

Family Constellation Work is a groundbreaking methodology to free yourself from repetitive patterns, behaviors, and emotions that are limiting your life in some way today that you have unconsciously taken on from your family system.

[Book a free discovery call](#)

Family Constellation Work, founded by German psychotherapist Bert Hellinger, helps reveal profound and healing resolutions that penetrate the fabric of our lives by accessing the "Knowing Field," the collective unconscious interconnectedness.

The "Knowing Field" holds the record of information patterns of the the lineage of our entire family system.

It contains deep-seated wounds and also ways of healing them. Our greatest longing is the " Longing to Belong." The family soul does not rest until every member and event is included, even if it takes many Generations.

Most of the issues you face today stem from unresolved events and unprocessed emotions in your family that you probably don't know about and have been passed down through generations.

Once the hidden dynamics behind the issue holding you back are seen from a completely different perspective, they are transformed for you, your children, and future generations.

"When there was a trauma or exclusion in the family system, someone of the following generations will unconsciously step in and bring the destiny back in ways which we do not comprehend. It happens out of a deep hidden loyalty and love." Bert Hellinger

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Family Constellation Work helps to find resolution and healing by accessing the original cause of suffering that may have affected

many generations. The soul's true needs emerge in the process, and the healing gestures present themselves.

Family Constellations can be explored individually or in groups. I currently offer one-on-one sessions via Zoom and locally in person.

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