

Family Constellations in a nutshell Yildiz Sethi

Family Constellations is a powerful, phenomenological, experiential modality that provides pathways out of disturbances, burdens, patterns and trauma inherited through the family system. The founder of Family Constellations is the German psychotherapist Bert Hellinger.

The process facilitates a healthier reconnection to the love therein so as to nurture a sense of worthiness. Worthiness is at the core of self-esteem, the potential for happiness and success. The Family Constellation process may take place in workshops or private sessions.

The Family Constellations process locates the roots of human emotional and psychological disturbances that come from the family system that may be experienced through what is known in constellation arenas as the Knowing field. It is a complete psychotherapy modality with its own philosophy, theory and practice for the resolution of a wide range of systemic (generational related) issues and trauma.

Sethi recognised that human beings carry two strands of potential disturbances that can hold them back from being the people they can be. These have their roots in either the family system, or personal life choices and experiences, or both. Sethi recognised that each required a specialised approach to enable accurate and effective treatment.

The problem is that conventional counselling, psychotherapy and coaching, attempt to solve more stubborn, destructive or uncomfortable thoughts, feelings or behaviours with logic or behavioural strategies when they often have their roots in generational patterns or the unconscious mind. This means that thinking it through, or applying strategies to a problem with its roots locked in fear or trauma cannot provide an effectively lasting solution if the chosen approaches are not equipped to deal with them at the appropriate level or manner.

The good news is the generational mind is not only the source of problems, but also a treasure trove of wisdom, creativity, innovation and possibilities as each of us are the result of all that has gone before us. This means we each have access to a rich pool of possible resources. When these are elicited they can allow you to find your best solutions and result in a deep understanding of yourself and others. From this place new perspectives can materialise from which to move forward with more confidence with the potential for more freedom, joy and better relationships.

The Ancestral Brain is discussed in this article

<http://familyconstellations.com.au/make-peace-with-yourself-through-family-constellations/>

These ideas are confirmed by the study of epigenetics that shows that we carry much more from our ancestors than we had previously assumed.

Epigenetics is showing that trauma, disturbed emotions and patterns are inextricably linked or embedded in the DNA we receive at birth. This means that a person who comes from a particular culture will receive the essence of what has gone before them in that culture. Of course this includes love and belonging and also the shocks their family system has experienced particularly those that could not be processed at the time. These may include societal or family trauma, genocide, the effects of war and famine as well as unresolved relational and emotional pain. These feelings and shocks appear to reside largely in our blind spots. In our unconscious mind or in what I have come to think of as our *generational mind or ancestral* brain and come out in feelings behaviour and patterns in our life.

Family Constellations sits in a phenomenological framework and is brief, experiential and solution-focused that is at the forefront of psychotherapy developments for the twenty first century and suitable for a wide range of mental health and personal development issues alike. It is cost effective in providing treatment suitable for the broad population of any culture.

Yildiz Sethi is a psychotherapist, clinical hypnotherapist, Family Constellation facilitator and trainer, educator and author and the founder of Rapid Core Healing and Emotional Mind Integration. Her latest book *Rapid Core Healing pathways to growth and emotional healing* (2016) is available on Amazon.

Yildiz provides training in Family Constellations, Rapid Core Healing and Emotional Mind Integration.

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