

What happens in a Family Constellations Workshop?

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In an online Family Constellation workshop, we work as a group to help the client to look at issues and dynamics that are hidden in their family system, sometimes over many generations.

I am often asked if online Family Constellations can work as well as in person. In fact, they really do. The energy field that we use in Family Constellations to connect to each other, our families and our ancestors is not limited by distance.

In some workshops we have participants from around the world working together in service to a client. It always feels large, expansive and connected as if we were together in the same physical space. It is always amazing, powerful and healing each time we gather on Zoom to discover and resolve our hidden family dynamics.



To help reveal what is unseen, I guide the process by first asking participants to volunteer to stand in or represent the role of the family members, ancestors, events or even physical conditions for the client and their family system.

In these roles the representatives can give us information about what has happened and perhaps clues about what can be changed, released or acknowledged to create healing for the client and the system. They do not act a role; representatives begin to take on the essential qualities of whom they are representing. The process is mysterious but truthful and transformative.

As the client, witnesses and I watch, the representatives move, speak, and react to other representatives. I guide the constellation process by adding or moving representatives, evaluating the order, energy and facts that emerge and suggesting healing statements that create a resolution for the client and their family system.

Healing sentences speak the essential truth of entanglements or issues. There can also be powerful words that bring a resolution and a compassionate restoration of balance to the system.

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