

CONSTELLATION MINI-RETREAT ON SYMPTOMS AND HEALING WITH MALTE NELLES LECTURES AND CONSTELLATIONS WITH THE CO-LEADER OF THE NELLES INSTITUTE IN GERMANY, THE DEVELOPER OF SEVERAL TYPES OF CONSTELLATIONS LIKE: THE COUPLE LIFE INTEGRATION PROCESS (CLIP), CONSTELLATIONS WITH THE SELF AND SYMPTOM CONSTELLATIONS

DATE: 4-6 June, 2026
LOCATION: Boldog Özséb youth retreat and conference center in Szelterszfürdő (Băile Selters) in the southern Harghita Mountains of Transylvania, Romania

PROGRAM:
Friday – Saturday 10.00-13.00, 15.00-18.00
Sunday 10.00 – 15.00

In the morning there will be lectures on the seminar topic, and in the afternoon constellations. As the seminar has the character of a course and in practice there will be constellations mainly in the afternoon, the number of constellations is limited, not all participants might have their own constellation.

PRICE: 390 €
For those who have finished or are now attending the main training at Nelles Institut Transylvania: 350 €.

For the superior training participants (total days 4st-8th of June) in total for the 5 days 400 €.

The number of participants is limited.

ACCOMODATION: 110 RON per night per person in rooms with 3-5 beds. For an extra fee there is possibility for single room.

MEAL: There will be possibility for 2 meals per day around 40-45 RON per meal. More details will be discussed in Spring. The meal by request can be gluten or lactose free.

TRAVEL: By car: Google Map: Boldog Özséb Ifjúsági Ház, 8G6P+RV, Băile Selters, 537140. It is 30 min from the nearest bigger train station. We can help you to organize yourselves in car sharing if necessary when the time is closer.

LANGUAGE OF THE EVENT: English with Hungarian translation

ON THE PHENOMENOLOGY OF SYMPTOMS:

All therapy starts with symptoms. Those who have symptoms, want to get rid of them. For those who treat them, the aim is to eliminate the symptoms through therapy, but unfortunately they (also) have to reckon with the possibility that they may persist. Even Sigmund Freud said that nothing is stranger to the ego than the (psychological) symptom. As free-willed beings who decide for themselves and their lives, symptoms seem to us modern humans to be a twist of fate: they thwart the wishes and will of our 'I'. They take on a life of their own in our souls, bodies and/or social lives. The discrepancy between our desires and symptomatic reality is experienced as pain, suffering and limitation. Since few symptoms, especially emotional and psychosomatic ones, can be cured directly, a creative approach is needed that gives space to their own lives, their inner logic - their psychology. The seminar will introduce symptom constellation, both from a theoretical and a practical point of view. Within this logical structure, the symptom is seen as a specific subjectivity.

Every symptom therefore has a history, a "from where does it come", and carries a future, a future orientation, a "to where it takes me", which manifests itself in the life of the person concerned. It is in the interaction of these life forces that symptomatology does its work in the psyche and the body. Because symptoms are specific, we are called to deal with their language, their expression and sometimes even their messages.

Therapy of symptoms means freeing ourselves from the humanly understandable, hardened attitudes of "You have to go!" or "I hate you!" and becoming part of a creative process within which symptoms can find their truth in our consciousness. For those affected, any treatment of symptoms is always fuelled by the hope of freedom from symptoms. Some symptoms disappear immediately as a result of effective recognition or lifestyle change. Others will stay with us for a lifetime and leave us wondering how we can live with them. All symptoms are united by an invitation to our consciousness to develop a personal attitude towards them, which can often be the essence of recovery (not on our terms, but on the terms of the symptom).

In the seminar, we can work with classic (health) symptoms, but also with issues beyond clinical symptoms in our relationships, our vocation and our inner life. Where

the ego's wish/will conflicts with symptomatic reality, a symptomatic approach is possible.

It goes without saying that the course is not a substitute for medical or psychotherapeutic treatment and participation is at your own risk.

ABOUT MALTE NELLES

Malte Nelles' work focuses on therapy and integrative counseling, incorporating deep psychological, humanistic and systemic approaches and methods. The guiding principle of his work is to put into practice the psychology of consciousness, which sees in man a thinking and sentient being, but at the same time sees opportunities for development.
Since 2009 he has been leading individual and group consultations, counselling and therapy sessions in individual and relationship sessions, as well as for groups, companies and organizations. he also works as a teacher and trainer at various institutions.

Malte Nelles holds a degree in political science from the Free University of Berlin (Freie Universität Berlin) and has studied psychotherapy (ZIST), family and systemic constellations (DGfS), couple therapy (EAPT), business management (IWW/Fernuniversität Hagen), constellations work (eurasys).

Malte Nelles co-runs the Nelles Institute in Germany with his father, Wilfried Nelles. The Nelles Institute focuses on phenomenological psychology and the life integration process (LIP). In addition to institutes in Germany (Eifel and Berlin), they have partner institutes in Switzerland, Austria, the Netherlands, Hungary, Romania and the Czech Republic. Malte Nelles leads seminars and trainings outside Germany in several European countries, as well as China.
His webpage: **https://malte-nelles.de**

Note on booking: After registration, participants will receive a confirmation of registration and further details on how to pay. After registration, the reservation is valid with payment within 3 days. When applying, please provide your billing information. If payment is not made, the space will be freed up for other interested participants.
If you cancel earlier than 3 weeks before the start of the seminar, you will receive a refund of the seminar fee, from which we will deduct a handling fee of 100 lei. In case of cancellation later than 3 weeks before the start of the seminar, half of the seminar fee will be refunded. In case of cancellation within the last 7 days before the start of the seminar, the full price will be withheld.

Looking forward to see you at this event,
Edó Gergely and Malte Nelles