

Constellation Work: Ourselves and our Previous Generations

Overview: This is an experiential workshop which will include some background teaching about the evolution of constellation work and the underlying theoretical base from which it is drawn. It is open to graduates and students of counselling and psychotherapy with an interest in the constellations approach.

The **aims** of the workshop are:

- To provide a safe space where participants may confidentially explore personal issues using the constellations approach.
- To provide some background information regarding the formation and evolution of this new, radical approach to working with our personal difficulties.
- To offer details of some of the 'orders' underlying the work.
- To teach participants about looking at ourselves, our families, previous generations, and the wider world through the systemic lens of constellation work originated by Bert Hellinger and developed in many different directions by people from a variety of backgrounds.

Constellation work is very well known in Germany where it originated. In this country it is still fairly new. The approach is controversial and radical and challenges many of our previously held assumptions about what really helps us in our family relationships. The approach can also be applied in the wider context of politics, culture, organisational and environmental issues.

There will be space in the workshop for personal work and this will be interspersed with teaching and discussion on the above themes.

Barbara Morgan is an experienced UKCP registered Gestalt Psychotherapist and Family Constellations Practitioner, Supervisor and Trainer. She works in private practice in Frome and Bath with individuals, couples and groups. She runs regular workshops on constellation work. Her approach is phenomenological, drawing on both Gestalt and Constellations principles and underlying theory. She is also Editor of the English language International Constellations Journal known as 'The Knowing Field'.