

What happens in a Family Constellations session?

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In an individual Family Constellations session, we setup a model of a family system, a constellation, that allow us to work toward reconciling past conflicts, repairing broken relationships, and restoring order at the systemic level. This process allows us to look at the hidden family dynamics behind many of our challenges. We can see that many of our emotional issues, traumas, illnesses, and problems in relationships, work, and career are the result of unresolved pain and suffering in our family system over many generations.



During a session, we try to discover how you are entangled with the painful events and experiences of your parents, grandparents, or ancestors and find a way to resolve past struggles, grief, and disappointments so they no longer affect you in the present. This work is usually done with individuals, but it can also be done with couples.

To help reveal what is hidden, I guide you in using objects to stand in or represent family members, ancestors, events, emotions or even physical or mental conditions. You can use whatever objects are available including chess pieces, seashells, rocks or crystals. The objects can work just as well as if we were using people in a group workshop as representatives.

At the beginning of the session, I gather information about the issue you want to explore, an overview of the family history, possible hidden family dynamics and what the resolution might look like. Then, we begin to explore using the objects as representatives. During the process we are using a special energy called the “knowing field” that helps reveal what occurred in the past and how you are entangled with it. It takes us behind our stories or fills in the facts that we do not know. The knowing field works very well online as it is not limited by time or space.

Throughout the online session I monitor your physical and emotional responses to the constellation as we move toward the truth that wants to emerge. Body sensations become a key indicator of truthfulness, correct movements, or the best resolution. This collaborative process can feel mysterious but somehow familiar in a deep way.

With the help of the knowing field, we can gather information about the past and perhaps clues about what can be released. Your entanglements can dissolve when the essential truth about what happened is finally acknowledged correctly. By the end of your session, you might feel lighter, relaxed, and unburdened, and have a very different image of your family system. Over time and perhaps with additional sessions, you may begin to feel more whole and present in your life, relationships, and career.

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