



The family structures we grew up in are deeply rooted in us. They are often the reason for behaviors and inner conflicts that influence our life even in the family we start ourselves, in personal relationships and at work.

In a family constellation we visualize those interconnections that we carry with us enabling us to find new solutions.

In my practice we do not use others to stand in the constellation as representatives but proceed in the neuro-linguistic way. That means the client - under facilitation - sets up the constellation and moves into the different positions himself/herself.

This method has several advantages. First of all the client gains a much clearer picture about the meaning of the positions. And also there is no waiting time while others set up their constellations while you as the client do not become part in their constellations. You can set up yours in a private atmosphere without audience in an individual appointment (No group setting).

A constellation can help to:

- Clear up unconscious issues
- Relive traumas
- Find new solutions
- Overcome personal crises
- Solve problems with partner, children and parents
- Reach decisions
- Solve conflicts
- Overcome states of exhaustion and helplessness
- Sort out separations
- Overcome grief
- Reduce anger and anxiety
- Decrease self-doubts