



WHAT IS CONSTELLATION?

Constellation is a therapy that postulates and configures a problem in a space that individuals are capable of perceiving unconsciously, identifying patterns and structures within family relationships that become memorized in their subconscious mind as affective and cognitive schemes that impact their behavior.

Constellation helps you identify and improve what is not functioning correctly in your life. Sometimes, it may not change acquired patterns, but it can modify your way of acting.

Constellation is effective in addressing various topics, such as family problems, relationship conflicts, and emotions like abandonment and sadness. Additionally, it can also be useful in the treatment of illnesses.

Constellating allows us to understand the issues and work towards their healing while assisting us in making important decisions. Moreover, in many instances, it has a significant impact on our emotional state as it enables us to overwrite painful memories from the past and free ourselves from bonds that hinder clarity and well-being.

It is crucial to let go, release, and heal the emotional wounds we carry within.





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What types of conflicts can be addressed in a constellation?

The conflicts that can be addressed in a constellation encompass different areas of life, such as parent-child relationships, sibling relationships, romantic relationships, physical or emotional illnesses, and work difficulties. During a constellation session, a connection is established with the individual's unconscious mind, allowing the underlying cause of their problem to be recognized. With the guidance of a psychologist, therapist, coach, or mentor, support is provided to carry out the therapy and achieve a reconnection with the past and the causes that are affecting the individual's life.

When is the right time to carry out the therapy?

Constellation is recommended when one experiences a blockage in any area of life that limits well-being, health, or quality of life.

A constellation can be done once in a lifetime or as many times as necessary. Through this therapy, forgiveness is achieved towards others or oneself, and guidance is also obtained on how to deal with toxic people who are difficult to remove from one's life.





How to prepare for a constellation?

First tip: It is recommended to have an open and receptive attitude, without preconceived ideas about the causes of the problem or issue that you wish to constellate.

What benefits does constellation therapy have?

It allows for an understanding of problems at their root, unlike other therapies that solely focus on seeking solutions.

How effective is constellation therapy?

Because family constellation therapy directs the client's attention towards patterns and dynamics that hadn't been previously considered, there is the possibility of developing a deeper understanding of one's own behaviors. This can lead to healthier communication and more satisfying relationships.

- Constellation therapy requires a lesser time investment compared to others forms of therapy.
- It helps resolve emotional problems.
- It improves family relationships.

