

Family Constellation in Ireland

By Kola B. Broenner from Germany

Constellations are powerful tools to discover the dynamics/interactions with other people. Through constellations entanglement becomes visible and it becomes apparent how people are connected with the destiny of others; mostly other family members. During the constellations possible ways of achieving a good solution are discovered and steps towards healing the energy can be made.

Family Constellation shows us that there is still a natural order in the family system. That means that all people born to any of the individual family members inside or outside of the family belong in the current family unit. Important in this unit are stillborn children, miscarriages, mothers and babies who have died during childbirth, or maybe have died very young. Everybody who is forgotten or removed from the family is missing and disturbs the family order. This includes children born outside marriage and others who may have been kept secret. Or maybe even unknown to the family, they are subconsciously still present and recognised as family members, but on account of their absence there is a void/vacuum in the family that is constantly seeking to be filled.

As a result, a strong deep need develops within the family unit to represent the absent once and establish the family order again. This can manifest itself in illnesses such as: Asthma, Eczemas or other diseases. First partners or lovers also belong to the family system, they become especially important in cases when the relationship ended on poor terms.

Over the many years of practicing Family Constellation it has emerged, as well, that there is a special dynamic between a victim and their perpetrator. When people have suffered a lot under one family member they become the victim, they then in turn become members of that family system. To give an example here, as clarification: a grandfather cheated other people in business and ruined them completely. Through his actions he became very rich. We frequently see a situation where subsequently his son, or possibly even his grandson, can go on to ruin the inherited business and lose everything.

When you constellate this issue it shows, that the son/grandson subconsciously honours the victims through his own misfortune (loss) and by his actions feels he is returning the money back to the people who were cheated. This entanglement of the victim and perpetrator only becomes visible in a constellation where you can see and understand the dynamic. An impulse of a represented person as well as the experience and knowledge of the teacher about the family order and their dynamics can develop steps towards healing the situation of this family. The constellation is the only known way to resolve and heal illnesses (like Asthma, Eczema e.g.) that manifest and are representing the underlying disturbances in the family unit, and restore and establish the order in this family again.

A question that arises in nearly every workshop is: how can a complete stranger pick up very accurately on the feelings of a person who is not in the room, town or even the country?

This is a phenomenon that Rupert Sheldrake tries to explain in his book ‘A new science of life’ *** and the article, where he talks about the Morphic Fields and the Morphic resonance in the social sciences. Everyone present at a family constellation workshop has experienced that this works without any information or manipulation of anyone.

Kola Broenner says “in my work I use the following method: I see every participant privately in a one-to-one talk, where we look together at the issue that needs to be resolved. This information is not made available to the group at the workshop. I also write a “Genogramm” (a type of family tree) for this client. The other participants in the workshop get as little information as possible so any previous knowledge of the client’s issues is unknown to the representative. Family Constellation is not a “Role-play” where the person gets a plan as to what to say or what to do – or not to do.

During the last 30 years, the method of Family Constellation has become more and more famous and new findings and observations have changed the constellations down the years.

Constellations are also very helpful in clearing any difficulties in organisations, groups and committees. It is also possible to have one-to-one constellations. In one-to-one sessions dolls, cushions or chairs are used to represent the missing participants and to make the issue (the inner picture) visible.

In my work, I integrate elements of the trauma therapy Somatic Experience (Dr. Peter Levine, ***). Frequently behind an emotional issue there can be a Traumatic Experience, even if your current memory does not recall it, your body cells do. This frozen and tied up energy can be activated during the constellation. It needs a very experienced therapist, to go forward, extremely slowly, to free this energy and heal it on the body-cell-memories and to prevent re-traumatisation. The dissolved blockages will become energy and power for the person and his/her ‘new’ life ahead”.

Kola Broenner, born 1961 in Germany (mother of 2 adult children) is Social worker, non-medical Practitioner and Psychotherapist. She has trained in body therapy and different types of energy work, e.g. Reiki. She has received training in Systemic Family Therapy, Systemic Constellations and Trauma Therapy.

One main focus in her work is to accompany women/couples, before, during and after the birth of a baby. Kola created a birth house in Aachen, Germany and is chairperson of “Lahar” the association for conscious birth and family. ***

Kola is responsible for the training and continuous Education of Family Constellation Therapists since 1991. Training takes place in Germany, Ireland, Switzerland and Spain. Since 2003, Kola comes to Belmullet, Co. Mayo twice a year where she holds one-to-one sessions, weekend workshops and Training in Family Constellation.

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