

Family Constellation Workshop

A systemic approach to healing on a deep level

What is Family Constellation work?

Family constellation work is a systemic family therapy and was developed by the renowned European psychotherapist Bert Hellinger over a period of 30 years.

It is a method that addresses family dynamic and relationship issues and aims to establish more harmonious relationships, e.g. mother/daughter relationship.

It also aims to resolve unconscious and trans-generational pattern of entanglements within the family and extended family system/Whanau by bringing them on the 'surface' by making them more conscious.

It is a systemic and phenomenological approach based on family therapy, psychotherapy, Gestalt and other modalities.

Theoretical Background

Ancestral influences, e.g. disowned and unprocessed trauma resulting from difficult experience or events such as war or child death can have a challenging impact on the life of someone in the following generation(s). E.g. a child, out of love, may unconsciously take on the burden or suffering that belongs to his/her mother and may unknowingly continue to carry this burden throughout his/her adult life.

Setting up your own family in a 'family constellation or sculpture' can bring to light these entanglements. Through this, a new image/solution can emerge and a better resolution found. This holds the possibility of healing on a deep level. Deep respect for others can emerge and better relationships can be established.

Family Constellations can be effective in addressing and resolving

- relationship issues
- work related issues
- issues with family members
- depression
- grief
- issues of abuse
- post-traumatic stress disorders (PTSD)

Outcome of a Family Constellation

Setting up your own family in a 'family constellation' can bring to light entanglements and unresolved family issues that unknowingly affect your life and relationships.

A family constellation will bring new insights and understanding which holds the possibility of

- connecting/re-connecting with your family of origin should you have been cut off.
- re-connecting with your roots
- finding greater peace and healing on a deep level.
- finding deep respect for life and others

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Who can benefit from this work?

Somebody who

- would like to learn more about their unconscious family dynamics and how it affects their life.
- has already done some personal work and their relationships could be more harmonious or satisfying.
- has experienced a seemingly inexplicable and difficult event and/or trauma and would like to come to terms with it.
- who suffers from depression or other uncomfortable and difficult emotions such as shame and guilt and don't know why.

Family Constellation in an individual session

You can set up your own family or part of it in an individual session by using markers or small figures to represent family members. The outcome will be the same as if you would set up your family system in a seminar.

Family Constellation in seminars

In a seminar you can set up your family by choosing participants of the group to represent members of your family and yourself. Each representative will take on aspects and characteristics of the person, (e.g. the mother) they represent. You set them up in relation to each other and watch the process of what happens as it unfolds from a dis-identified place sitting on the outside of the circle. This helps to 'see' more clearly.

Please feel free to ring me on 09 445 1626 to clarify any questions you may have.

Who is the Facilitator?

Angelika has many years of clinical experience as a Psychotherapist, Couples Counsellor and is experienced in family constellation work in individual settings and workshops. She has trained with international and leading Family Constellation Trainers and Facilitators such as Dr Berthold Ulsamer (Germany), Dr phil. Guni Baxa (Austria) and Heribert Doering-Meijer (CLARO Institute, Germany).