



Family Constellation!

What is Family Constellation – in a group?

In this form of therapy you replace your family members or issues with other people in the group. This way, the relationships with each other can be visualized, and what has led to the interruption of love and flow can be resolved.

How does a constellation work?

From the group of participants you choose representatives for yourself and for the people around you (children, partner, parents, siblings) or issues (health, work, money, joie de vivre, selfesteem, confidence, etc.) that you want to work on. The representatives are distributed around the room. You observe what is said and done from a distance. This puts a spotlight on the internal processes.

The goal is to arrive at a solution on the three levels of body, mind and soul in relation to the concern mentioned or to process a trauma.

Once order has been restored by the representatives, you go to your place in the constellation, let the energy you have worked on flow and take the newly created image with you.

Individual sessions

Work on the same principle, except that you place yourself in your own role from the beginning. I step into the other roles. This way, we explore the dynamics in your relationships.

Duration

A constellation lasts on average 2.5 hours.

I also offer the constellations online, which works wonderfully.

I'm looking forward to hearing from you!