

Have you ever wondered ....

**.... why some people have so much tragedy and pain, and seem almost jinxed? When we experience illness, failure, and conflict, we want to know why. Viruses, bacteria, upbringing, life style, environmental factors....? Family Constellations reveal that dysfunction and suffering often relate to painful and deeply hidden or 'forgotten' events in the family's past.**

## What are Family Constellations?

Rather than simply focusing on the individual in isolation, this work differs from other therapeutic approaches in that it explores each person's intrinsic place in the groups or 'systems' to which they belong. (Hence also called systemic constellations). These 'systems' may be our current family, our family of origin, our workplace or even the environment we live in.

At a Family Constellation Workshop, participants wishing to explore their own issues are invited to set up their own constellation using members of the group to represent members of whatever system they are working on. By creating a "living map" of an issue or situation, simple truths can come to light and be understood. In the second part, the facilitator aims to find a re-solution. Both acting as a 'representative' and being an issue holder can offer profound insights and healing opportunities.

Developed by the German philosopher and psychotherapist Bert Hellinger, Family Constellations thus provide a solution-focused process. One of the most profound therapies in Europe today, Family Constellations is now available to you in Windsor, Berkshire.

## About the workshop

This workshop is open to anyone interested in this work. Time permitting, there will be a brief introduction to some of the teaching topics that have evolved out of this work. The rest of the day will be dedicated to setting up individual's constellations to explore symptoms and personal issues from a systemic point of view. This is a healing opportunity to experience the depth of this work for everyone present.

This workshop may be of particular interest to you if you:

- have a symptom or personal issue (and who hasn't?) that you are open to seeing in a new light and creating an opportunity for it to change;
- are interested in gaining a new perspective into feelings of wellbeing and dis-ease by looking at the hidden dynamics at play (you could be a therapist or an individual with an interest in this field);
- are open to experiencing life from someone else's point of view. They say you can only truly understand someone else when you have walked a mile in their shoes. Being a representative in this work gives you exactly this opportunity and could thus be described as one of the greatest empathy trainings available to date.

There are many examples reported where the wellbeing of individuals and/or the whole dynamic in a family starts to change following such workshops.

## Who Benefits from Systemic Constellations?

Systemic Constellations can create a healing movement in personal issues such as:

- Symptoms and dis-ease
- Addictions and eating disorders
- Bereavement, adoption, abortion and infertility
- Relationship issues (with partners or parents)
- Unhappiness and ongoing emotional symptoms such as rage, anxiety, limitation, depression and lack of motivation

This workshop provides an opportunity to explore your own issue in a safe and supportive environment.

## Gaye Donaldson

Gaye is a Family Constellation practitioner and registered BACP counselor, and she has been engaged with Systemic Constellations since 1995. Since then she has worked personally and trained with Bert Hellinger and many internationally renowned practitioners. Gaye is now a director and teaching faculty member of the Centre of Systemic Constellations. She also studied homeopathy in the 1980s.