RELATIONAL BOUNDARIES PART II

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

Saturday 6th & Sunday 7th
February 2027
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 9th November

Maximum of 6 participants

For more information and to register contact
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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. While much of current culture refers to boundaries as protective ones where we are able to say no and not allow others to invade our space, boundaries are essential to a sense of self and to having connections with others. Healthy boundaries are necessary to know who we are, support joining rather than merging with another person, prevent being traumatized by traumatic accounts, respect others, and know our limits, both physical and psychological.

Some people have walls as boundaries that solely serve a protective function while others are unaware of boundaries, invade other people's space, constantly seeking connection, and allow others to invade theirs. Healthy boundaries are flexible, being both protective and/or connecting depending on the situation.

Because relational boundaries are energetic and not visible, it can be hard to realize how profoundly they impact us. Relational boundaries are not an idea, they are an 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.

This workshop can be helpful for anyone struggling with relationships and wanting to learn more. Parents, couples, siblings, in-laws, and anyone interacting with others (and who isn't?) can benefit from this process.

This workshop will build on the foundational relational dynamics revealed in the childhood family of origin explored in Relational Boundaries Part I. We will explore intimate couple, work, and other relationships of interest using the constellations process of having relevant people represented by workshop participants.



Emily (Jonathan) Hooton, PhD, SEP (she/he/they) 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. She has been teaching this approach for fifteen 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.