

Preparing for a Family Systemic Constellation Workshop

Try to be well rested, with a clear mind and relaxed body.

You don't have to do your own constellation. You will get a lot out of being a participant, a representative and by sitting in the holding circle. It is common for representatives to encounter their own issues when representing in someone else's constellation.

Clarify your question: It can be helpful to formulate a clear, simple sentence describing the issue and change you hope to see after doing the constellation.

It is useful to know the basic facts about your family: Think about who belongs to your family system. Consider your parents, grandparents, siblings, aunts, and uncles.

Those included in the system are:

1. Parents, grandparents, great-grandparents and ancestors even further back.
2. Brothers and sisters, sometimes aunts and uncles.
3. Children, including any who died young, including stillbirths, miscarriages, and abortions.
5. Anybody, and this is most important, who made room in some way for the above members. This includes, for example, former partners of parents or grandparents, as well as all those whose misfortune, death or actions brought the family an advantage or gain.
6. Victims and perpetrators of violence and murder within the family.
7. Sometimes people who have saved family member's life.
8. The excluded, the *black sheep*, the problem maker.

Understand that being a representative does not involve acting. It is not playing a role. It is picking up the sensations phenomenologically of other people's experiences. Simply report the sensations, emotions and impulses that spontaneously arise in you. **On the day, it is advisable to wear comfortable layered clothing. Bring your own lunch. Drinks and snacks are provided during regular breaks. Bring a water bottle.**

Following a Family Systemic Constellation Workshop

Momentum for healing: Constellations are helpful for the creation and momentum of healing. Don't worry if your constellation has not reached a full resolution.

Experiencing a family constellation: In a constellation we receive insights and healing images. We see new perspectives of our family and a positive enhancement of mind, body and spirit. These experiences can affect our relationship with our family in a way that seems effortless. It has a profound impact that can give our lives new direction. This therapeutic process moves through us and/or our family system.

Processing: Afterwards, keep returning to the picture of the final image. This rather than analytical interpretation is what brings healing and change. Overthinking can keep us stuck at the problem, stopping us from embracing the solution. Often, we have accurate insights into the causes of our problems, while still remaining completely stuck. We can analyse to distance ourselves from our sensory experience. Imagine enjoying a beautiful sunset, then analysing the scientific phenomena that produced such an optical event; it removes us from the experience of the sunset.

When we go home from the workshop, we need to be careful about what we tell others about our experience. It is difficult to explain constellations to those who have not experienced them. It is normal for many people to be sceptical about something that is outside their normal experience and that challenges our usual perception of the world. Even when sympathetic, many people will try to engage you in an analytical conversation which can disconnect you from the healing image of the constellation. It is best to wait for a while before trying to talk about it.

A practitioner may make suggestions to focus our healing image. This may include focusing on a particular element of the constellation, such as seeing our siblings in birth order, or feeling our parents physically supporting us from behind. It may also include acts to help us reincorporate or acknowledge a forgotten family member, such as displaying their photo in our home, visiting their resting or a special place or doing

another ritual or activity that is meaningful for you. Other than these acts of awareness, we don't need to do anything more for the constellation to have an effect. This work helps us become more deeply connected with all the members of our family system, living and dead. The healing effects of the work unfold in their own time when we let go of the need to do something.

Conscious love: As a result of our constellation, we come closer to holding all those who belong to our family in conscious love. We respect their fates and their burdens as their own. We can then give up the childlike loyalties where love and belonging meant living out the consequences of another's life - which have only served to entangle us. Unnecessary suffering is therefore replaced with acknowledging what is.

Patience: Whatever occurs in a constellation should not determine your behaviour around the people represented in the constellation. Rather, we simply let it work within us and we may find ourselves spontaneously acting in different ways than we did before. We may find ourselves contacting distanced family members. We may find ourselves being more assertive or conciliatory than before. Whatever the change in behaviour, it is likely that we will feel a greater sense of relaxation and connection. We may even feel more alive.

Be prepared to feel emotionally and physically tired after the day. This can last for a few days after the workshop as one processes the experience. Take care of your wellbeing – you matter, you are important. A healing journey is a courageous path to take. If you feel unsettled after the experience, contact the facilitator or your therapist if you need to talk.

Confidentiality: We keep confidentiality out of respect for each other.

Facilitators details are available if you need to contact them after a constellation workshop.

Family Systemic Constellation Workshop Agreement

Family Systemic Constellation Workshop Registration and Agreement Form

Name	
Phone	
Home/PO Address	
Email	

Please read below. By signing and/or attending a workshop, you confirm your understanding and agreement to:

- ✓ I may learn about myself and myself, my family, organisational or ecological system in several ways during the Family Systemic Constellations Workshop, such as:
 - a witness/observer to a constellation
 - a representative in a constellation
 - by requesting my own constellation.
- ✓ I may or may not get a chance to do my own constellation as we will enter a *phenomenological process** yet by participating in the group setting and/or as a representative I can gain important personal insights, and these insights can be valuable for me in a transformational way.
- ✓ I am aware that Family Systemic Constellations can:
 - have a healing effect and may open new possibilities in individual, family and work life
 - provide experiences that address purpose and meaning in individual, family and work life
 - convey extraordinary human insights and unexpected perspectives
 - be helpful in resolving individual, family, structural and organisational issues, particularly those that persist beyond the usual explanations and strategies for solving them.
- ✓ Family Systemic Constellations, with all they offer, do not replace my day-to-day responsibilities, relationships, strategies and activities.
- ✓ Family Systemic Constellations provide a dynamic and momentary *image* of an energetic state of a human relational system (either personal, family, structural, organisational or ecological and often expose a level of truth about what lies beneath the surface.

- ✓ I understand that even though these images may show stories that have been passed down and accepted as reality, they are not necessarily an accurate reflection of reality. But they do often provide helpful new perspectives and deeper insight at a systemic level.
- ✓ I understand that what happens during the workshop is private and confidential. I agree not to disclose to any persons outside of the workshop details of the participants or specific events I witness.
- ✓ During the day I may be brought into contact with painful memories or unexpected intensity and images and may have emotional responses to these experiences. If, at any time, the situation becomes too much for me I can talk to the facilitator, and after discussing this with the facilitator, if necessary, I am free to leave the workshop.
- ✓ After the workshop and following days, I may feel emotional processing and/or feel tired. I accept that this is quite common and usually is followed by a sense of integration and future possibility. If, after a couple of days, I am still unsettled I can contact the facilitator (contact details of the facilitator will be provided at the beginning of the workshop).

Please arrive at 9.45 am. The workshop will start at 10.00 am and will finish at 4:45 pm (unless otherwise stated) with a morning, lunch, and afternoon break; please come on time if you need to sign the registration and pay the fee, and to avoid a late start.

Morning and afternoon tea/coffee will be provided, BYO lunch – alternatively there are few places accessible by a few minutes' drive, where lunch might be purchased.

Important: please advise the workshop facilitator about any existing (past or present) mental health treatments/conditions in your responding email or by a phone conversation before workshop; it will remain confidential.

Following the reading of this agreement, by my payment and attendance I confirm that I agree to the Family Systemic Constellation Workshop Agreement.

Date		
Name & Signature		

"Heal the past, live the present, dream the future" (Mary Engelbreit) aptly describes the power of this simple yet profound human work of awareness, loving presence and transformation when we see the influence of our ancestors in the light of love and understanding.