



Integrative Therapy  
Annie Block Pearl, M.S.

## SYSTEMIC AND FAMILY CONSTELLATION THERAPY

### Healthy Tao Center for Well-Being

250 west 49th street, suite 503  
new york, new york 10019  
tel 212•586•2100 fax 212•586•1676  
www.annieblockpearl.com  
info@annieblockpearl.com

**T**he Systemic and Family Constellation work of Bert Hellinger allows us to look at how events that occurred in past generations impact our life experience in the present. This is a highly effective phenomenological approach experienced on a deeply felt energetic level that can lead to long-term and often life changing results. It is most effective for those who can trust that solutions may be simple and happen in a short period of time— as if stepping from shadow into light.

Hidden family issues or events may create imbalance or disharmony in the family “field”, and these disturbances frequently lead to illness, depression, suicides, relationship difficulties, accidents, or career problems in the present. We discover the nature of these hidden dynamics by setting up constellations using representatives to stand in the place of family members, living or dead. A constellation provides a “living map” of key impactful issues. A progressed constellation follows which moves towards the restoration of balance, order, harmony and healing.

Participating as an observer or representative is often as valuable as creating one’s personal constellation. Our temporary workshop community provides a safe place for the soul shifts that often occur when all parts of the family system are acknowledged and given their rightful places. Everyone, both participant and observer, taps into the information that exists in the field and may benefit from the knowledge.

### How Family Constellations Work in Groups:

A sacred space is created where deep, often unspoken truths about our families and other relational groups may be acknowledged and honored.

Participants describe the issue or problem they want to solve and provide some factual information about their family system. They then choose workshop participants to represent family or group members, living or dead, and physically place these representatives, within the sacred circle, in spatial relationship to each other, according to their inner image. In this constellation, an energy field is created where those involved experience physical sensations, emotions, and thoughts related to the people they are representing.

The workshop leader facilitates an unfolding process where painful losses, family secrets, and harmful connections are revealed and honored. The constellation can then be restructured into a more balanced system where love and energy flow freely.

Participants leave with a more nourishing picture that inspires freedom, clarity and love.

*“As long as our ancestors are still suffering within us, we can not be truly happy. If we make a step with awareness, free, happily touching the earth, we do this for all the past and future generations. They all arrive at the same moment we arrive and we all find peace at the same time.”*

— Thich Nhat Hahn



**A**nnie Block Pearl, M.S., is an Integrative Therapist and teacher, practicing energy-based therapies in New York City. She maintains a private practice at Healthy Tao Center for Well Being and facilitates workshops and Master Classes in various Mind/Body/Spirit topics. Annie holds a Master of Science Degree in Counseling Psychology and will be ordained as an Interfaith Minister in August, 2006. Her spiritual practice is derived from the Kabbalah and Elemental Buddhism.

- **Certified Advanced Practitioner of Process Acupressure, Process Acupressure Unlimited**
- Graduate of the HellingerUSA Training (NY) and International Intensive Advanced Training (Germany) in Systemic and Family Constellations
- **Certified Holistic Health Counselor American Society of Alternative Therapists**
- Certified Bach Flower Therapist Dr. Edward Bach Foundation

#### **Work with Individuals and Couples:**

A similar approach is taken in work with individuals and couples. Privately, however, we may use specially created “Playskool” figures or other symbolic elements as representatives in our system. As the system dynamics emerge, we may then use inner imagery, as well, to complete the resolution picture. Energy work on the massage table also may be helpful to facilitate the emergence and integration of the deeper soul messages

Individual sessions are also helpful to clarify questions prior to and subsequent to group constellation work.

#### **Who Might Benefit**

- Persons struggling with serious life issues, including health problems, depression or anxiety, chronic “survival mode”, painful relationship patterns, or career challenges.
- Couples wanting to create healthy and satisfying relationships.
- Those seeking to deal positively with severe illness and death of family members.
- Professionals— physicians, therapists, body workers, clergy – seeking to enrich their practices with new insights about health and human behavior.
- All those desiring more love and connection in their lives and relationship and those who want greater understanding of the “bigger picture”.

## **WHAT SOME HAVE SAID ABOUT SYSTEMIC AND FAMILY CONSTELLATION THERAPY**

.....This work is based on the idea that things that have happened to members of our family in the past can still be carried around with us and affect our lives. These things are not necessarily “our stuff” but the stuff of our loved ones that we continue to hold for them because we care about them. I’ve participated in one of Annie’s workshops and found it to be a powerful and profound experience. If you are like me and believe that the spirits of our loved ones are still connected with us and want to connect with us for our mutual healing, then please check this workshop out.

*E.C., Administrator, The Open Center of NY,  
November, 2004*

This was a great workshop. Thank you very much. I respect the presence, poise and love with which you held the group. It definitely was worth the journey.

*IC, Psychotherapist, February, 2004*

I would like to once again thank you for including me in your workshop. The work that you do is nothing short of miraculous... I have felt a great sense of release. I think that it will only help me in my healing... it freed more energy that I can invest in my recovery work..

*AM, Personal Trainer, March, 2004.*

Extraordinary! More valuable than 35 years of therapy. Words cannot describe the power of this experience!

*JP, LCSW, , February, 2005*