



# BEING YOURSELF

*„Being yourself—everyone wants it, but no one tells you how to do it.”*

**NELLESINSTITUT**

TRANSYLVANIA PSIHLOGIE FENOMENOLOGICĂ  
PROCESUL DE INTEGRARE A VIETII  
MUNCĂ CU CONSTELAȚII

**MALTE NELLES**

LECTURES AND CONSTELLATIONS  
WITH THE NEW FORMAT:  
THE SELF

6-8 NOVEMBER, CLUJ-NAPOCA



## **MALTE NELLES AT CLUJ: BEING YOURSELF – LECTURES AND CONSTELLATION WITH THE NEW FORMAT: THE SELF**

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Malte Nelles

### **DATE & PROGRAM:**

6th-8th of November, 2026

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

Sunday: 10.00 – 15.00

**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 6st-10th of November) in total for the 5 days 400 €.

The number of participants is limited.

To register:

<https://www.nellesinstitut.ro/seminarii/evente/>

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.

**LANGUAGE OF THE EVENT:** English

**LOCATION:** Wisdom Culture Lab, str Emil Isac Nr 25, Cluj Napoca, Romania

### **ABOUT THE THEME OF THE SEMINAR:**

“Who am I?” is the great question that, as modern human beings, is placed at the threshold of our lives, yet no one has ever answered it.

“Be yourself” is our culture’s answer, yet our self—the very thing around which psychology, philosophy, and spiritual disciplines have long revolved—reveals itself only indirectly. It is not something fixed or discoverable, and it cannot be captured or pinned down. Who I am is a mystery.

The Roman emperor Marcus Aurelius already engaged in “self-reflection,” but as a concept

and way of life, the self only found its place in our culture in the modern era. Self-awareness, self-confidence, self-realization—through ourselves we come to understand the world and life.

The self, according to the idea we wish to follow in this course, is the place where our consciousness unfolds and where we simultaneously bear witness to it. Here, all our partly contradictory and partly unifying soul and vital forces meet, enrich, and clash, such as

- the simultaneity of who have become and who we are becoming,
- the distinctiveness of the inner and outer worlds,
- the tension between myself and the people around me,
- the distinction between body and mind,
- the encounter between nature (the “animal”) and culture (the “human”) within me,
- the difference between my will (the “I”) and the soul (that which wants something from me).

The self is the spiritual space in which all these forces perform their dance within me, shaping me, guiding me, sometimes driving me mad and sometimes making me happy, in which I participate in all of this and can simultaneously perceive it as an observer. Our self is the stage of the gods.

### **SEMINAR STRUCTURE:**

Drawing on various depth psychological perspectives (e.g., those of Sigmund Freud, Carl Gustav Jung, James Hillman, and phenomenological psychology), the seminar begins each day with informal lectures that develop a new understanding of the self and a model based on that understanding.

This leads to a new constellation format for self-reflection, which is used in practical work

during the course. All personal questions regarding relationships, symptoms, and inner psychological dynamics are welcome—questions that bring us back to ourselves and challenge us to respond to life.

**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/>

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