

# TANNENHOF BERLIN-BRANDENBURG E.V.



**Berliner euro-TC Seminar 2012**  
**Behandlung von suchtkranken Familien und**  
**Trauma Therapie**  
**"30 Jahre Kinderhaus Tannenhof"**  
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# Trauma aus Sicht der Familienaufstellung

## Trauma in the Perspective of Family Constellation

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- Psychotherapist
- Teacher and Trainer in systemic constellation work (according to DGfS, Munich)

30.11.2012, Tannenhof

### Roots of Systemic Constellations:

John Bowlby, GB, research about attachment / entanglement

V.Satir

Psychodrama

Hellinger, G. Weber, A. Mahr et.al.

## **Family Constellation in Rehabilitation of Drug Addicts, since 1998 in Tannenhof**

- **Family Constellation as part of the network  
„rehabilitation“**

**A systemic approach, a kind of psychotherapy and a  
real transpersonal therapy**

- **how it works: transgenerational and transtemporal**
- **what we ask and what are some objectives**

# Trauma and Constellation

## **1 Information about Constellation**

**2 Clearing: *what is the Important Issue / the Important Question, at this time, in this moment of my life?***

## **3 The session: the interview at the beginning**

- **individual main problem, identify the specific aim / question**
- **related to parents or own family / own child**

# Trauma and Constellation

- **related to addiction / emotional / physical burden**
- **who is part of the problem**
- **severe events, accidents, sudden death, death thru violence / murder, rape, war events,...**
- **entanglements of family members (Nazi regime, Secret Services, all kind of crimes against the jewish people; war; criminal groups; leaving the family alone, etc.)**

# Trauma and Constellation

the purpose of family constellation is to overcome stressful dynamics that foster addictions (or other severe symptoms) in familial and social environments.

- *“Constellations of original or present families, and of concerns from this work range, turned out a rich and reliable source of insights, which may develop possible solutions that so far had been inaccessible.” (Dr. A. Mahr)*

# Trauma and Constellation

- Constellations work across generations (transgenerational).
- Constellations however also work across times in a room of eternity or timelessness.

4 Identifying the family members

5 Constellation

6 What do we find when we accompany a client with traumatic experiences: f.e. physical abuse

# Trauma and Constellation

- Looking for the quality of inner family relationships
- Entanglements:  
(stable, unstable, diffuse;  
broken,  
traumatizing;  
Prejudices against one parent,  
accusations, guilt  
role change (child as partner, as substitution)  
Split parents



# Trauma and Constellation

## 7 Main objective of Constellation

To find a good solution and insight / an emotional answer

## 8 Findings:

all symptoms of the Freeze, of fright and anxiety,  
stress reactions,

high potential of frozen aggressions (male),

high muscular tension

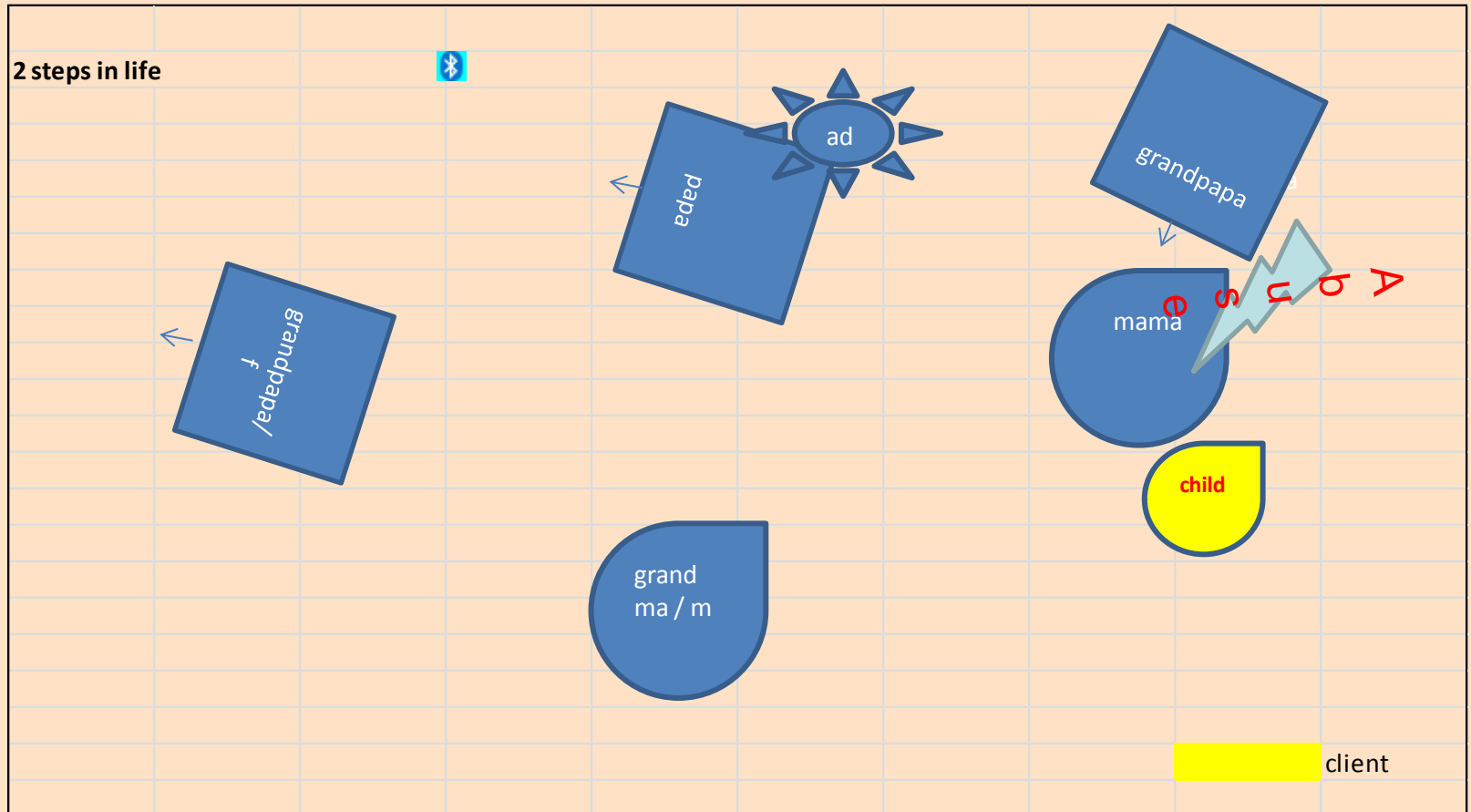
deep depression and

feelings of helplessness and loneliness (female)

abuse (sexual, emotional; both male and female)

# Trauma and Constellation

- Abuse and addiction



# Trauma and Constellation

- Abuse and addiction

