

## Julia Duthie

*I have been using family constellations in my work since 2002. I facilitate workshops and one-to-one sessions for people from all walks of life who are wanting to experience more joy and fulfilment in their their lives.*



*I have seen the profound impact of ancestral issues on birth, parenting and daily life. I have a particular interest in using constellations as a form of birth preparation in order to reduce the burden of unresolved ancestral issues for the incoming child. I have spent many years working as a community midwife and as an independent midwife and I have observed many instances of long or difficult labours and births that appear related to the ancestral burdens that the mother, or even the father, are carrying. I also enjoy using constellations to help resolve issues resulting from one's own birth experience.*

*I trained in London, Devon & Bristol and now facilitate family constellations in both one-to-one and group settings in various locations around the South West.*

## Testimonials

*"The family constellation workshop I attended with Julia touched my being in many deep, profound and unexpected ways..."*

*Firstly to come together and spend the day with such lovely people was very special but I think the atmosphere of warmth, safety and closeness was created by Julia's calm, steady and kind presence. I felt completely held by Julia's presence which I believe allowed us all to drop into some very deep places... and at the end of the day emerge with more insight and healing."*

*"Thank you for your care and guidance in the process of looking at our family relations with so much support and love around. We felt very safe and held in your presence."*

*"Thank you so much for the family constellation that you led for me the other day. The depth and safety of your support allowed me to move through and heal some very uncomfortable places in my ancestry. I feel so much lighter and freer now after that release."*

*"I wanted to thank you for your beautiful loving generous work with me. It was very, very meaningful for me and continues to unfold within me. I have just returned from a miraculous visit with my mother, feeling truly open-hearted toward her, and not afraid of her or hostile toward her for the first time in my life."*



## Family Constellation Workshops and One-to-One Sessions

**Facilitated by  
Julia Duthie**

**Family constellations give an  
opportunity to resolve issues we  
carry from our ancestors that may  
affect us in our daily lives**

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**[www.FamilyConstellationsSouthWest.co.uk](http://www.FamilyConstellationsSouthWest.co.uk)**

## *Workshops*

Issues that we are currently facing in our daily lives may have their origins not in our personal history, but in that of our ancestors. A family constellation gives an opportunity for the source of the issue to be revealed and for it to be resolved within the constellation. This process frees us from being governed by unconscious loyalty to our ancestors, so that we can live our lives to the full.

When you were a baby you took on family beliefs in order to have a sense of belonging. These beliefs are often unconscious and can prevent you from being truly free to live your own life. They may stem from traumatic events in the lives of your parents, grandparents or even earlier ancestors, which were not fully accepted or resolved at the time.

For example, a constellation could reveal a strong identification with a grandmother whose mother had died in childbirth. This could result in infertility or difficulty giving birth because of unresolved emotions of guilt and fear within the family system. A family constellation helps to reveal the source of the problem and opens the possibility for healing and the release of stuck emotions.

In your session the group participants will represent members of your family or other relevant aspects of the issue you have chosen to work on. The issue may relate to family, personal relationships, work, finances, illness etc.

## *One-to-One Sessions*

Family constellations can be done either in a group, where the group members represent relevant family members, or in a one-to-one session. In this case the various family members can be represented by the facilitator, the client or by objects. Working this way can be just as powerful as working in a group; it offers the flexibility of being able to work in one's own environment and gives a greater amount of privacy.

I am happy to come to your own home to facilitate a one-to-one session, which could include your partner or a friend if this feels appropriate.



## *Bert Hellinger*

Family constellation therapy was devised by Bert Hellinger who was born in Germany in 1925. He became a missionary to the Zulus during the 1950s and was influenced by their culture and rituals. He later trained in various forms of therapy and psychoanalysis. Family constellations grew out of a synthesis of the various different approaches that he had studied.

Family constellation therapy has continued to evolve and practitioners have adapted it to their own field of interest. Constellations have been used to help businesses become more successful, to find the most appropriate homeopathic remedy for a client and even to find lost objects.

This work is different to psychodrama in that there is no acting or role playing involved. Until you have actually experienced being a representative, it is very difficult to communicate how profound it can be. We are often chosen for roles that resonate with our own family history and as resolution occurs during the constellation there can be a shift in perspective and attachment to our own ancestral burdens.

For more information, or to have your name put on my mailing list:

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