

Writing the Essay

The essay is an essential part of the certification process. Its purpose is to demonstrate that the trainee

- has a solid understanding of Bert Hellinger's Orders of Love and Orders of Helping
- knows the implications they have on family systems
- is able to identify and apply the teaching content in a family constellation
- can reflect on their personal experiences in the context of the work as a systemic and energy coach and family constellation facilitator in the method of Bert Hellinger.

Structure, content and volume

- The paper has a minimum of 2500 words and a maximum of 4000 words.
- It can cover one of the following topics but is not excluded to these:
 - Dynamics and entanglements in Family Systems
 - How to facilitate a family constellation workshop
 - The Orders of Love as developed by Bert Hellinger
 - A certain order/dynamic in Family Constellations
 - The work of a systemic and energy coach
 - Or any other topic that has been agreed upon
- The essay should be structured in 3 parts:
 - The introduction (5-10%), where the topic is introduced and set into relationship with Bert Hellinger's orders of love or orders of helping. Why have you chosen this topic? What makes it special to you?
 - The main part (80-90%), where the theory and science is explained on which the topic is based upon. Give examples from family constellations you have witnessed either in person or on videos. Write about your own experience with this topic and why it is important to you. How has it impacted your own

life? The life of people you know? Give examples, explain the dynamic and how it relates to Bert Hellinger's teachings.

- The closing, (5-10%) where you draw a conclusion about the topic and give an outlook how you perceive this be of relevance in your future.

Quotes and references

- Put references at the end of the paper (they don't count towards the words), i.e. what books you have used to write the paper, no more than 3-5 books.
- When you cite a quote, put the words in “ “ and the reference (Book title, autor, page) at the end of the quote in brackets ().

Tips and Tricks

- Creativity doesn't go linear!
 - Write down every thought you have about the topic and put it in either part 1, 2 or 3
 - Make a collection of quotes you like and put them in your paper where you find them fit while you write.
 - Start with the main part and write the introduction at the end.
 - Don't be shy do change your topic if you find it doesn't work for you.
- There is no perfection other than in the imperfect!
 - Don't be hard on yourself, what you write is your creation and worth sharing, like a drawing, a song or a cooking recipe. Not everyone needs to like it as long as you do!
 - Don't worry about the grammar, write everything down and run a spell check at the end or have a friend reviewing your work.
 - Use the dictation function on the computer and speak rather than write what you want to say.
 - Don't worry about your English when it's your second language, draft the paper in your mother tongue and have it translated when you're happy with it.

Submission of the Essay

- When you're happy with your essay in general, send it as a draft via email for review.
- You will receive an answer within 1-2 weeks.
- After the response, you can book an appointment for a one-on-one session (keep your last coupon code for this occasion) to discuss your paper.
- Submit your final paper as a pdf and wait for the answer within another 1-2 weeks
- Make sure you're within the 18-month time frame by the time you've submitted the final paper. If you need more time get in touch and ask for an extension BEFORE the 18 month are over.

Maia

PS: these are 666 words:)

More about writing an essay: <https://www.grammarly.com/blog/essay-writing/>