

# Family/Structural Constellation Workshop Narrabeen, Sydney, NSW

**SUNDAY 7TH DECEMBER, 2025**  
TRAMSHED COMMUNITY CENTRE, NARRABEEN

## Addiction & Co-Dependency in our Culture

Addictions are behaviour patterns that perpetuate underlying problems and feelings. Although they provide temporary relief, they fundamentally give us the means to run away from feelings, instead of being with them. Denial allows us to maintain ongoing addictive behavioural patterns.

In our culture, the primary form of addiction is “Addictive Thinking”. It keeps us disconnected from ourselves and from each other.

Letting go of “Addictive Thinking” will allow us to foster authentic connections with ourselves and with those around us.



### MARIA DOLENC

Maria will be facilitating this workshop, bringing her unique style and passion for this work. Maria is a qualified Gestalt Therapist and an accredited PACFA supervisor. She worked at South Pacific Private for 14 years and at Byron Private Treatment Centre for 7 years. She has been facilitating and teaching for over 18 years as a Family Therapist and Clinical Supervisor. Maria was also the co-director of Gestalt Therapy Sydney. She has studied Family Constellation work with leaders both locally and internationally. Maria has been facilitating and teaching Constellations in Australia and internationally for over 15 years.

*We are all in training to be the best ancestors we can be*

**WHEN:** Sunday 7th December, 2025  
**WHERE:** Tramshed Community Centre - Tramshed Hall  
**TIME:** 9.30am - 5.00pm  
**COST:** \$180  
**DEPOSIT:** \$50 deposit by 22nd November, 2025

**RSVP:** Maria  
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Morning and afternoon tea provided.