



SYSTEMIC FACILITATOR TRAINING PROGRAM

New Family Constellations and Integrative Trauma informed Systemic Studies

September 2026 – March 2027 | Live Online | Small Cohort

An experiential study of the human experience, the systems that shape it, and the inner development involved in accompanying others.



What becomes visible when we learn to see systemically?

Every human being is composed of many interconnected layers: physical, emotional, mental, energetic, ancestral, collective, and cosmic. Each person is also one link within an immense chain of life, carrying the imprint of ancestral history together with the experiences of their own biography. The systemic perspective explores these layers by seeing the individual as part of a whole and observing how the past has shaped present reality. From this view, we are guided by the morphogenetic fields of the unconscious family system, seeking to revisit everything that remained incomplete.

A systemic perspective expands the frame. A recurring conflict may reveal a family loyalty. An emotion may belong to an earlier experience or connect with someone whose story still has a place in the present. A symptom may carry meaning within a personal or transgenerational history. A difficulty in receiving, relating, helping, or moving forward may become more understandable when the wider system enters the exploration.

Family Constellations offers an experiential language for observing these connections. Through representatives, spatial relationships, body responses, gaze, movement, and the information that emerges in the field, dynamics that once remained outside awareness become available for exploration.

This training invites you to study that language while also meeting the human experience in its complexity. The process includes the personal, relational, psychological, somatic, biological, ancestral, social, and collective dimensions that participate in every life.

From personal exploration to the capacity to accompany

The role of a facilitator grows through study, practice, observation, feedback, and personal integration. Techniques have a place in this process, and the person who uses them also becomes part of the instrument. The capacity to accompany another human being develops as we recognize our interpretations, emotional reactions, helping impulses, personal history, and relationship with uncertainty.

For this reason, the program moves through two connected dimensions. You study how systemic dynamics operate across different areas of life, and you participate in the same experiential work you will eventually offer to others. Each class becomes an opportunity to observe, feel, question, practice, and integrate.



Some participants enter with the desire to facilitate Family Constellations. Others arrive because they work with people and want a broader understanding of relationships, symptoms, trauma, family history, and human behavior. Some begin through personal curiosity and discover their professional direction during the training. The cohort holds space for these different intentions within one shared commitment to learning.

This program may resonate with you if...

- You feel drawn to Family Constellations and want to understand the philosophy, the field, and the practice with depth.
- You accompany people through coaching, therapy, education, health, leadership, bodywork, or another helping profession and want to expand the lens through which you observe human experience.
- You recognize recurring patterns in your own life and want to explore the systems, loyalties, beliefs, emotions, and adaptations participating in them.
- You are considering a future role as a systemic facilitator and want a training that joins personal development with supervised practice.
- You value an approach grounded in respect, phenomenological observation, adult responsibility, inclusion, and service to life.



A training that is studied, experienced, and practiced

The program unfolds over six months through weekly live online sessions. Classes combine conversation, theory, systemic exercises, body-based exploration, constellation demonstrations, real situations brought by participants, supervised practice, and time for questions. The group itself becomes part of the learning environment, revealing how similar dynamics may appear through different histories and contexts.

Between classes, participants continue through recorded lessons, guides, readings, exercises, and constellation material available on the educational platform. This rhythm gives the content time to move from intellectual understanding into lived recognition and practical application.

What you will learn to observe

The curriculum follows the different layers that condition and organize human experience. Each area is explored through systemic theory, psychological frameworks, experiential practice, and constellation work.

The foundations of systemic perception

- Phenomenology, presence, observation, interpretation, and trust in what emerges.
- Morphic and morphogenetic fields; preparation of the facilitator; dialogue with the inner guide; internal check.
- The language of representatives through position, distance, gaze, sensation, emotion, movement, and relational response.
- The Forces of Love: assent, belonging, exchange and compensation, hierarchy, and service to life.
- The three centers and the body as sources of information during systemic work.

Family history, belonging, and repetition

- Family tree exploration and transgenerational dynamics: loyalties, exclusions, blind love, entanglements, compensation, and repetition.
- The systemic energy of the parents, parents as a unity, and taking the life received through them.
- Childhood mandates, life script, beliefs, early decisions, and adaptive resources.
- The relationship between personal experience and the larger family system.



Relationships, emotions, and the adult state

- Emotional life from a systemic perspective, including overwhelming and disproportionate emotions.
- Transactional Analysis, ego states, life script, relational transactions, and the development of the adult state.
- Love and couple relationships, exchange, belonging, previous partners, and the relational histories that enter a bond.
- The role of the seeker's narrative and the movement from explanation toward direct observation.

Body, symptoms, trauma, and adaptation

- The systemic perspective on health, biological meaning, memorized biological cycles, and the history held within symptoms.
- Trauma through personal, structural, developmental, somatic, ancestral, and meaningful-project dimensions.
- Body awareness, regulation resources, Somatic Experiencing perspectives, HeartMath coherence practices, anchoring, NLP, and hypnotic language.
- Fertility, conception, miscarriage, embryos, IVF, birth, children's difficulties, food, weight, and other life experiences through systemic and biological lenses.

Complex human experiences

- Victims, perpetrators, guilt, abuse, secrets, exclusions, and movements of reconciliation.
- Depression, suicide, addiction, alcohol, drugs, and mental health themes within a systemic field of observation.
- Money, abundance, work, mission, destiny, essence, and the relationship between individual movement and collective contribution.

The practice of facilitation

- The first conversation with the seeker and the formulation of a workable subject.
- Choosing representatives, opening the field, observing movement, using healing sentences, and recognizing the moment of completion.
- Individual sessions using floor papers and group sessions using representatives.
- Orders of Help, helping impulses, countertransference, boundaries, judgment, responsibility, and ethical integration.
- Practice sessions, case exploration, supervision, written feedback, and continued development after graduation.



What happens inside the live sessions

A live class may begin with a concept and quickly move into experience. A question about emotional reactions can lead to an exercise with the adult, parent, and child ego states. A conversation about belonging can open a constellation where an excluded person becomes visible. A topic related to symptoms may invite attention to biological history, family events, and the body's response in the present.

You will witness demonstrations, participate as a seeker or representative, practice facilitation with classmates, receive feedback, and observe the same subject from several perspectives. This combination supports the development of perception, language, timing, ethical judgment, and the capacity to remain present while the field unfolds.

The purpose reaches beyond collecting techniques. The training develops your capacity to recognize what belongs to the seeker, what may belong to the system, what is being activated in you, and what the situation is asking you to observe before taking the next step.

The learning environment

The cohort is intentionally limited to ten participants. A small group allows time for questions, personal participation, supervised exercises, direct feedback, and the gradual development of trust among people who will practice together over several months.

Participants join an international community of students and practitioners connected through live classes, a consultation chat, online constellation workshops, in-person invitations in Miami, Soulful Awakening Tribe sessions, and five additional summer supervision meetings dedicated to practice and integration.

Program structure

- Six-month live online training from September 2026 through March 2027.
- 24 weekly live sessions on Wednesdays at 11:30 a.m. ET (Miami time).
- Approximately 60 hours of live teaching, constellation work, and supervised practice.
- Around 90 recorded lessons and approximately 100 hours of study and integration material.
- Guides, readings, exercises, demonstrations, and recommended resources through the educational platform.
- Five additional summer supervision and practice sessions.
- Student consultation chat and access to the wider Quanta learning community.



Integration and completion

Progress is observed through participation, practical exercises, facilitation practice, a final written integration, and recorded work based on real cases. Each participant submits one individual constellation and one group constellation on a chosen subject and receives written feedback connected to observation, process, ethical judgment, and application of the method.

Following completion of the learning requirements and reviewed practical work, participants receive a certificate from Quanta Systemic Academy describing the scope of the training. The certificate marks the completion of this cycle. Professional maturity continues through practice, supervision, personal work, and continued engagement with the field.



What may grow through this experience

By the completion of the program, you will have developed a systemic framework for observing human behavior, relationships, family history, emotional life, symptoms, trauma, and the dynamics that arise within helping relationships. You will have practiced the structure of both individual and group constellations and received feedback on your work.

You may also recognize changes in the way you listen. The immediate story begins to sit within a wider context. Emotional responses become information. The body participates in the conversation. Family history acquires relevance without becoming a fixed explanation. The role of the facilitator becomes a practice of observation, discernment, responsibility, and respect for the destiny of each person.

Meet your facilitator

Amerly Centeno is the founder and director of Quanta Systemic Academy and has served the field of Family Constellations for more than twenty years. Her work integrates New Family Constellations, systemic philosophy, psychology, Transactional Analysis, Bioneuroemotion, neuroscience, NLP, HeartMath coherence, somatic perspectives, trauma-informed practice, and the biological understanding of symptoms.

Her academic background includes studies in Social Sciences, Training and Development, Management, Bioneuroemotion, Psychology, NLP, HeartMath, and advanced formation in New Family Constellations with institutes in Spain, Argentina, Venezuela, and the Insconsfa lineage of Brigitte Champetier de Ribes.

Amerly teaches through conversation, experience, observation, and the integration of perspectives that help participants approach the human experience as part of interconnected systems. Her work is grounded in respect for each person's history, the adult state, the Forces of Love, and the responsibility involved in accompanying another human being.

Questions you may be considering

Do I need previous experience?

The program welcomes participants beginning their study of Family Constellations as well as professionals who already accompany others. The curriculum begins with the foundations and gradually moves toward practice, case observation, and facilitation. Curiosity, participation, study, and willingness to engage in personal exploration form the essential starting point.



Is this training mainly personal or professional?

Both dimensions are woven throughout the program. The personal process supports your understanding of systemic dynamics from lived experience. The professional component develops observation, structure, language, practice, ethical awareness, and the capacity to facilitate individual and group constellations.

What happens if I miss a live class?

Recordings and supporting material are available through the educational platform. Live attendance remains valuable for experiential exercises, questions, group participation, practice, and feedback, so participants are encouraged to attend as consistently as their circumstances allow.

Will I be ready to facilitate after the program?

You will complete the program with a substantial theoretical foundation, direct experience, supervised practice, and written feedback on recorded constellations. Readiness develops individually and continues through practice, supervision, personal integration, and experience with different situations. Quanta offers ongoing spaces where graduates can continue strengthening their work.

Will I receive a certificate?

Participants who complete the program requirements, written integration, and reviewed practical submissions receive a completion certificate from Quanta Systemic Academy outlining the training completed.

What is the financial commitment?

Payment options are available so each participant can choose the structure that best supports their enrollment.

1 Full Payment \$2540

2 Installments \$ 1380 each

3 Installments \$930 each

6 payments \$500 each



Enrollment and participation

The cohort is limited to ten participants. Registration reserves one place and opens access to downloadable training materials. All registrations are final and non-refundable. Participants are invited to review the schedule, learning commitment, payment plan, and participation terms before completing enrollment.

This program is an educational experience in systemic awareness, human development, and facilitation. Medical, psychological, and psychiatric evaluation and treatment remain within the care of appropriately licensed professionals. Each participant enters voluntarily and takes responsibility for their participation, personal process, and professional application of the material.

If you feel drawn to understand the layers that shape human experience, explore your own relationship with systemic work, and develop the capacity to accompany others with respect and responsibility, you are welcome to learn more about the next cohort.

NO REFUNDS AFTER REGISTRATION. NO EXCEPTIONS

Upon issuance of registration for the training program, it is understood that participants are securing a limited spot, as the program is open to only 10 people.

Once registered, participants gain access to downloadable training materials.

Due to the limited availability and the provision of immediate access to training resources, no refunds will be accepted after registration. THIS IS A NO EXCEPTION CLAUSE

Participants acknowledge that payment is non-refundable, and any withdrawal or inability to attend the program will not entitle them to any refund.

DISCLOSURE

- I acknowledge that the information and experiences received and encountered in the activities in which I will participate do not, under any circumstances, replace the advice of a medical professional or any other competent specialist required for the specific matter at hand. I understand that the information and cases that may unfold during the activity should not be used to diagnose, treat, or cure any diseases, disorders, or ailments of any kind.

- I declare that I choose to participate voluntarily and with all my faculties in the activities detailed above, taking under my exclusive responsibility any processes that this work may encourage in myself ad/or in my environment, as well as its consequences. I waive any **claims** against the facilitator, Quanta Academy LLC, the local organization, the venue of the events, and any other party involved in this activity.