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ABOUT

Bert Hellinger and the origins of Family Systemic Constellations

Originally developed by Bert Hellinger, over 30 years ago in Germany, Systemic Constellations is a trans-generational, existential-phenomenological (Brentano, Husserl, Heidegger) method with applications in therapy, coaching, health and business.

A brief and solution focused therapeutic intervention it has roots in family systems therapy, (Moreno, Satir, Böszörményi-Nagy) incorporating the Ancestor reverence of the South African Zulus (Hellinger spent 15 years living and working there as a catholic priest), which has been further developed by many of the first generation systemic trainers at the ONLINE CONFERENCE 2021

This method reveals deeper, subconscious patterns that can have a limiting or even destructive impact on relationships, health and success.

Constellation work can address these limiting patterns even when their roots go back several generations. The approach aims to help participants understand the hidden systemic orders operating in relationship systems and organizations and the powerful resolutions to conflict that this understanding can make possible.

The Systemic Constellation process is being integrated by practitioners worldwide. It offers hope and inner peace to those on their own personal journey seeking to resolve inter-generational trauma to better serve future generations.

The VISION of the Constellation Intensive is to provide the most powerful and effective LEARNING opportunities to support a more peaceful, harmonious, and creative world as a gift to the PRESENT and FUTURE generations.

The criterion for what is good is based on whether it relieves someone, brings joy, or soothes a distress" – Hellinger

Ways of Knowing Bert Hellinger The Art of Helping Bert Hellinger

Many of the Presenters for the ONLINE Conference offer insights on video below

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