

# *Eco Constellations*

## *An Eco-Psychology Workshop*

**with Zita Cox**



*“For my part I feel Darwin’s is a glorious vision. I love the notion that we are literally related to all other creatures - that apes are our sisters, and mushrooms are our cousins, and oak trees and monkey puzzles are our distant aunts. Conservation, on such a view, becomes a family affair.”* Colin Tudge (2005), ‘The Secret Life of Trees’.



**24/25 November 2007**  
**Bristol, U.K.**

*Environmental Constellations are a wonderfully versatile and creative tool. They allow us to explore our place in nature and our systemic relationship to other living beings, assisting us in new ways of thinking about and finding resolutions to the problems we have created. These may include climate change, pollution, alienation and accelerating species extinction.*

*This workshop will look at how environmental constellations can be used in a variety of context: for personal development to understand our selves through our relationship to nature, and to understand how we are affected by our environment and the affect we have on our environment; to resolve conflict on environmental issues; as a method of enquiry for research into natural eco-systems; for educational purposes; and as an aid to empathy.*

## Zita Cox:

Zita currently works as a facilitator of Environmental Constellations for individuals and organisations. Previously she worked for eighteen years as an integrative counsellor, psychotherapist and supervisor both in private practice and in the NHS. She has a Person-Centred Counselling Diploma from Metanoia, additional training in Gestalt, and a Masters Degree in Counselling Supervision and Training from Bristol University.

In the 90's Zita's training and work expanded to include wilderness therapy, equine-assisted psychotherapy, eco-psychology and family systems constellations. Her interest in constellations led to two years of intensive training in Systemic Constellations -with Dr Albrecht Mahr who worked for many years with Bert Hellinger in Germany. Zita then pioneered the application of the constellation technique to issues relating to the environment, with very interesting results.

Zita's first degree is in Philosophy; she sees environmental constellations as contributing towards a necessary shift in our thinking, which 'Earth Scholar' Thomas Berry refers to as 'the great turning'.

Zita has facilitated environmental constellations in Britain, California and New Zealand. She has written an article on Environmental Constellations, '**A Different Kind of Field Trip**', published in '**The Knowing Field**' January 2007. She contributed a chapter on Trauma to '**Balancing Acts: Studies in Counselling Training**' edited by Hazel Johns (Routledge (1998)).

**Dates:** 24/25 November 2007

**Venue:** Bristol, U.K.

**Cost:** £140

To reserve your place send cheque for the full amount payable to CWT Ltd to the address below together with your name, address, phone number and email address.

Payment can be made by credit card through PayPal. Please contact the office to have invoice issued. (There is a charge of £5 for this service.)

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