

Homeopathy and Constellation Therapy: Healing Ourselves by Healing our Past

My clients often ask me what other healing systems work best with homeopathy.

Systemic Family Constellation Therapy is one I recommend. Especially when their familial history has been difficult.

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Our Wellbeing is Connected to Our Family System

Constellation therapy is an innovative method for identifying and healing the invisible structure of human relationships. It is based on the idea that our wellbeing is tied to the wellbeing of our family system. The family system includes not only the living members; but also the deceased, and members of the generations before us.

Women are natural healers and caretakers fixing the hurts and hearts of family members and those we love. Sometimes our attempts are so great we become deeply influenced and retain the pattern, becoming ill — adrenal fatigue, somatic pain, or migraines can develop. The trauma we hold may transcend the present into our family's past.

Family Trauma Influences Family Systems

The entire family system is influenced by trauma. Cast a pebble into a pond, ripples emanate out from where the pebble entered the water. If we see our family as the pond and the pebble as an event that happened to one member of the family, we can understand how it can affect the whole. The pebble can represent many things, perhaps a miscarriage, adoption, loss of wealth or title, and immigration.

The ripples from trauma in a family system transcends time; passing forward through generations stored in our body as unconscious discords.

Often a long-standing illness or repeated destructive behaviors can be a way of holding on to historic traumas.

Systemic Family Constellation process can go to the root of the trauma and help release the connection, opening us to healing.

Visit www.MyraNissen.com or Call today 925.826.3858

(see reverse)

A Constellation Healing in the SF Bay Area

Dr. Brigitte Essl/has been practicing constellation healing in the Bay Area and in Europe for 10 years. According to Dr. Essl:

I have facilitated several constellations for women with anxiety issues. One session for example, revealed trauma due to sibling-loss that spanned the last 2 generations. The outcome was beneficial for the patients' anxiety.

Other indications she frequently works with are difficulties with adopted children, infertility issues, and chronic health issues in children and adults.

Bert Hellinger (b. 1925), German-born Catholic priest and psychotherapist developed the Systemic Family Constellation process. The work developed out of family systems therapy and integrates ancestor reverence of the South African Zulus.

Sanctioned by family therapy associations in Europe and used by licensed practitioners worldwide, Systemic Family Constellation work is fast becoming popular in the Bay Area. When selecting a therapist it is important they have a background in psychotherapy and formal constellations training. Meet the therapist in advance to ensure you feel comfortable.

First US Constellation Therapy Conference to held in San Francisco October 2011

Claiming Our Roots, first-ever US systemic constellations conference, will be held this October in San Francisco for practitioners and laypersons. Visit <http://usconstellations.com/> for more information.

Sources:

Dr. Brigitte Essl, Mill Valley, CA, <http://www.essl.pro>, specializing in lineage trauma and chronic illness.

Systemic Constellations, Wikipedia.

How to Heal Your Family, Louise Danielle Palmer, **Spirituality & Health**, 2006.

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HOMEOPATHIC WOMEN'S WELLNESS PACKAGES OFFERED



- Regulating Symptoms Associated with PMS & PMDD
- Understanding and Regulating Symptoms Associated with Menopause
- Improving Thyroid Health
- Reducing/Eliminating Fibroids
- **And More**

Call Myra Nissen, CCH, RSHom(NA), Board Certified Classical Homeopath, at 925.826.3858 to schedule a wellness assessment. See what Homeopathy can do for you.

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