**Commonwealth Educational Seminars Certification Exam**

Select a response for each question below.

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**Health, Happiness & Family Constellations**

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1. The family soul values inclusion above all else.

a. True

b. False

2. It is the conscious sacrifices made by birth family members for the well-being of the whole group that cause the most trouble for individuals after they have grown up and moved on in life.

a. True

b. False

3. When an unaccepted, unprocessed trauma within the family soul surfaces again in descendants--it's usually

a. a literal reoccurrence of the same kind of events

b. events that are somehow analogous or similar to what happened before

c. a problem with health

d. something small that does not cause much trouble

4. Cross-generational load balancing means that the family soul is able to hold trauma overwhelms too large to be processed at the time they occurred so that descendants can help deal with them at a later time.

a. True

b. False

5. The family soul is a subconscious, distributed social intelligence that evolved to ensure the passing on of life with love down through generations.

a. True

b. False

6. The primary purpose of an intake interview is to:

a. learn exactly what to do to re-align the client’s family system

b. generate leads (hypotheses) that are then tested via the constellation

c. get to the real problem which the client usually doesn’t present

d. all of the above

7. Constellations work best when the issues or problems to be solved are broadly focused.

a. True

b. False

8. Check-ins with representatives during a group constellation are

a. best phrased as questions about what they think

b. always questions about what they feel

c. efforts to get them to pay attention to their bodies

d. best phrased without any presuppositions, as in “how is this for you”?

9. The butterfly method helps facilitators of group constellations

a. stay very close to what’s been learned in the intake interview

b. avoid jumping to conclusions, which is also called “premature closure”

c. Keep his or her mind off of not knowing the answers yet

d. be sure to sample the whole system

e. a, b, and c are correct

f. b, c, and d are correct

10. The greatest amount of inclusion in a family soul always leads to the highest degrees of harmony.

a. True

b. False

11. The phrase “orders of love” is a misleading translation from German to English because?

a. the German phrase does not have the word for “love” in it

b. Hellinger used the the German phrase poetically, and we take it too seriously

c. “Ordungen” in German means “patterns” or “arrangements” but not “commands,” while “orders” in English also means “commands.”

d. The English version gives too many facilitators the idea that they can force resolutions in constellations

e. c and d are both correct

12. Eventual acceptance of a tragedy that occurs in your family does not help to keep similar events from happening to your children and grandchildren.

a. True

b. False

13. It’s perfectly OK to put a home altar constellation on a high chest of drawers in the corner of your bedroom.

a. True

b. False

14. We speak of the little things from your household used as representatives in a home altar constellation “object persons” because

a. we need to pretend they are real people

b. we only use little figurines that look like people

c. we want to sound like Native Americans

d. we are adopting the perspective that everything around us has a form of consciousness, is worthy of respect, and can help us if we show that respect

15. When you are doing a check-in with a representative in a home altar constellation, it is never OK to pick it up and hold it.

a. True

b. False

16. Social Geometry refers to the inherent meanings attached to different spaces around the human body.

a. True

b. False

17. A home altar must be visited at least twice a day.

a. True

b. False

18. Sequencing refers to the part of a constellation process where you:

a. ask what arrangement of representatives would be more supportive of the client’s goal

b. look for promising overlaps between current circumstances and past patterns

c. ask which representatives might need to change their feelings in what order to best help the family system move towards a better flow of life with love

d. always starting with the oldest representatives and moving through them to the youngest in attempting to midwife positive changes

19. Safe Release means working on difficult things only with a competent therapist.

a. True

b. False

20. Trauma:

a. is anything that really hurts you

b. always happens when, for example, someone’s life is threatened

c. typically leaves no aftereffects in well balanced people

d. is a subjective overwhelm to someone’s nervous system that can happen either in single catastrophic events or else in the repeated occurrence of similar, but less damaging threats

e. is a subjective overwhelm to someone’s nervous system that happens only in single catastrophic events

21. Resonance a transference of energy based on two entities sharing similar modes of vibration.

a. True

b. False

22. The forms of infant attachment are:

a. secure, ambivalent, avoidant, and evasive

b. secure, ambivalent, avoidant, and incoherent

c. insecure, ambivalent, avoidant, and evasive

d. secure, restrained, avoidant, and merged