Hotel Kouros including breakfast is about € 20 per pers. Lunch is mandatory and is € 15 a day. On the day of the excursion only breakfast is served. Other meals and travel costs you will pay separately. Evening meals can be taken in one of the restaurants in the charming village of Apollonas.  
Travel costs are not included.
- Please contact** Ursula Fürstenwald, Phone +45 3927 2524 / +45 5150 7199  
or email: [naxos.workshops@gmail.com](mailto:naxos.workshops@gmail.com)
- Registration** to [naxos.workshops@gmail.com](mailto:naxos.workshops@gmail.com), marked "Euphrasia Nyaki Naxos 2019".  
On July 1, we will decide whether there are sufficient registrations for the workshop to be completed. It is therefore important for us that you announce that you wish to participate so that we know if the attendance is sufficient.  
Final registration no later than August 1, 2019. Registration is final when the workshop fee is paid.  
By cancellation before August 1, 2019, you will get the full fee refunded.  
Cancellation after that date until September 1, you will be charged DKK 1,000 to cover administration costs.  
After this date no refund is given.  
Cancellation must be done by sending an email to [naxos.workshops@gmail.com](mailto:naxos.workshops@gmail.com)
- For further information regarding travel, accommodation and information about the island: [http://www.se-terapi.dk/pages/kursuscenter\\_3.shtml](http://www.se-terapi.dk/pages/kursuscenter_3.shtml) or contact Ursula.  
Payment together with the confirmation of registration.
- Events** Participants will enjoy dinner and Greek dancing at the hotel and the locals will take part in some of the workshop arrangements. Dinner invitation and live music on the last evening at the venue.  
The excursion day is voluntary and on your own expenses and will be arranged while we are there.  
Family, friends and partners who might accompany are welcome to join the social events.



***Euphrasia (Éfu) Nyaki** was born and raised in Tanzania where she also earned a degree as a teacher/professor. Later, she was trained as a healer using holistic methods. In the last 24 years, Éfu lived in Brazil and got the training in Somatic Experiencing® and in Systemic Family Constellation Therapy. Éfu is international trainer for Somatic Experiencing®. She teaches at SE træning and holds workshops in the areas of trauma healing in different countries all over the world. Éfu is also the founder of Afya Holistic Healing Center in northeastern Brazil.*

**Organizer: Psykologisk Praksis by Ursula Fürstenwald, Denmark**