

Family Constellation FAQ

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What is a Family Constellation?

A family constellation is a living, breathing exploration of areas in which you are seeking growth and clarity. Family constellations involve group members who create a live representation of the issues you choose to address. Through this interactive and dynamic exercise, participants gain new perspectives in vivid experiential moments of great clarity and emotional resonance.

What will I be expected to do?

Participation levels vary based upon your comfort level and include quiet observation, assistance in the constellation dynamic of others and the active work of participation in one's own constellations. Attendees report great benefits from all levels of participation.

My family is great, what if my issues are about other things?

Family constellations address matters concerning all areas of life. A constellation can address an issue within your actual family of origin, family of values and ideas, or family of work/school/creative ethics or any other areas in which you feel ready to make progress and movement.

How will a Family Constellation help me?

Family constellations effectively shatter old patterns of behavior and reasoning based on historical paradigms. Once these paradigms are resolved, participants find that they are free to develop new ways of thinking, emoting and moving through the world based on the positive present, with respect and honor to what has gone before. Family constellations encourage forward growth and movement and increase awareness and sensitivity to personal needs with a deep grounding in self knowledge and authenticity.

Many report a positive change in lifelong areas of difficulty previously untouched by other types of personal exploration.

My issues are really personal, what will others in the group think of me?

Family constellation groups foster a safe and confidential environment in which the wellness of all members is of the utmost importance and in which all are welcome, accepted and appreciated.
