

Family Constellations, Healing from the Roots.

The Powerful, Psycho-Spiritual alternative or compliment to other therapies that is

Brief
Life Changing
Effective.

Identifying the underlying dynamics that are holding you back and allowing you to restore Order to your Personal, Family or Relationship systems in order to allow Love to flow in your life for all of your relationships.

Business Constellations identify the underlying Dynamics in an organisation or business situation for positive strategic planning.

Available in Workshops/Seminars Group, Private Sessions.

Phone sessions if applicable. Training available.

If you would like to have better relationships, improve self esteem and stop sabotaging your success and also do this in a brief, solution focused and experiential manner, then read on.

Perhaps you would like to attract a suitable partner into your life? Improve your success in work or business?

Family Constellations is a powerful psycho therapeutic cutting edge method of healing relationships and increasing empowerment, which is an alternative or compliment to counselling or therapy, that is effective. People who have tried everything else often find great relief in Family Constellations.

Family Constellations is suitable for all relationships issues such as:

Marriage, Divorce, Separation, Children, Parents, Adoption and Blended Families. Here at Family Constellations we offer marriage, couples and family and parenting counselling and also personal issues such as:

Depression, Anxiety, Self Esteem, Grief & Loss, Changing Patterns, and work related issues such as;

Work, Business, Partnerships, Corporate Management, and conflict resolution.

What is Family Constellations?

It is a cutting-edge methodology for dealing with relationship and personal issues, by locating and resolving the entanglements or alliances that individuals may be carrying from their family of origin that may be preventing them from better relationships and personal empowerment in the present.

How to experience this process.

Family Constellations traditionally takes place in groups and seminars. However individual sessions are also available with us at Family Constellation P/L in Brisbane and in Sydney.

What is a Constellation?

On a practical level a constellation is formed when a group of people are positioned spatially with people in the group representing important people of the clients issue or relationships. These representatives are set up, to represent an inner image of the important people in a client's life, with the client usually sitting apart and observing the process as it unfolds. Very little information is required in order to set up a constellation, as this process sets up an energy field of the client and their situation, from which useful information may be gained. Family Constellations has been taking the world by storm since the 1990's particularly in Germany, Spain South America and more recently in USA and Asia. It is still relatively new in Australia.

Testimonials

"I attended a Family Constellations workshop held recently in Bondi Junction. I had my constellation done first as I was a little nervous. It was amazing the intensity which was generated during the session. I felt like a lot of deep seated things were being shifted and was therefore fairly emotional. Afterwards I felt a lot lighter and participated in several other people's constellations which was rewarding in it self. Since that session it seems

many things have changed and I have had other family members contact me with changed attitudes which I believe is a direct result of constellations. I strongly recommend anyone who is struggling with a difficult personal situation to have their constellation done. It is relatively little time and money to exchange for huge potential rewards." Anthony 29

"I just wanted to thank you for the opportunity to participate in your workshop in May.

I was already a great believer in energetic healing, but what's happened in my life in less than a month since the workshop is nothing less than miraculous! My father and my brother, who haven't spoken in 10 years, are now speaking almost daily...

My relationship with my mother has vastly improved and I have new energy and confidence around my work.

Your facilitation was exquisitely sensitive. This is a great blessing to me. Many thanks". Janet. 52

Case Study. When a relationship breaks down.

This is a family constellation of a divorced woman who was experiencing difficulties in her subsequent intimate relationship. A constellation was set up with representatives of the woman, her ex-husband and her current partner. The woman's ex-husband is feeling very sad and hurt. She can't look him and says that she feels anger towards him. In seeking a resolution, it's discovered that the woman is finding it hard to accept responsibility for her part in what went wrong between them. Once an appropriate resolution is found and accepted, the couple is able to let each other go. This frees the woman to focus on her present relationship.

A relationship that has broken down needs to be resolved before you successfully go into the next one. Many of us know this intellectually but it is often difficult to do this fully for ourselves.

Bio

Yildiz started life as a physics and chemistry school teacher and later became a clinical counsellor, Hypnotherapist, NLP practitioner and then a Systemic Family Constellations practitioner. Yildiz is a brief therapist. In addition to her private practice she is also a lecturer at the Australian College of Applied Psychology and also a trainer of Family Constellations facilitators.

www.familyconstellations.com.au

B.Ed, Grad. Dip. Counselling. Diploma. Hypnotherapy. NLP. Ego State Therapy. Systemic Family Constellations. Professional membership of ACA, ASCH, ISCA, DGfS Germany, Educator Australian College of Applied Psychology. Trainer.

You may attend Family constellation seminars in Brisbane or Sydney to do your own constellation or to be a participant only, or consult her for a private session of Family or Business constellations, counselling, hypnotherapy, NLP and Ego State Therapy or a combination of her services in her unique brand of brief therapy. Phone sessions are available in some situations. Phone for an assessment.