



2022 Online ASGPP Fall Symposium

Healing Ancestral Trauma with Family Constellations and Psychodrama

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Trainer, educator and practitioner of psychodrama, sociometry and group psychotherapy

Clinical supervisor of psychotherapists and other helping professionals

Certified facilitator of Family and Systemic Constellations

Author of books on psychodrama, etc.

Psychotherapist and personal growth coach

Ancestral healing and Family Constellations

Bert Hellinger, family therapist
and originator of Family and
Systemic Constellations



What are Family Constellations?

Family Constellations is the term for a method of working with the family system that is experiential.

What are Family Constellations?

We use information about genealogical trauma and pain as well as representative perception (similar to tele) to explore the hidden energy patterns within a family.

What are Family Constellations?

We use the Orders of Love to determine what may be “out of order” within a family system that is contributing to problems in a family today.

What are Family Constellations?

- ▶ Relational
- ▶ Emotional
- ▶ Physical
- ▶ Financial
- ▶ Work related

What's this about?

Orders of Love





Order #1

Everyone belongs to a family.

Order #2

Each person has rank according to who entered the system first.

Order #3

What is not resolved in a past generation will show up in a future generation.

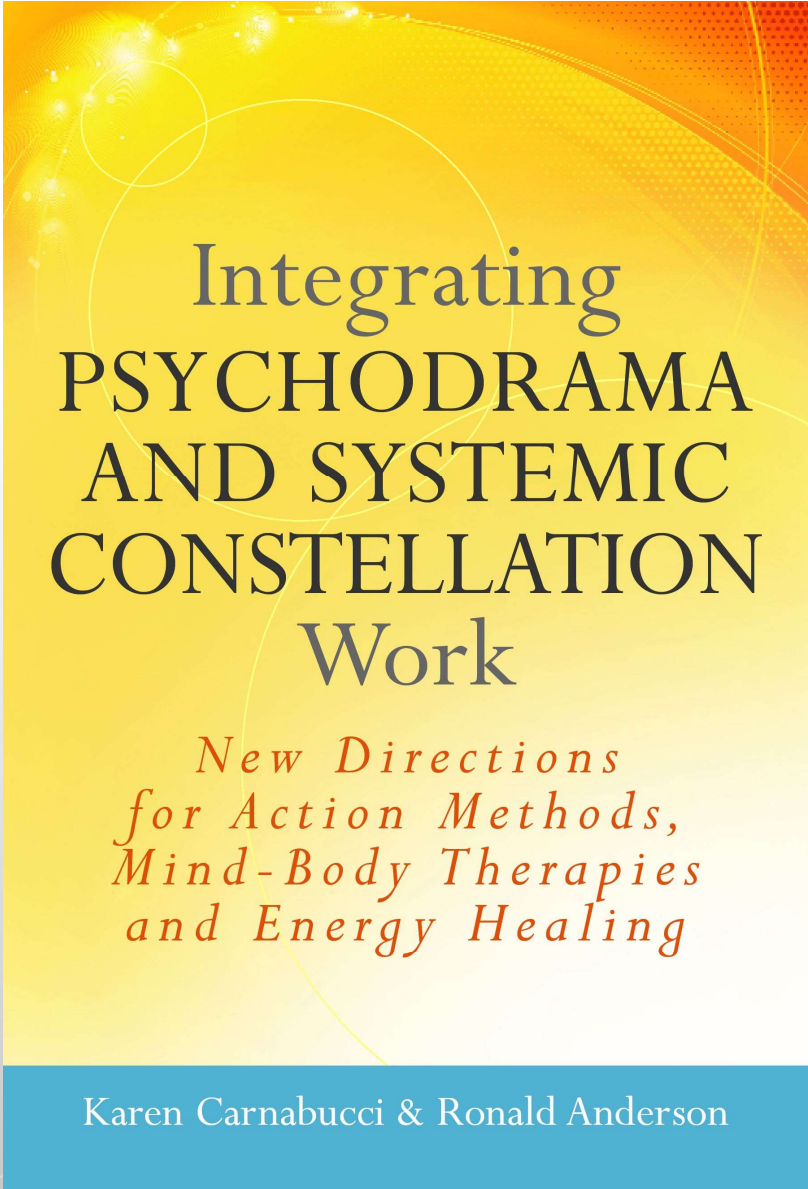
Comparisons with psychodrama and Family Constellations

Psychodrama	Family Constellations
J.L. Moreno	Bert Hellinger
Stage	Field
Protagonist	Client
Auxiliary	Representative
Tele	Representative perception

Resource

Integrating Psychodrama and Systemic Constellation Work: New Directions for Action Methods, Mind-Body Therapies and Energy Healing

By Karen Carnabucci and Ronald Anderson



Integrating PSYCHODRAMA AND SYSTEMIC CONSTELLATION Work

*New Directions
for Action Methods,
Mind-Body Therapies
and Energy Healing*

Karen Carnabucci & Ronald Anderson

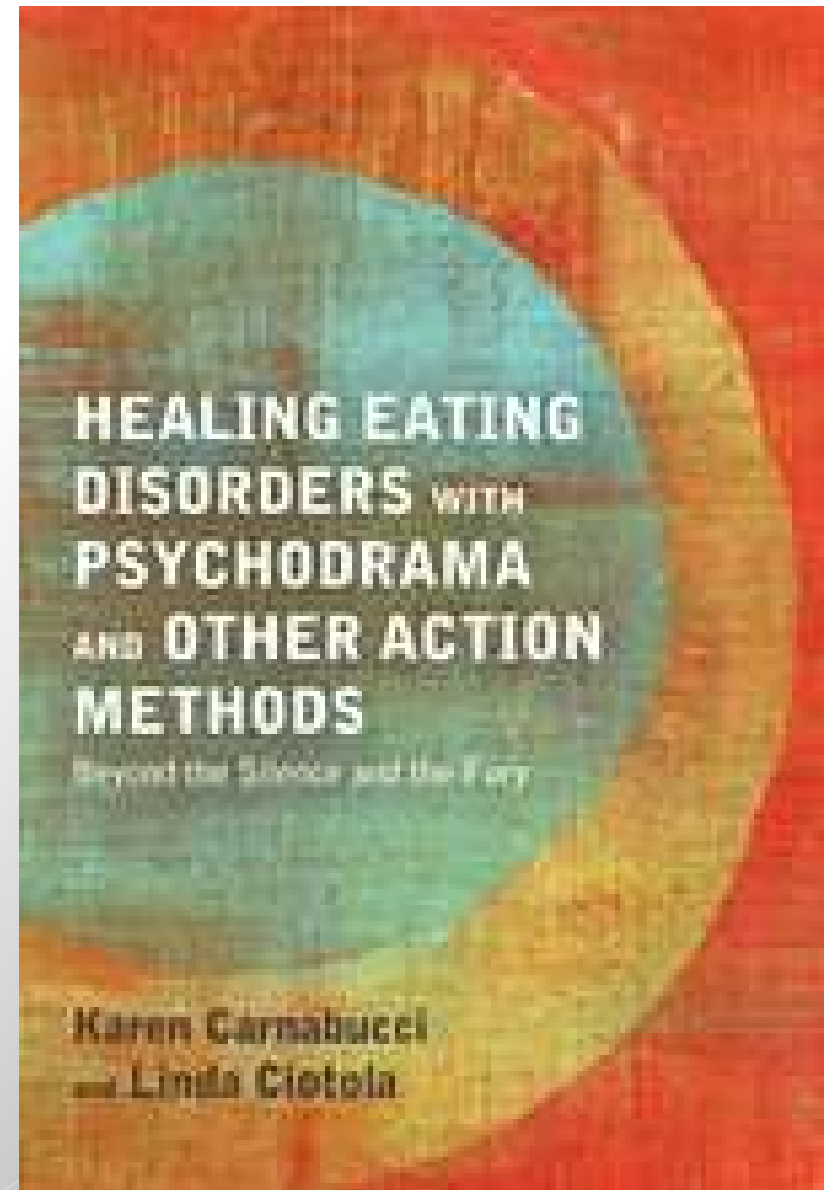
By Bert Hellinger and co-authors:

- ▶ Acknowledging What Is
- ▶ Love's Hidden Symmetry



Chapter on Family
Constellations and eating
disorders:

Healing Eating Disorders with
Psychodrama and Other
Action Methods by Karen
Carnabucci and Linda Ciotola



Suggestions...

- ▶ Notice general patterns in the protagonist's ancestral history in terms of relationships, health, loss, feelings, conflicts, etc.



Suggestions...

- ▶ What trauma has been experienced in the family system?
- ▶ What suffering has taken place in the family system?
- ▶ What strengths are in the family system?



Suggestions...

- ▶ Honor the suffering that has taken place.
- ▶ Notice how a person can stay connected to the family in another way, other than carrying the ongoing pain.
- ▶ Create altar, prayer, drawing, ritual to release the ancestral pain.
- ▶ Thank the ancestors for your life.



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Thank you!

Helping professionals who are interested in training workshops, consultation and supervision may contact Karen at realtruekaren.com and subscribe to her e-letter.

