

The Art And Practice Of Family Constellations

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Systemic Constellations - Damian Janus 2021

In *Systemic Constellations: Theory, Practice, and Applications*, Damian Janus examines systemic constellations, a breakthrough method of psychotherapy, coaching, and consulting developed by Bert Hellinger. Janus examines numerous case studies and addresses the broad potential of Hellinger's approach for improving clients' mental and physical health as well as for solving various issues of businesses and organizations.

[Peace Begins with the Soul](#) - Bert Hellinger 2003-01

Love's Own Truths - Bert Hellinger 2001

Symbolic Mental Representations in Arts and Mystical Experiences -

Giselle Manica 2020-05-30

Symbolic Mental Representations in Arts and Mystical Experiences explains how the individual's conceptualization of reality is dependent on the development of their brain, body structure, and the experiences that are physiologically confronted, acted, or observed via learning and/or simulation, occurring in family or community settings. The book offers support for Jean Knox's reinterpretation of Jung's archetypal hypothesis, exposing the fundamentality of the body - in its neurophysiological development, bodily-felt sensations, non-verbal interactions, affects, emotions, and actions - in the process of meaning-making. Using information from disciplines such as Affective Neuroscience, Embodied Cognition, Attachment Theory, and Cognitive Linguistics, it clarifies how the most refined experiences of symbolic imagination are rooted in somatopsychic patterns. This book will be of great interest for academics and researchers in the fields of Analytical Psychology, Affective Neuroscience, Linguistics, Anthropology of Consciousness, Art-therapy, and Mystical Experiences, as well as Jungian and post-Jungian scholars, philosophers, and teachers.

Love's Hidden Symmetry - Bert Hellinger 1998

Farewell - Bert Hellinger 2003-01

Dr. Bert Hellinger helps patients confront the victims and persecutors in their own families.

In My Mind's Eye - Ursula Franke 2017-11-01

"In My Mind's Eye" is the first book about family constellations in individual therapy and counselling. The procedures presented rest on a broad range of therapeutic knowledge and experience from various psychological methods and approaches. In the first section, Ursula Franke describes the foundations of her therapeutic work. The second part addresses the inner processes, questions, and decisions leading to interventions, that guide the therapist through the whole process of a constellation. The main focus is on the techniques of constellations in individual therapy, and on constellations in the imagination, which the author has developed over years of experience and observation.

What's Out of Order Here? - Ilse Kutschera 2006-01-01

This report on the method of family constellations is a fascinating trip through theory and practice that offers a new concept of healing for lay readers as well as professionals. 'What makes this book special is the richness of the illustrations of how symptoms of illness embody concrete events in a family and how family constellations can bring this to light with a respect that allows symptoms to recede and disappear. As far as I am aware, this has never before been identified and illustrated so clearly. This book is a first class pioneering effort. Alongside new insights, it also details the concrete steps that have led to new and often surprising resolutions.' Bert Hellinger

Entering Inner Images - Eva Madelung 2018-06-01

Neuro-imaginative gestaltung (NIG) is a systemic method, developed for individual therapy by Eva Madelung, that can be used in counselling, self-help and group work. The novel integration of techniques from art therapy into the systemic process encourages therapeutic creativity and individual

self-exploration. In a practical section, Barbara Innecken describes the therapeutic aspects of the method and uses case studies to elaborate her points. This material can be applied immediately by the experienced systemic therapist, but therapists-in-training and those of other theoretical orientations will find step-by-step instructions for practical use in individual therapy. Instructions for self-help complement the presentation. In the theoretical section of the book, points of contact and possibilities for mutual exchange and enrichment from constructivist oriented methods, such as NLP, De Shazer short-term therapy and Heidelberger family therapy, as well as the phenomenological-oriented family constellation therapy of Bert Hellinger, are described. In short, the book combines proven therapeutic practice with extensive theoretical background and contributes to the integration of family constellation therapy within other therapeutic methods.

Even if it Costs me my Life - Stephan Hausner 2015-06-03

Family constellations work has broadened and developed in many different fields as a method of counseling and therapy. In addition to constellations in organizations and schools, applying this approach to working with illness and disease has expanded the potential for healing effects in the field of medicine as well. A view of transgenerational entanglements and family dynamics casts a new light on health and disease, and the insights gained from constellations with illness and health problems have led to a more holistic view of those who are ill. In *Even if it Costs me my Life*, Stephan Hausner aims to provide a picture of the healing potential of systemic constellations, entering into the reciprocal effects of family dynamics and illness. Extensive use of case studies demonstrates this technique in action, revealing how existing illnesses and pathologies are rooted within the family dynamic, and setting up healing postures to facilitate growth, development, and direction.

Systemic Coaching - Jan Jacob Stam 2017-03-06

Coaching is not reserved for those who have 'coach' on their business cards. We all coach in some way or another. Although they may call it differently, parents, teachers, entrepreneurs, managers, therapists and consultants, they all coach often. In *Systemic coaching* you learn how to apply your knowledge and skills from constellations in one-to-one situations. In every system people are a part of, there are patterns and trauma's. Some are obstructive. Systemic coaching can give you knowledge, impulse and structure to deal with these blockages. Amongst other things, this book consists of a list of more than 40 commonly found symptoms in systems: what for instance is the cause and effect of abortion, a glass ceiling or fraud in a system? And what are suitable interventions? Authors Jan Jacob Stam (1954) en Bibi Schreuder (1953) know better than anyone how systemic coaching works. As founders of the Bert Hellinger Institute of The Netherlands, they have trained and guided thousands of professionals in systemic awareness. With great expertise and depth, they give their reader new ideas, new questions and new methods to do interventions at systemic layers.

The Healing of Individuals, Families & Nations - John Payne 2012-06-01

Body, Mind & Spirit / Self-Help This book's perspective on healing will expand the reader's vision, beyond the scope of healing as a purely individual and personal matter, to one that spans generations in its scope, crosses racial and cultural barriers and sheds new light on the relationships between victims and perpetrators, be they from governments and regimes, wars, sexual abuse or crime. Payne's "Orders of Love" describe a natural pattern that has been observed in the practice of Family Constellations--namely, that there is a distinct order stating who belongs and who does not belong, not only in a family system, but also in larger groups such as nations. With its many examples and stories, Payne's book brings back into belonging those who have been excluded and bridges the gap between the healing of an individual and the healing of family, ethnic and national souls. John L. Payne, also known as

Shavasti, has travelled the length and breadth of this globe, firstly in childhood and then in his adult life in search of deeper meaning and experience. His multi-cultural background created a childhood that was spread over three continents and an adult life spent living in Europe, Africa, Central and South America and Asia, with much time being spent in the USA. With the experience of having given more than 400 workshops on 6 continents, you are receiving a wealth of cultural, ethnic and historical experience that makes his work finely tuned for ancestral healing having worked with hundreds of individuals across the globe.

Acknowledging what is - Bert Hellinger 1999

Hellinger sheds light on his unique use of family constellations to reveal hidden often destructive family dynamics and to active healing resources. Hellinger also speaks freely and frankly about his observations of the forces at work in family systems and the controversy that surrounds some of those observations.

The River Never Looks Back - Ursula Franke 2017-01-01

This is a book about the theory and practice of the method of systemic family constellation. Ursula Franke provides a well-grounded historical overview of the precursors to family constellations. In addition, she presents and defines the central terminology of these methods. The author presents a model that attempts to explain the efficacy of constellations. The empirical section allows the reader to take a look at the procedure that is used in the process of a constellation. In addition, the possibilities for and limitations of using constellations in individual therapy are discussed. The study presented in "The River never looks back" focuses on therapy with anxiety patients. The results of the study can be used in regular psychotherapeutic practices, and is thus helpful for all therapists who work with constellations.

The Constellation Approach - Jamy Faust 2015

ABOUT THE BOOK The Constellation Approach -- Finding Peace Through Your Family Lineage is the culmination of Jamy and Peter Faust's brave and innovative healing work over the past twenty years. Together and individually, they have helped hundreds of people heal emotional wounds rooted in many varieties of trauma, neglect, loss, and longstanding family loyalties. Inspired by the teachings of Bert Hellinger, the Constellation Approach combines the practical wisdom of healing traditions from both East and West with the Faustus' signature understanding of the Soul's journey. As they carefully guide us to uncover the sources of unresolved and often long-hidden conflicts, a path to inner peace emerges. The journey they invite us to embark upon will not only change forever the way we understand the dynamics of our families, but it will also expand and deepen our experience of authentic love. This book reimagines our conflict-ridden world gradually but boldly transformed by peace -- one family at a time. ABOUT THE AUTHORS Jamy and Peter Faust have been studying, practicing and teaching the Healing Arts for over twenty-five years. They each have private practices near Boston, and lead seminars and trainings together in The Constellation Approach. Jamy holds a Master of Arts degree in Holistic Counseling and Psychology, is a graduate and former faculty of the Barbara Brennan School of Healing, and is trained in Metzner Alchemical Divination practices. She founded Amethyst Opening, a depth-work process combining shamanic journeying, energy healing and spiritual psychology. Peter holds a Master's degree in Japanese and Chinese Acupuncture, and is licensed to practice Herbal Medicine. Peter graduated and taught at the Barbara Brennan School of Healing. He also leads men's workshops through the Hero's Journey Foundation. Jamy and Peter have been married for thirty years and have a lifetime commitment to helping others find peace through their family lineage.

Systemic Coaching and Constellations - John Whittington 2020-08-13 Systemic Coaching and Constellations offers a refreshingly uncomplicated path into a potentially complex subject, demonstrating how to understand and manage intricate relationship systems as part of a powerful coaching agenda. It provides a comprehensive introduction to the principles that sustain systems, how to map and explore them through constellations, as well as a step-by-step guide to integrating these principles and practices into coaching. Featuring a variety of case studies from around the world to illustrate different facilitation styles and approaches, it also contains practical exercises which can be used in a variety of contexts, including one-to-one coaching, group coaching, leadership development coaching and managing conflict in teams. This updated third edition of Systemic Coaching and Constellations contains a new chapter on systemic supervision, new material on team coaching, systemic questions and resourcing constellations as well as new and refreshed case studies and updates to wider research and thinking. Whether used in an initial selection meeting or to underpin all coaching conversations and interventions, it remains an indispensable resource for coaches of all

levels of experience and in all remits looking to transform their practice, as well as for those studying coaching as part of a degree or coaching qualification.

The Healing Power of the Past - Bertold Ulsamer 2005

The author explores and explains Bert Hellinger's Family Constellation work, a new approach to healing family wounds. Here, Ulsamer shows readers how to expose, dramatize, and neutralize problems derived from a past they believe they cannot control or change.

To the Heart of the Matter - Bert Hellinger 2003

In his courses and seminars Bert Hellinger works with patients to map out family constellations in a highly concentrated form. This book documents for the first time these highly intensive short-term therapies. These sessions provide insights into the hidden realities and broken relationships revealing new perspectives.

Miracle, Solution and System - Insa Sparrer 2007

Solution-focused systemic structural constellations for therapy and organisational change. Constellation work is an effective way of externalising and working with problems in family and organisational life. Solution focused practice is the art of building solutions as simply as possible. The author combines the two and sets out a radical yet gentle form of practice. The pioneering work of the author and her partner Matthias Varga von Kibed is highly influential in Europe and appears here in English for the first time.

No Waves Without the Ocean - Bert Hellinger 2006-01

The Leiden Aratea - Rane Katzenstein 1988-12-01

This is a guide to a ninth-century astronomical treatise, the Aratea, on loan from the University of Leiden and exhibited at the Museum. The book describes the manuscript, as a text. Subsequent chapters discuss ancient conceptions of the universe, the zodiacal signs, and the Planetarium miniatures. All miniatures from the manuscript are illustrated.

Family Constellations - Joy Manne, Ph.D. 2012-11-06

Mapping out a "family constellation," explains Dr. Joy Manné, encompasses exploring previous powerful life events from accidents to adoptions and accessing the deepest dynamics in that family system. This process helps us recognize and then resolve deeply seated family patterns. For example, in order to understand a person's inability to trust, the family history of betrayal must be uncovered and released. These insights replace resentment with respect, pain with understanding. Dr. Manné uses the knowledge gained from her own practice as well as her educational experiences with Bert Hellinger, the founder of Family Constellations therapy, to clearly describe this technique. Most family constellation sessions are carried out in a group setting, with the facilitator first seeking clarity regarding the issue or problem the client has come to work out. Representatives are then chosen from among the group and the constellation is set up and worked in until it comes to resolution. This may be followed by a closing ritual and advice about how to integrate what the constellation has revealed. Through the use of real-life examples of family constellations, Dr. Manné makes this increasingly popular practice understandable and relatable.

Handbook of Coaching Psychology - Stephen Palmer 2018-11-16

The Handbook of Coaching Psychology: A Guide for Practitioners provides a clear and extensive guide to the theory, research and practice of coaching psychology. In this new and expanded edition, an international selection of leading coaching psychologists and coaches outlines recent developments from a broad spectrum of areas. Part One examines perspectives and research in coaching psychology, looking at both the past and the present as well as assessing future directions. Part Two presents a range of approaches to coaching psychology, including behavioural and cognitive behavioural, humanistic, existential, being-focused, constructive and systemic approaches. Part Three covers application, context and sustainability, focusing on themes including individual transitions in life and work, and complexity and system-level interventions. Finally, Part Four explores a range of topics within the professional and ethical practice of coaching psychology. The book also includes several appendices outlining the key professional bodies, publications, research centres and societies in coaching psychology, making this an indispensable resource. Unique in its scope, this key text will be essential reading for coaching psychologists and coaches, academics and students of coaching psychology, coaching and mentoring and business psychology. It will be an important text for anyone seeking to understand the psychology underpinning their coaching practice, including human resource, learning and development and management professionals, and executives in a coaching role.

Defy the Stars - Claudia Gray 2017-04-04

From the New York Times bestselling author of *Star Wars: Lost Stars* and *Bloodline* comes a thrilling sci-fi adventure that Kass Morgan, bestselling author of *The 100* series, calls "startlingly original and achingly romantic...nothing short of masterful." She's a soldier--Noemi Vidal is willing to risk anything to protect her planet, Genesis, including her own life. To their enemies on Earth, she's a rebel. He's a machine--Abandoned in space for years, utterly alone, Abel's advanced programming has begun to evolve. He wants only to protect his creator, and to be free. To the people of Genesis, he's an abomination. Noemi and Abel are enemies in an interstellar war, forced by chance to work together as they embark on a daring journey through the stars. Their efforts would end the fighting for good, but they're not without sacrifice. The stakes are even higher than either of them first realized, and the more time they spend together, the more they're forced to question everything they'd been taught was true. An epic and romantic adventure, perfect for fans of *The Lunar Chronicles* and *Illuminae*.

Systemic Coaching - Peter Hawkins 2019-12-06

Hawkins and Turner argue that coaching needs to step up to deliver value to all the stakeholders of the coachee, including those they lead, colleagues, investors, customers, partners, their local community and also the wider ecology. *Systemic Coaching* contains key chapters on how to contract in various settings, how to work relationally and dialogically, how to expand our own and others' ecological awareness, how to get greater value from supervision, work with systemic ethics and expand our impact. While illustrating why a new model of coaching is necessary, Hawkins and Turner also provide the tools and approaches that coaches and clients need to deliver this greater impact, accompanied by real-life case examples and interviews from the authors and other leading coaches and leaders globally. *Systemic Coaching* will be an invaluable resource for coaches in practice and in training, mentors, coach supervisors, consultants in leadership development and HR and L&D professionals and leaders.

The Healing Power of the Past - Bertold Ulsamer 2003-11-28

Pioneered by Bert Hellinger over the past 20 years, family constellation work offers sound strategies for revealing unconscious negative entanglements with the fates of ancestors, and shows how to overcome them. *The Power of the Past* explains the process in depth, offering a model for understanding and change.

The Cerulean Queen - Sarah Kozloff 2020-04-21

Sarah Kozloff's breathtaking and cinematic epic fantasy series *The Nine Realms*, which began with *A Queen in Hiding*, comes to a thrilling conclusion in *The Cerulean Queen*. The true queen of Weirandale has returned. Cerulia has done the impossible and regained the throne. However, she's inherited a council of traitors, a realm in chaos, and a war with Oromondo. Now a master of her Gift, to return order to her kingdom she will use all she has learned—humility, leadership, compassion, selflessness, and the necessity of ruthlessness. *The Nine Realms Series #1 A Queen in Hiding #2 The Queen of Raiders #3 A Broken Queen #4 The Cerulean Queen* At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Family Constellation - Walter Toman 2018-10-15

This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Emotional Transformation Therapy - Steven R. Vazquez 2012-10-16

Emotional Transformation Therapy® is an original psychotherapy approach developed by Steven R. Vazquez, PhD. It is interactive and uses the client's visual ecology to amplify the impact of the therapist-client bond. This method achieves rapid, long-term outcomes, possessing the potential to revolutionize psychotherapy as we know it.

Understanding Domestic Violence - Rafael Art. Javier 2018-08-10

This volume provides information about domestic violence in today's society. Chapters explore the current landscape; issues of domestic violence in ethnic, racial, and cultural contexts; treatment issues; and intervention recommendations. Features include discussion questions, resources for domestic violence intervention, and legal precedents.

Stardust - Yildiz Sethi 2013-03

Many try to find a belief system or a form of spirituality to help them discover a higher meaning in life. Although they may search valiantly, it can be a confusing and frustrating journey. In *Stardust: The Traveller's Way*, "a guide to personal and spiritual development, author Yildiz Sethi covers a variety of elements and perspectives that help to form a set of ways to live in the present world. She explains the ancient Indian belief systems surrounding the soul from its first incarnation into the physical world through its journey toward enlightenment through a character named Surya. Through Surya, one can experience challenges and dilemmas, as well as the choices that are available. Yildiz also discusses the concept of karma from a Vedic astrology perspective, including predestiny and free will. This study uses ancient and modern philosophies and Eastern and Western knowledge in looking through Surya's eyes. Each decision has consequences, and Yildiz discusses those with a strong emphasis on intricacies of relationships. You can explore reincarnation, karma, and personal development through Vedic astrology, eastern philosophy, and psychology for the mind, body, and soul with *Family Constellations*.

Chican@ Artivistas - Martha Gonzalez 2020-07-27

As the lead singer of the Grammy Award-winning rock band *Quetzal* and a scholar of Chicana/o and Latina/o studies, Martha Gonzalez is uniquely positioned to articulate the ways in which creative expression can serve the dual roles of political commentary and community building. Drawing on postcolonial, Chicana, black feminist, and performance theories, *Chican@ Artivistas* explores the visual, musical, and performance art produced in East Los Angeles since the inception of NAFTA and the subsequent anti-immigration rhetoric of the 1990s. Showcasing the social impact made by key artist-activists on their communities and on the mainstream art world and music industry, Gonzalez charts the evolution of a now-canonical body of work that took its inspiration from the Zapatista movement, particularly its masked indigenous participants, and that responded to efforts to impose systems of labor exploitation and social subjugation. Incorporating Gonzalez's memories of the Mexican nationalist music of her childhood and her band's journey to Chiapas, the book captures the mobilizing music, poetry, dance, and art that emerged in pre-gentrification corners of downtown Los Angeles and that went on to inspire flourishing networks of bold, innovative *artivistas*.

The Art and Practice of Family Constellations - Bertold Ulsamer 2003-01-01

Using the systemic family therapy developed by Bert Hellinger, tensions and conflicts within families can be revealed. Through the use of representatives, the person involved can observe the psychic dynamics of his or her own family, and identify the patterns which are destructive. In his book, Bertold Ulsamer explains the basis of family constellations, and considers the task and the role of the therapist in the field of subjective experience and objective knowledge. He addresses the use of language and the issue of dealing with emotions. His book is aimed at therapists and others who are interested in the practical applications of the Hellinger therapy.

Connected Fates, Separate Destinies - Marine Selenee 2022-10-18

A primer on the Family Constellations philosophy and its core principles that will inspire and empower readers to take ownership of their lives. *Family Constellations* begins with the premise: it did not start with me. Many of us become "entangled" with the unhappiness of those who came before us, unconsciously adopting destructive familial patterns of anxiety, depression, failure, and even illness and addiction in an attempt to "redo" the past and "fix" our families. Affirmations and exercises punctuate every chapter, created to help the reader actively engage with and experience the benefits of Family Constellations. Readers will also learn how to: Recognize family system patterns and disrupt them Heal the inner child and parent the adult self Release limiting beliefs and behaviors Dissolve trauma bonds that entangle them with the past Reconcile the past and the present, for a whole and integrated self Arrive at a place of personal peace within the family system Craft future-facing narratives that empower them to live authentically

Fundamentals of LGBT Substance Use Disorders - Michael Shelton 2016-12-20

?In this new book, the successor to the classic in the field *Counseling Lesbian, Gay, Bisexual, and Transgender Substance Abusers: Dual Identities* by Dana G. Finnegan and Emily B. McNally, Michael Shelton reviews the empirical literature and synthesizes what we know about the prevalence of LGBT substance use, abuse, and treatment availability, emphasizing the need for affirmative therapeutic practices. The principles of trauma-informed and culturally competent treatment/intervention are

explained and assessed, as well as the challenges of minority stress and microaggressions experienced by the LGBT population. Separate sections focus on the sub-populations of lesbians, gay men, bisexuals, and transgender individuals. Separate chapters focus on LGBT youth, the elderly, family constellations and concerns, criminal justice issues, and rural LGBT substance abuse. This volume provides an introduction to the field that will be useful both as a primary textbook and as a handbook/reference for LGBT-focused and general substance-use disorder clinics and their administrators, clinicians, trainees, allies and volunteers.

Roman Tombs and the Art of Commemoration - Barbara Borg 2019-04-18
Explores four key questions around Roman funerary customs that change our view of the society and its values.

A Boy Called Bat - Elana K. Arnold 2017-03-14

The first book in a funny, heartfelt, and irresistible young middle grade series starring an unforgettable young boy on the autism spectrum. For Bixby Alexander Tam (nicknamed Bat), life tends to be full of surprises—some of them good, some not so good. Today, though, is a good-surprise day. Bat's mom, a veterinarian, has brought home a baby skunk, which she needs to take care of until she can hand him over to a wild-animal shelter. But the minute Bat meets the kit, he knows they belong together. And he's got one month to show his mom that a baby skunk might just make a pretty terrific pet. "This sweet and thoughtful novel chronicles Bat's experiences and challenges at school with friends and teachers and at home with his sister and divorced parents. Approachable for younger or reluctant readers while still delivering a powerful and thoughtful story" (from the review by Brightly, which named *A Boy Called Bat* a best book of the year). Elana K. Arnold's Bat trilogy is a proven winner in the home and classroom—kids love these short illustrated young middle grade books. The trilogy is *A Boy Called Bat*, *Bat and the Waiting Game*, and *Bat and the End of Everything*.

Family Constellations Revealed - Indra Torsten Preiss 2012-12-12

Welcome to the world of Constellations. Family and other forms of Constellations constitute one of the most effective and thrilling modern therapeutic methods that will help you improve your relationships and life in general by allowing love to flow again. Not since Freud has the realm of psychology seen such groundbreaking insights as those provided by Hellinger, the founder of Constellations. Constellation work is a universal tool that will enable you to identify and resolve problems in any sphere of life including personal relationship, health and workplace issues. This easy-to-read book comprehensively explains the method and theory of constellations. To augment understanding, the text is illustrated with detailed authentic case studies from Indra's practice. The latest research and innovative applications of systemic constellations, such as organizational, structural and table constellations are also discussed, as well as relevant scientific research. Whether you are a layman or spiritual seeker interested in improving your life or a therapist interested in adding another dimension to your therapeutic skills arsenal, this indispensable book is a treasure trove of information and insights that will go a long way in helping you find true understanding about Constellations and how relationships work.

I Carry Your Heart in My Heart - Dan Booth Cohen 2009

The prisoners in *I Carry Your Heart in My Heart* are serving long-term sentences for violent crimes, mostly life - without the possibility of parole - for murder. They represent society's ultimate outcasts, personifying evil brought to justice. Sharing Family Constellations with them is actually a great privilege. These men have gone through ordeals that we can only imagine and have worked to find a way to their souls. Systemic Family Constellations are unlike cognitive, behavioral, and interpersonal therapies in their origin, form, and purpose. Constellations succeed by diminishing the unconscious impulses that drive destructive behaviors. The process reaches the invisible clockworks of the mind and heart to reveal with astonishing specificity how individual problems nest within a larger tapestry shaped by ancestral family traumas. In a heartbeat, the patterns release, opening the mind to reverence for life and compassion for others. Problems that were frozen yield to new solutions. Dan Booth Cohen spent five years leading monthly Systemic Family Constellation circles with these prisoners. This book tells stories of these experiences. It also includes rigorously researched chapters that describe Family Constellations' historic roots and underlying philosophy.

Connecting to Our Ancestral Past - Francesca Mason Boring 2012-06-19

Connecting to Our Ancestral Past is a pragmatic, spiritual journey that introduces a variety of specific rituals and conversations in connection with Constellations work, an experiential process that explores one's history and powerful events of the past in order to understand and resolve problems of the present. Constellations facilitator and author Francesca Mason Boring presents this therapeutic method in the context of cultures like the Shoshone, of which she is a member, that have seen the world through a prism of interrelationships for millennia. In Constellations work there is an organic quality that requires a discipline of non-judgment, one that is embraced in traditional native circles, where the whole truth of a person's life, roots, and trans-generational trauma or challenge is understood and included. Mason Boring provides a transformational walk through the universal indigenous field— that place of healing and knowledge used by Native healers and teachers for centuries—by describing stories and rituals designed to help people with their particular struggles. These rituals, such as "Facing the Good Men"—designed to help women who have suffered abuse in relationships with men—reject Western notions of over-the-counter medication. Instead, they stress a comfortable environment whereby the "client," with the help of a facilitator, interacts with people chosen to represent concepts, things, and other people. In Western culture the word "medicine" is thought of as a concrete object, but Mason Boring explains that indigenous cultures favor a process of healing as opposed to an itemized substance. She re-opens doors that have been closed due to the exclusion of indigenous technology in the development of many Western healing traditions and introduces new concepts to the lexicon of Western psychology. A range of voices from around the world—leaders in the fields of systems constellations, theoretical physics, and tribal traditions—contribute to this exploration of aboriginal perspectives that will benefit facilitators of Constellations work, therapists, and human beings who are trying to walk with open eyes and hearts.