

THE HOW OF FAMILY CONSTELLATIONS

There is no one way to do Family Constellations. Although the principles are consistent, every facilitator must discover for themselves their own authentic way to be in the field and constellate. Below is a brief description of the Family Constellation principles and how I do it.

Family Constellations is the modality of choice when it comes to long standing difficulties, when other forms of therapy seem to be ineffective or there is simply a deep curiosity for a more effective way to resolving trans-generational issues. By setting a constellation the healing process is set in motion. Significant shifts begin to happen in an entire family system and in the health and wellbeing of specific family members.

According to the Family Constellations philosophy, a family is connected on a soul level and have a group energy field which includes those who have made their transition. Disturbances to the "Orders of Love" in previous generations affect the lives of both current and future generations. When we are able to see 'what has gone before' in a new light, pent up energy is released in the family system allowing for healing to happen. The love that is held in all families, no matter how damaged and misdirected, becomes a vehicle for transformation and has the power to heal.

Family constellations are not about attributing blame. Rather, it is about seeing the bigger picture and how different people, events and other aspects come together to create certain scenarios. It is a phenomenological process based on the philosophy of love.

The Family Constellating Process

When you bring a difficulty for family constellations, it is heard by a group of people sitting in a circle. You need only share basic factual information and often a genogram is drawn on a flip chart. You are then invited to set your constellation (the Germans and Dutch talk about 'opstelling'), asking people from the group to represent members of your family. This spatial arrangement reveals relationship dynamics in a very real way. The facilitator then engages the constellation whereby more information is released from the "collective unconscious" or "the knowing field". The constellation reveals a family system's long held beliefs, hurts and patterns of behaviour with amazing accuracy. This just is. There is no judgement. The system also indicates what needs to happen for it to return to harmony and balance.

We have all had experiences of synchronicity, intuition and *déjà vu*. However, with Family Constellation this is much stronger as we intentionally and respectfully enter the knowing field.

The representatives are able to access feelings, emotions, and very often the characteristic behaviour of people they have never known or heard of before.

Representatives find that just by 'rep-ping' shifts happen in their own lives as well. At one level we all share the same stories and we are all connected. The key is the restoration of love. This approach is deeply humbling and unique in the way it demonstrates that we are all truly one.

The Development of Family Constellations

Family Constellation work is relatively new in South Africa, but it has been popular in Europe for a number of decades now. It is a form of systemic family therapy developed by Bert Hellinger, a German psychotherapist who spent the last 30 years uncovering, developing and practicing Family Constellations as well as teaching it to others. They, in turn, became master trainers and I have been fortunate to train with some of them. In working with thousands of family systems, Hellinger observed a natural order that determines how family dynamics unfold at an unconscious level and how unresolved issues in previous generations affect the lives of successive generations.

Bert Hellinger's work is dedicated to bringing together those that have been separated or excluded. The process brings about healing by respecting the movements of the heart. In facing our deepest emotions and the feelings of our family, we are naturally redirected towards love. We are supported in this by our loved ones and so can receive the gifts which come from Love - the peace, the strength, and the freedom to choose our ways anew.

Public Constellations

I, Jean Mathews Wildervanck, facilitate constellations once a month, on a Saturday, at 104 Main Road in Walmer, Nelson Mandela Bay. WhatsApp or email me to secure your seat. All welcome.

Fee Structure 2023

Private constellation R1200

Private constellation + Pre-interview R1500

Public constellation at an OLC gathering R400

Public constellation + Private Pre-interview per telecom R700 (R400 + 300)

Public constellation + Private in-person Pre-interview R1200 (R400 + 800)

To book your Family Constellation see CONTACT