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Kola's Methods of Healing deep Traumatic Experiences with Family Constellation

When I work with Family Constellation and the issue arises I integrate Trauma – Therapy aspects from Somatic Experiencing (short “SE”) I learned from “Peter Levine”.

Especially in Constellations it can happen that stuck emotions, which originate from an overwhelming experience became “frozen energy”. This energy can be reactivated and be gently worked out, as it could not be digested at the original experience that time.

With Kola's great experience in Trauma – and Body – work she uses a very gentle approach and carefully integrates the now free energy into the body e.g. through awakening of body-movements and other resources.

During the Family Constellation not only your own Trauma can show, but also there could be trauma from other family members come alive, which had a deep effect on you. They can be dealt with in a professional way during your constellation. They need to be released that no more harmful energy remains.

Somatic Experiencing “SE” works with this stuck or frozen energies located in your nervous system. The focus is on “controlled” release of these energies.

“Controlled” means that you have to move carefully and keep to the boundaries of the person before you in order to avoid new overwhelming emotional experiences (to place a new trauma on top of the old – not released one).

From the newest research it is not the situation as such traumatic but the missing possibility to live the activated instinctive reactions in full (fight, flight or freeze). In the Constellations we give room for these movements to become active and to be live its peak and we wait until it is all released and the movement ripples out.

A conscious repeat of the traumatic situation you experienced as overwhelming is not the focus.