

# FAMILY CONSTELLATION WORKSHOP

SATURDAY, Dec 9, 2017 AT 2:00 PM

Systemic Family Constellation Work is a therapeutic process that is based on the understanding that traumatic events from one's family lineage can be transferred into the next generations. Ancestral suffering can emerge in your life and may manifest through illness, addictions, eating disorders and/or destructive relationship patterns.

All members of a family system are deeply connected over many generations. This bond springs from a love that provides strength and a sense of belonging. The bond connects us to a family conscience that wants us to recognize all members of our family, including those who have been outcast, dishonored, or forgotten.

In the constellation process, the unconscious bonding of a person to lineage-related traumatic events is re-enacted, and intentionally redirected.

This workshop explores the theoretical underpinnings of this work which is used extensively throughout Europe in psychotherapeutic and medical settings. The work was first developed in Germany by Bert Hellinger, a psychoanalyst and family therapist.

Family Constellation Work helps you to:

- Make systemic entanglements conscious
- Honor your ancestors and give them their rightful place
- Unburden your current family system and yourself
- Access the remembered love for healing and integration

Sponsor: J. Yusuf Q. Erskine DO - Family Wellness Medical Center

Facilitator: Anneke Hogeland has been a psychotherapist since 1990 and a homeopath since 1996. In her practice she combines her knowledge of psychology, hypnosis, homeopathy, family constellation work, and various forms of energy psychology techniques.

## **Recommended Readings:**

[www.Hellinger.com](http://www.Hellinger.com): go to 'English pages,' then to 'Seminars' – There are some verbatim transcripts of constellations done by Bert Hellinger in seminar settings.

*In my Mind's Eye* by Ursula Franke

*The Art and Practice of Family Constellations* written by Bert Ulsamer

*Love's Hidden Symmetry* written by Bert Hellinger with Gunthard Weber and Hunter Beaumont

*The Language of Souls* by John Payne

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**Dec. 9, 2017 @ 2:00PM:**

**\* Location: Dr. Erskine's Home, Sebastopol**

**Fees: \$45 to represent, \$160 for a constellation**

Phone: 707-829-5455 to register

Register for directions to workshop

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