

RELATIONAL BOUNDARIES PART II

A TWO-DAY IN-PERSON
EXPERIENTIAL WORKSHOP
EXPLORING RELATIONSHIPS
FOR THOSE WHO HAVE TAKEN PART I

**Saturday 6th & Sunday 7th
June 2026**

9:00 am – 5:00 pm

#2 10865 96th Street NW,
Edmonton, Alberta

\$300.00 (GST Included)

\$50.00 deposit to hold your place
No refunds after Monday 1st June

Maximum of 8 participants

For more information and to register contact
JONATHAN HOOTON

Phone: 780 426 1508
email: jonathan@soul-guide.com
Full details at: www.soul-guide.ca

All major issues or problems stem from a position where you go beyond your own boundary. You take over something for somebody else who is beyond your own boundary. So, you step into the boundary of somebody else. And the solution always is that you say, "This is my place. I stay in my place. I respect your place over there and I don't interfere, and I don't allow you to interfere here.

Bert Hellinger, 2007, International Summer Camp, Pichl, Austria

We learn about our boundaries, or lack of them, in our family of origin, predominately from our parents or first caretakers. In Relational Boundaries Part I we looked at the foundational relational boundaries and the boundary enmeshments that we learned in our childhoods.

In Part II we will explore how our foundational relational dynamics continue to affect us in our adult lives, in intimate relationships, work relationships, friendships and group interactions.

We will look at how our early childhood enmeshments, or entanglements, affect many aspects of our lives. We also look at ways to pay attention to those enmeshments and to heal them.

Relational boundaries are not an idea, they are a felt, embodied experience that can be difficult to explain. They need to be experienced. Learning about our boundaries from an embodied perspective can help with relationships and with having a deeper sense of who we are. You must have attended Part I to participate in this workshop.



Jonathan Hooton, PhD, SEP has extensive professional training and experience over the last twenty years in Family and Systemic Constellations, having taken professional trainings with the founder Bert Hellinger and other international facilitators including Francesca Mason Boring, Jane Peterson, Mark Wolynn, Johannes B. Schmidt and Sneh Victoria Schnabel. He has been teaching this approach for sixteen years and presented integrated approaches to working with ancestral and individual trauma and with shame at the North American Systemic Constellations Conferences in 2015 and 2022.

His work is grounded in body-centred therapies including Somatic Experiencing trauma therapy (SE), Integrative Body Psychotherapy (IBP), Specialized Kinesiology, Pre- and Perinatal Development (PPN), and Soul-Counseling. He facilitates frequent Family Constellations workshops, and teaches 20-day Constellations facilitator trainings, personal development and self-awareness classes using these modalities. He has a private practice seeing individuals, couples and families facing relationship, trauma, sexual abuse, depression, anxiety, suicide, grief, illness, life-purpose, disconnection and identity issues.