



March Informer

Keeping you up to speed with what's going on. I certainly would be happy to receive information on events coming up in your district and any short articles that you have.

**The secretary is Leonie Blackwell
0438 254 466**

**Administration officer
Is Karen Howard
0477 274 604
admin@ahhca.org**

TABLE OF CONTENTS

Your Inner Secret Need is to Free and Independent	3
Member Matters	3
Committee Matters	3
Article – Family Constellations	4
Article – Planetary Themes	6
COMMITTEE 2015 -16.....	7
Qualified Supervisors	7
Affiliated Members	7
Birthdays	7
Future Events	7
Networking	8
Websites.....	8
College Directory	8

FROM THE
Editor

Please send all submissions to the administrator admin@ahhca.org.
Article Submission guidelines are below.

Regards *Karen Howard*

ARTICLE SUBMISSION GUIDELINES

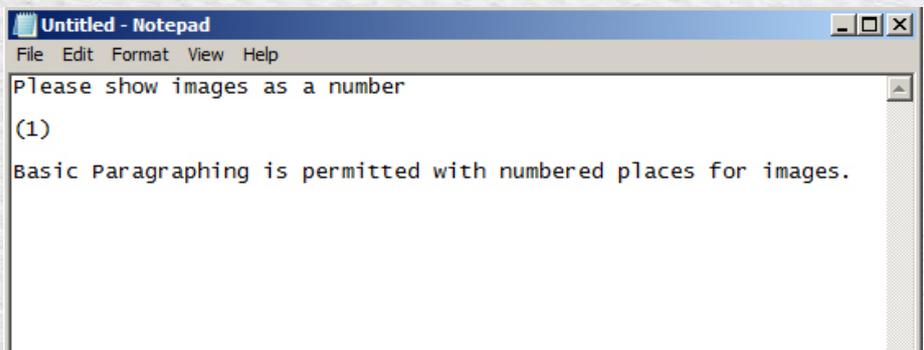
Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

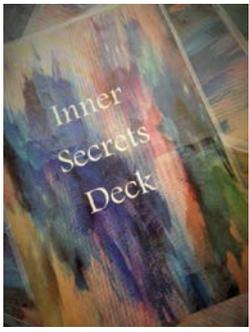
All images must be submitted individually named with corresponding numbers.

Article Length Maximum
500-1000 words

- Editor

Please email .txt documents to:
admin@ahhca.org





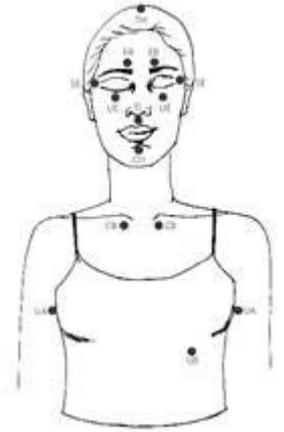
INNER SECRET INSIGHTS BY LEONIE BLACKWELL

Your Inner Secret Need is to Free and Independent

As the deciduous trees lose their foliage we are reminded that it is time to let go of what no longer serves us. Shedding a false persona; stripping ourselves bare to face who we are; and setting ourselves free is an important process to partake in. When we resist this call we trap ourselves in old thinking, perspectives, and patterns. As comfortable as it feels to keep things the same our soul seeks to experience itself fully expressed. An inner drive to be liberated from our past, to forgive, and redeem ourselves pokes and

prods for attention. We fear being trapped, confined, and restricted on all levels – physically, cognitively, emotionally, and spiritually. Often, to prove we are free we exaggerate our self-expression, rebel against perceived ideas of duty and obligation, and distance ourselves from anyone or anything that feels like a limitation. Yet these actions don't create the inner freedom and independence we are seeking. Our inner dialogue has to change to allow our authentic-self to align with our sense of being free and independent. The hurdle we must jump is the cost we perceive in being our full potential. If you aren't sure what your unconscious thinks you can't let it go.

Tap on each of the points in the picture to the right and say, 'I am willing to express all aspects of my fullest potential.' When we tap a positive affirmation on meridian points we allow all the reasons why we are NOT living our fullest potential to enter our consciousness. Then we can fix them using whatever healing modality we find effective.



MEMBER MATTERS

The AHHCA values highly skilled, multi-modality therapists. The community expects professional health care practitioners who are up to date with the latest approaches, scientific understanding and how it is applicable to the holistic field. On-going profession development is how the association monitors a member's commitment to personal, professional, and business growth.

In the last few years the association has subscribed to a number of newsletters from Primary Health Networks (PHNs) in it's pursuit to keep current and identify opportunities for complimentary therapists and primary health care professionals to connect. However we realised that we cannot hope to connect to every PHN and keep abreast of everything that is going on. When the committee discussed this they decided to recommend to our members that we each individually sign up for the newsletter of our own local PHN. Reading the newsletter can contribute to your professional development hours, as can any local activities that you choose to participate in that you find through the PHN newsletter.

To find your local Primary Health Network you can go to <http://www.health.gov.au/internet/main/publishing.nsf/Content/phn-locator>

COMMITTEE MATTERS

All members are welcome to attend our committee meetings, now held via Skype! The meetings are usually on the first Tuesday of the month at 7.30pm Victorian local time.

If you are interested in joining us you need to contact the administrator via the email admin@ahhca.org, with your Skype ID so that Karen can invite you to connect with her so she can include you in the group call on the day.

I'LL DO IT FOR YOU, EVEN IF IT COSTS ME MY HAPPINESS:

An insight into Family Constellations

By Brenda Sutherland

Maria was distraught. For two weeks now she had been experiencing panic attacks and didn't know why. She was desperate for them to stop, but they were worsening. This was the reason she had found her way to counselling. Two weeks prior her partner of five years had asked her to marry him and she had said 'yes'. Subsequently, with such excitement she told her family he had proposed. The next day though she found herself getting extremely anxious, doubting whether he would be a good husband or father, not trusting his ability, questioning who she had been living with over the last five years. As the days went by her anxiety grew, until she found herself experiencing full-blown panic attacks. What had happened?

Maria is not unlike many clients presenting symptoms that appear to have little connection to the person and their current reality, but more connected to their lineage - the family soul.

What is the Family Soul?

We all come from and are connected to a family system or soul reaching many generations back. We are limited by this history as well as strengthened by our ancestors. A family system is governed by a number of principles that if not in order are experienced as fear, guilt or burden.

These are:

- **the need to belong;** those who are born into a family, brought into a family through marriage, or made room for another, or who have taken a life from another family belong. In other words 'those who belong belong'. If anyone is excluded they will be represented by a family member to ensure that the family system acknowledges that

no matter what happened this person belongs. Often children of divorced parents, experience a parent being criticized by the other. Out of hidden loyalty the child will side with the parent excluded and criticized and following them in a bad way. We are only at peace when everyone is included.

- **the need for social order** ensures everyone is given their rightful place, in a literal sense, this means those who come first, come first. For example partners before parenthood, the eldest born before the next child and so on. If out of place a child will feel burdened or there is confusion, conflict and this is felt as stress or overwhelm.

- **the need for equilibrium;** is the balance of giving and taking governing the sharing of resources, but also ensures that which has been taken is given back to maintain equilibrium. We feel innocent only when equilibrium is maintained and guilty if it is imbalanced or righteous and embittered if we give too much and do not receive.

Systems Thinking

The majority of therapists look at a client's presenting issues from a personal perspective and fail to look at the system the client is connected to. From a personal development perspective we endeavor to support the client's need to change, integrate, realign within them self for this issue to be resolved. Often only resulting in more self-criticism when the symptom prevails.

A Family Constellation facilitator looks beyond the individual or person engaging systemic thinking to look in the direction the symptom points to

within the family system or family soul to bring to light the entanglement, (in this case panic attacks). As members of a family we are symptom bearers pointing to what has not been resolved in the family system, what order is out of balance. We are all connected, and our soma, behaviors, reactions, emotional patterns or struggles often tell a story of what calls to be acknowledged in the family system that was unable to be resolved, or seen back many generations. We are in subconscious devotion to the family system and all who are connected to this, out of love to maintain balance as a way to ensure survival of the family.

An indicator that a client's presenting issue is systemic is that the symptom or issue persists no matter what interventions are applied. The dynamic is: 'I have this symptom and I don't want it, and the family soul says that is how it is until this is acknowledged'.

Words are Worlds

How does this relate to Maria's panic attacks? The question on hearing her story would be: "who in the family (lineage) would be panicking about marriage?" Through drawing a genogram (see diagram) together with a client, with this question in mind, whilst watching the client for hotspots such as soma arousal connected to words used that when unpacked with the client open up a wealth of information pointing to invaluable information and connections in the family.

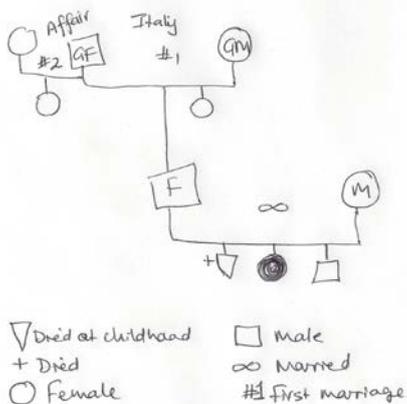
In Maria's case together we looked in the direction of the panic, tracking it and as we drew the genogram she explained that her grandmother





(father's mother) was Italian and grew up in a little village in Italy, was Roman Catholic and on her honeymoon her newly wed husband announced that he had a mistress, who was pregnant. So who would be panicking around marriage? Grandmother!

The principle highlighted governing the family system of guilt and innocence, belonging (as the mistress had to be included in the family as well as the child born of this affair). As a symptom bearer Maria was holding the panic of the Grandmother. Once this was done, simply through a visualization, as clients have access to the entire family system due to being a member of the system, the panic attacks disappeared. She married her partner and now has a child.



Our Bodies Tell Family History

Family or Systemic Constellations gives the client a new somatic experience of what they know in their gut to be true. The tools employed to facilitate this are:

a) A group whereby participants are chosen to represent a member of the family and are placed to highlight the dynamics between each and the governing principles in play.

b) One's minds eye as a visualization whereby the facilitator gains all necessary information from the client, words, their soma such as eye gaze, breath, how a client holds their body, attachment styles and the clients intention.

c) Props such a figurines, rocks, shells, paper even salt and pepper shakers that are set up by the client to represent family members. Attention is given as to how they are placed in relation to each other and the feelings invoked by each allowing the facilitator to gather a picture and provide a new healing picture.

d) Online constellation apps whereby the client manoeuvres relationship chips representing various family members in the same way we would place group representatives.

e) Through the wisdom of the soma. Dr Jane Peterson developed the process called 'Somatic Imaging' which allows a trained facilitator to let the client's body reveal the primary issues represented by the client for the family limiting their autonomy and choices.

A case of 'I will do it for you'

Many years ago a client came to see me, she frustratingly spoke about having spent thousands of dollars trying to cure her chronic fatigue to no avail. I asked if she was an only child of divorced parents and with complete astonishment she said 'yes!'. My question in looking with the client was: "who is she holding the burden for?" Wanting to see if my hypothesis was correct I asked her to close her eyes and picture her parents in relation to herself, where would they be, she said "either side of me and I am standing in the middle!"

A child out of their absolute love for both parents will do anything to bring about balance to maintain survival of the family by holding the burden. As hubris as this maybe it is not their job, they are the little one with a need to take their rightful place, as the child as it goes against the social order in the family of those who come first come first. The client leaves parents with their fate out of respect as most parents want their children to do it easier. Holding such a burden or taking a position in between parents causes chronic fatigue, the burden is too much for a child to hold. The healing picture or remedy in this case was to ask the client, 'what is one movement she could do to change this?' In her minds eye she took one step back so the parents could look at each other and address what had yet to be dealt with between them and in most cases see the love that remains despite the separation. A week later she very excitedly rang to say that she had no chronic fatigue symptoms and hadn't for a week. She is symptom free still to this day.

We all come from perfect families

The family soul continually, as does nature, moves to bring about balance, to acknowledge those who are excluded, to ensure everyone has their rightful place in the family, and the balance of giving and taking is equal. Our families have their own rhythm and necessary movements to bring this about. Listening to the movements of the soul means we move in harmony with our ancestors.

Brenda Sutherland has over 30 years experience as a holistic counsellor and everyday learns something new from her clients. She is Founding Director of The Awakening Group offering weekend workshops in Family Constellations, webinars with international facilitators and Systemic Constellation Facilitator training programs throughout Australia.

**For more information www.awakening.com.au/courses
Brenda Sutherland is available for individual sessions.**

PLANETARY THEMES CURRENTLY IN PLAY

Do you ever notice that some weeks almost every client that walks through your door is experiencing similar themes? Usually they are the same as your own!

It is one of the reasons that the AHHCA professional development hours focuses on practitioners continuing personal growth. For us to work effectively with clients we need to be processing our life lessons and experiences so we can guide our clients rather than support ineffective and unproductive life choices because we have accepted the limitations and suffering in our own lives.

During March we have had a solar and lunar eclipse with five planets in Pisces. The themes these planetary alignments have triggered will influence the next six months of our healing journey. They won't be as strong as they have been in March but they will bubble away providing opportunities for greater forgiveness and transformation.

So what are the themes? Higher consciousness themes of emotional connection, unity, compassion, sacrifice and redemption. These are not just personal to us, but being in Pisces, they are collective experiences

and expressions. Also the shadow themes of suffering, grief, illusion, breakdown of boundaries, separation and loss are prominent.

And the purpose? To unravel, unlock and disentangle from our past. Some of this will have included karmic lessons created in this lifetime as well as previous lives.

Just consider the US elections and the comparisons being made between Donald Trump and Hitler. What has humanity learnt from the past?

Likewise we have to learn and grow beyond our past. With Pisces in Chiron being activated many people in their late 40's and 50's will be feeling this more intensely. This placement is generational, thus impacting people born in the 1960's more strongly. Chiron has been sitting on our South Node bringing up karmic lessons but also themes with brothers or brother issues. If you have a brother now is the time to explore how you each experience each other and how you are drawing in people to fill your unmet needs with your brother. The theme of redemption and forgiveness figures strongly here.

Often our wounds become badges of honour and over the next six months we will explore how limiting the scars have become. Questioning if the paradigm of our experiences making us who we are truly serves us will open new doors of insight.

It may be time for us to talk to our clients about the knots – thank you Kate Sweetman from Empowering Astrology for the new language to our healing journeys. Wounds form scar tissue and leave behind a mark, a reminder. But a knot implies something that can be undone, unravelled, dismantled and reviewed. It is possible to untie a knot and allow for us to return to who we always were; to undo the entanglement in a vision of ourselves that created a reality that was not aligned to our inner truth.

As holistic healers we have the tools to transform the knots.

Redemption is the positive Pisces offers us all. To quote Sweetman, 'Being open to the idea that anything and everything can, when asked for in a true act of surrender, be purified and redeemed' is possible now. Make the most of it.

Leonie Blackwell is a Naturopath, author, teacher and the Secretary of the AHHCA.

To find out more about her and what she does visit her website <http://www.essenceofhealing.com.au/>

COMMITTEE 2015-16

PRESIDENT: *Jim Fraser*

VICE PRESIDENT: *Jayne Boyle*

SECRETARY: *Leonie Blackwell*

TREASURER: *Belinda Harber*

ADMINISTRATOR: *Karen Howard*

GENERAL COMMITTEE: *Helen Bramley Jackson, Karen Howard*

QUALIFIED SUPERVISORS

Helen Bramley Jackson – Phone: 03 5447 9331 or Email: helenlbj@gmail.com

Andonnia Gotsi – 0422 261 394 or Email: andonnia@gmail.com

David Kliese PHD – Ph: (07) 5476 8122 or Email: david@davidkliese.com.au

Wendy Lauder – Contact: 54412516 or wlauder@hotmail.com.au



The committee would like your support

We would like to get our organisation noticed by a lot more people, you can help us by displaying our logo on your website.

Please contact the office for a copy of our logo

March Birthdays

Happy birthday to the following members

Kimberley Anderson
Christina Bertram
Faye Fowler
Natalie Oakley

Rudi Pauli
Gail Withers
Dr Patricia Sherwood
Stephen Witter

FUTURE EVENTS

The Digital Health Show

1-3 April 2016

Horden Pavillion & Royal Hall of industries, Sydney

<http://www.digitalhealthshow.com.au/>

Nutrition in Medicine and Healthcare

30 April - 1 May 2016

Sydney

<https://nutritionmedicine.org.au/>

Oncology Massage Training - Sydney

Lymph Drainage Therapy 1 & 2

7-10 & 12-15 May 2016

<https://chikly.com.au/courses/>

Mindd International Forum

20-22 May 2016 Sydney

<http://mindd.org/mif16/>

Book now for Early Bird Discounts

International Dementia Conference

16-17 June 2016 Hilton Hotel, Sydney

<http://www.dementiaconference.com/>

AIMA conference

2 - 4 September 2016

Australian Technology Park - Sydney

www.aima.net.au

For Australian Counselling Association approved PD events go to their calendar

www.theaca.net.au/opdevents.php

Wellness @ work conference & expo

Friday 1st April 2016

Horden Pavillion & Royal Hall of Industries

Sydney

www.wellnessshow.com.au/work/

CCAA PD (SA) - The Importance of Relationships'

Monday 11th April - 7pm to 9pm

Tabor Adelaide, 181 Goodwood Rd, Goodwood SA

www.ccaa.net.au/index.php?option=com_eventbooking&view=category&id=4&Itemid=168

In their shoes - professional information session re legal frameworks for substitute decision making

Wed April 13th 2016 - 10am to 12pm

VEQHRC level 3, 2014 Lygon St, Carlton

www.publicadvocate.vic.gov.au/our-services/community-education

CCAA PD (NSW) - Internal Family Systems Theory

Date: 23 April 2016

Time: 9am - 1pm

Place: Morling College - 120 Herring Rd, Macquarie Park, NSW 2113

Cost: \$80 (\$50 student rate)

Nutrition in Medicine and Healthcare

30 April - 1 May 2016

Sydney

www.nutritionmedicine.org.au/

Oncology Massage Training - Sydney

Lymph Drainage Therapy 1 & 2

7-10 & 12-15 May 2016

www.chikly.com.au/courses/

CCAA PD (NSW) - Sandplay Therapy

Date: 14 May 2016

Time: 9am - 4pm

Place: Morling College - 120 Herring Rd, Macquarie Park, NSW 2113

Cost: \$160 (\$100 student rate)

New Power of Attorney Laws

Friday May 20th 2016 - 10am to 12pm

Multicultural Hub, 506 Elizabeth St, Melbourne

www.publicadvocate.vic.gov.au/our-services/community-education

Mindd International Forum

20-22 May 2016 Sydney

www.mindd.org/mif16/

Book now for Early Bird Discounts

International Dementia Conference

16-17 June 2016 Hilton Hotel, Sydney

www.dementiaconference.com/



NETWORKING

The committee feels it is important for all our members to support like minded organisations conferences; it's a great way to learn new things, gain professional development hours and meet new people.

WEBSITE LINKS

Hearts in healthcare

www.heartsinhealthcare.com

Australian Industry Training Association

www.aitd.com.au

Australian Hypnotherapy Association

www.ahahypnotherapy.org.au

Walter Last

www.heal-yourself.com.au

Strauss heart drops

www.straussheartdrops.com

National federation of healers

jenny@nfh.org.au

Magnetic Healers Unlimited

www.magnetichealers.org.nz

kathyaauric@actrix.co.nz

Cancer support organisation

www.ucansurvive.org

White Eagle Healing Centre

www.whiteeaglelodge.org.au

Australia Counselling association

<http://www.theaca.net.au/>

The Healing Forum

www.thehealingforum.com

Caledonian Colour

PRINT | SIGNS | DESIGN

www.caledoniancolour.com

College DIRECTORY

Diane Collett - Angelic presence

www.angelicpresence.com.au

Email: diane@angelicpresence.com.au

Ph: (03) 9874 1684

Mob: 0407 790 457

Brenda Sutherland - The Awakening Group

www.awakening.com.au

Email: info@awakening.com.au

Qld Ph: (07) 547 11205, Fax: (07) 547 11206

Mob: 0411 516 185

Frank Pizzoferrato - Living Chi Healing Centre

www.livingchihealing.com.au

Em frankp@live.com.au

Mob: 0419 321 838

Ph: (03) 9887 5052

Leonie Blackwell - The Essence of Healing

Website: www.essenceofhealing.com.au

Em: leonie@dcsi.net.au

Ph.: (03) 5625 4466

Mob: 0438 254 466

Stephanie Egan - Natural Energies College

www.naturalenergies.com.au

study@naturalenergies.com.au

Ph: (03) 9584 1143

David Kliese- Trinity Academy of Science and Philosophy

Website: www.DavidKliese.com.au

Em: trinityacademy@hotmail.com

david@davidkliese.com.au

Ph: (07) 5476 8122

Joy Nicholson - ISET

Ph: (03) 6243 5383

Mob: 0415 416 168

joynicholson@aapt.net.au

Dr Patricia Sherwood - SOPHIA COLLEGE

Website: www.sophiacollege.com

Email: info@sophiacollege.com

Phone: (08) 9726 1505

Final thought for the month

"Nothing in life is to be feared. It is only to be understood."

Marie Curie