Family Constellation
Workshop

What is Family Constellation Work?

Family constellation work was developed by the renowned European psychotherapist Bert Hellinger over a period of 30 years. It is a method that addresses family dynamic issues and aims to resolve unconscious and trans-generational pattern of entanglements within the family and extended family system/Whanau by making them conscious. It is a systemic and phenomenological approach based on family therapy, psychotherapy and other modalities.

Ancestral influences, e.g. disowned and unprocessed trauma resulting from difficult experiences or events such as war or child death can effect the life of the following generations. 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' can bring to light these entanglement(s). 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 ad better relationships can be established.

Who benefits from a Family Constellation?

Somebody who

1. would like to learn more about their unconscious family dynamics and how it effects their life and relationships
2. has already done some personal work and issues are still present
3. would like to have a more harmonious or satisfying relationship
4. suffers from depression or other uncomfortable feelings and don't know why

Workshop details:

Dates: **Saturday, 13th March 2010**
Saturday, 24th April 2010
Saturday, 19th June 2010

Venue: **Rose Centre**, School Rd, Belmont, North Shore City 0622

Time: **9.30 am – 1pm**

Cost: **$50** to set up your own family system or part of it
Please note that the participation as a representative or observer is free

Facilitator: Angelika Schuster Family Constellation Facilitator, registered psychotherapist, Provisional MNZAP
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