



### Miniworkshop

## Systemic - Kinesiological Family Constellations and Constellation Work in Organisations

### The Family as a source of strength and inspiration Internal and external systems in balance

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The process of integrating a person's internal and external systems and achieving equilibrium between them produces positive effects in many different areas and provides a solid foundation for growth and development at all levels.

The internal system is rooted in the organisation and integration of neurological structures. The aim in this context is to show the client a way out of the usual 'fight or flight' mechanisms, whereby the kinesiological method N.I.C.E. (Neural Integration Control Enhancement) has proved to be very effective.

The basic external system corresponds to the client's own family. The 'family' can be categorised into the precedent and the present families. The precedent family is the family into which one is born together with the previous generations, which provides the framework for one's life and for one's experience of the world and existence. In this paper I should like to discuss the family as external system and demonstrate the interrelationships between family constellations and kinesiology.

#### Systems

Themes, problems or contexts can be considered in relation to systems. A cell is a system, as is an organ, the meridians, the body, the family, a firm, a team, a school class, society, a state, the world, etc., etc.

A "systemic" approach, however, involves a certain view of, for instance, a symptom, a subject, a behaviour pattern. There is an increasing tendency to avoid applying attributes to the elements of a system (Matthias Varga von Kibed): phobic behaviour on the part of a client does not signify that he or she is phobic; it is simply implicative of some capacity being exhibited under certain conditions.

Every system organises and regulates itself in a manner designed to achieve an optimum. Thus problems, symptoms and behaviour patterns have a certain function in maintaining a system. The more inert a system is, the greater its stability; but also the greater the degree of difficulty in bringing about a change in it.

The immediate family is the first and perhaps most important systemic framework which we encounter. It endows us with a genetic mould and within it we learn the first rules and behaviour patterns. If it appears to us as being clearly defined, ordered and balanced, then we can use it as a foundation on which to develop our life. Difficulties, disorder, lack of acceptance, exclusion of family members or other domestic crises lead to a diversity of problems and symptoms.

#### The Family Constellation

In a family constellation, the client chooses under the guidance of the coordinator members of the participating group to represent the members of his or her family. Thus Mr. Jones is chosen to represent the client's father, Mrs. Miller represents the grandmother who died in childhood, and Mrs. Smith the mother. Then he places the chosen individuals in specific positions in the room - he creates a family group. In the course of the constellation some aspects of the dynamics of the system become visible. In addition, the coordinator asks the representatives to describe their perceptions (e.g. "cold", "heavy", "sad", "I feel as if I'm being held back", "I have a tight feeling in my chest", .).

As a result of these observations changes in the constellation are introduced. People are moved to another position, so-called "healing" or "releasing" phrases vocalised and other liberating rituals are performed, until the complications resolve themselves and the disorder has been removed. In this way the client gains a fresh view of the system being displayed, which can develop into an inner resource of great value.

#### How the method works

It is interesting to observe how exactly the insights of the representatives match the situation being modelled. Apparently they obtain access to knowledge which, theoretically, can only be available to the people being represented. In addition, however, previously hidden information comes to the surface. This can be explained in terms of the "field of knowledge" which is always around us, but which becomes more comprehensible by means of the constellation. It is often the case that positive changes occur not only for the client, but also for family members who perhaps had no knowledge of the constellation, with whom there may have been no contact for many years. As an illustration of this: on one occasion a client's brother, with whom there had been no contact for years because of a quarrel, telephoned the day after a constellation because he wanted to sort things out.



## Constellations involving other Systems

Other systems such as firms, organisations, symptoms, conflicts, decision making processes and personality structures can be made the subject of a constellation and resolved in a similar manner. In such cases it is frequently appropriate to integrate and perhaps resolve aspects of one's own family system. This may occur to varying degrees 'under the surface'.

For example, a client participating as the subject of a company constellation was only able to apply himself to his tasks adequately after his father was allotted a position as a supportive character.

## The Link to Kinesiology

Systemic constellations and kinesiology can be applied in combination to great effect. For instance, a systemic constellation can be integrated into an individual kinesiology session. Group constellations can be supplemented ('fine tuned') by means of kinesiological testing and balancing methods such as the preliminary tests of 'preparedness to benefit' and 'gentle working'. On one occasion, balancing the 'resistances' within a group worked wonders to transform an unpromising constellation into an effective process.

In addition, one can perform tests to establish which persons or system elements have a high priority and which can (initially) be dispensed with. In the case of a client who had already availed herself of two classical constellations without a satisfactory result, in an individual session a muscle test revealed that her first big love affair needed to be taken into account as well - as she remarked: "Oh, I'd quite forgotten about him." The constellation revealed that all her energies and passion was directed towards this first love, so that she was unable to enter into any other fulfilling relationship. By means of balancing and dissolution of this entanglement it was possible to establish a basis for a new beginning. It is also possible to test whether the concluding model can be utilised as a resource. Sometimes it is necessary for the client to undergo a kinesiological balancing process in relation to the newly discovered domestic composition.

## Conclusion

The results of group and individual constellation sessions confirm that this approach and the associated theoretical and practical methods can represent a great enhancement of counselling practice. For the client it can become an essential foundation and resource for the internal and external personal organisation. The effects are very diverse. Unexpected changes often occur in areas not directly linked to the constellation (for example, the disappearance of a deep water phobia on the part of

a person who simply participated (without a personal constellation) in a family constellation weekend).

There remains much to be researched and experienced in the field of systemic constellations, but the results so far are very promising.

## Suggestions for personal initiative

One can set about investigating one's relationship with one's family in many different ways: here are a few suggestions for encouraging one's imagination to contemplate and play with certain images.

Find a comfortable position, shut your eyes and take some time to allow the following images or sentences to take effect:

- Call to mind an image of your father and say to him: "I am your son." or "I am your daughter."
- Call to mind an image of your mother and say to her: "I am your son." or "I am your daughter."
- Call to mind an image of your mother or your father standing behind you and be aware of a sense of sanctuary.
- Call to mind an image of your father standing behind you and behind him the line of his (and therefore your) male ancestors.
- Call to mind an image of your mother standing behind you and behind her the line of her (and therefore your) female ancestors.

## Thanks

My personal thanks and recognition go to all kinesiologists and practitioners of systemics who have made their knowledge, their research and their work available to the public for the benefit of all.

I should like to wish you, dear reader or member of the audience, many valuable insights and potential for joyful progress on all levels.