

# What happens in a Family Constellations session?

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Family Constellations are done very successfully online. The client and I work together to connect to the family systems through the mysterious energy known as the "knowing field," which is not limited by time or space. As the Facilitator I can feel my client's body sensations, emotions and images during an online session.

In a Family Constellations individual session, we look at issues, dynamics and inherited traumas that are hidden in a family system, sometime over many generations. These are often symptoms and conditions for the client or the family that are resistant to change.



To help reveal what is unseen, I guide the client in using objects to stand in or represent family members, ancestors, events or even physical conditions. We might do a guided visualization during the session as well. My work is also informed by current trauma theory, Inherited Family Trauma Therapy, Internal Family Systems Therapy, Mindfulness and Shamanism.

In most online sessions we use paper or objects to represent family or ancestral members, emotions or feelings. Clients can use whatever objects are available including: chess pieces, seashells, rocks or crystals. Small pieces of paper or post it notes also very effective. Any object or piece of paper can be infused with the energy of a family member or ancestor.

When the client places an object onto the clock face, I do the same to my clock face. At the beginning of the session I gather information about the issue you want to explore, family dynamics and what the resolution might look like. Then, we begin to explore the images using the objects as representatives.

Throughout the online session I monitoring your physical & emotional responses to the constellation as we move to truth that wants to emerge. Body sensations become a key indicator of truthfulness when we are going in the correct direction or have found the resolution.

By tuning in and feeling what is being represented in the objects we can gather information about what has happened and perhaps clues about what can be released or acknowledged. This can create healing for the client and the system.

This collaborative process is mysterious but truthful and transformative.

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