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[Family Constellation Therapy](#) / February 25, 2025 / by [Manjari](#)

## What is Family Constellation Therapy?

**Family Constellation Therapy** (FC) is a therapeutic approach that examines deep seated family dynamics and ancestors' effects that can shape a person's current experiences, behavior and emotional conflicts. The method was developed by the German psychiatrist Bert Hellinger in the 1980s, and is based on the idea that unresolved trauma and hidden loyalties in a family system can unconsciously affect several generations.

### Understanding the Concept of Family Constellations

The therapy is rooted in systemic psychology, emphasizing that families operate as complex systems where individuals are interconnected. The base being Family is a system. When an interruption occurs in a family from a natural order – for example, early or unnatural deaths, suicides, painful events or unresolved conflicts – these disorders can manifest themselves as psychological, emotional or physical challenges in later generations.

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**Family constellation therapy** is usually performed in a group or per-one setting. The process includes the following steps:

1. **Setting an intention:** The person (seeker) identifies an issue they want to work on, such as conflict, anxiety, depression, career barriers or chronic illness.
2. **Representative selection:** In a group setting, other participants are chosen to represent the most important elements of the family members.
3. **Create a constellation:** The seeker intuitively positions the representatives in the space, revealing underlying dynamics within the family system.
4. **Practical exploration:** The facilitator sees interactions and emotional changes between the representatives, and exposes hidden loyalties, conflict and unresolved trauma.
5. **Resolution and healing:** Facilitator guides the process of reconciliation, which helps the applicant to integrate new approaches and emotional liberation to restore balance in the family system.
6. **Integration:** The seeker processes the acquired insight and incorporates them into his daily life, leading to a positive change in relationships and personal development.

## The Core Principles of Family Constellation Therapy

1. **Belonging:** Each member of a family system has a right place. Exclusion or denial of any member can cause disturbances for future generations. Only a murderer can be excluded. All other members have a similar place in the family.
2. **Order:** There is a natural hierarchy in families, where parents come before children, and the ancestors hold a place of respect. When that order is disturbed for example treating the parents as

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## Benefits of Family Constellation Therapy

- **Healing Intergenerational Trauma:** Unconscious patterns inherited from ancestors can be identified and released.
- **Improved Relationships:** Understanding family dynamics promotes healthy relationships with parents, partners and children.
- **Emotional release:** helps individuals process deep-seated emotions and find peace.
- **Greater self -awareness:** Provides intensive insight into personal conflict and patterns of life.
- **Clarity and direction:** Provides guidance on career, purpose, and life decisions.
- **Genetic and other diseases:** We can heal through these therapeutic processes.

## Who can benefit from family constellation Therapy?

- Individuals facing recurring relationship conflicts
- Those struggling with feelings of guilt, shame, or emotional burdens
- People experience anxiety, depression or chronic health problems
- Those trapped in their career or personal life
- Individuals interested in personal growth and self-awareness
- People with monetary problems

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If you require clarity, emotional release or healing from generational wounds, exploring family constellation therapy can provide insight that you need to move forward with greater peace and balance. To learn more about this method, contact us in the Antaratma Happiness Center.

## Frequently asked questions (common questions)

- ▶ **Is Family Constellation Therapy based on science?**
- ▶ **Do I need a group to experience Family Constellation Therapy?**
- ▶ **How long does a session last?**
- ▶ **Is Family Constellation Therapy a substitute for traditional therapy?**
- ▶ **How soon can I see results from a session?**

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