



## Margriet Wentink, Netherlands

### Biography:

Margriet Wentink, born in Apeldoorn the Netherlands in 1963, has always been drawn to learning and developing. Educated as a primary school teacher, she worked as a teacher and director at a primary school and as a school counselor at the Regionaal Pedagogisch Centrum Zeeland. In the late nineties, she met Bert Hellinger's constellation work, dived deep into the constellation work by Jan Jacob Stam and later on, dr. Franz Ruppert 's trauma approach crossed her path. Studying attachment and trauma-theories and intensive work with clients influenced and changed her approach and personal development forever.

She has developed training programs and therapy approaches based on experiences at her own Institute, Interakt for the last 25 years. These programs and approaches are focused on the influence of attachment patterns on teams and organizations, on long lasting or later to appear consequences of early childhood trauma, on pre-, peri- and postnatal psychology and attachment trauma. She offers individual therapy, group therapy and seminars as well as trainings and ongoing education for trainers, coaches and psychotherapists in the Netherlands, Belgium and Germany. In addition, as a direct result of the Covid 19 pandemic, she has adapted the online possibilities and adjusted the method to make it usable for online training and individual therapy worldwide.

Website: [www.interakt.nl](http://www.interakt.nl)

Email: [info@interaktiel.nl](mailto:info@interaktiel.nl)

### Workshop:

#### Awaking the inner knowing of attachment patterns

Systemic work usually focuses on the big picture, the wider web of invisible connections and patterns in our systems of origin (parents, extended family, culture etc).

During this workshop we will focus on the small, subtle patterns within the individual in the system: the behavior patterns that were developed in early childhood in our attachment to our parents.

We will explore how our internal attachment patterns were formed and influenced by our system of origin. In addition, we will discover how these patterns, as subtle as they are, influence our professional and daily relationships, or even the design of teams and organizations. By focusing on change from the inside out, in other words, by start moving this often-unconscious smaller patterns, there can be given an impulse at the bigger system as well.

During this workshop you will experience the resonance approach with which you can explore these patterns. You will become aware of the importance of these subtle patterns and will discover how your own attachment patterns influence your professional and daily life.