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# Family Constellations

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## Heal Your Addiction by Making a Constellation of your Family - Workshop 27th March

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Amanda Gifford MA Counselling Psych,  
Drama Therapist HPCSA Reg.  
[www.amandagifford.co.za](http://www.amandagifford.co.za)

Venue: Prospect Hill Recovery Centre in Cape Town. 3 Prospect Hill Road, Wynberg, Cape Town

**DATE: 27 MARCH**

**Time: 9 - 4pm**

**Cost: R1400 to Constellate (R700 DEPOSIT BY 22nd March or first come first serve)**

**Space for 5 to Constellate their own story. Open to recovery coaches, people in Recovery, parents or therapists.**

**R650 to attend workshops without Constellating your own story.**

( Can Claim from Some Medical Aids)

Now **addiction** treatment is adding a newcomer to the mix: Family Constellations Therapy, which is just beginning to make inroads in **addiction** treatment in the United States and In South Africa, although it is highly popular around the world. Family

constellations were developed about 30 years ago by **Bert Hellinger**, a German. Come and learn about how to use Constellations for Addiction Recovery. You will do your own initial Drama Therapy process around your addiction & recovery and look at your Family Tree and work areas that need to be attended to and then we will do 5 Family Constellations.

### Introduction to Family Constellations

The constellation process uses images and the body experience rather than words or narrative. The first image that presents at the beginning of a client's process is that of their internal picture of their current family system. From this image the facilitator can offer a working hypothesis of the family dynamic. This is confirmed or added to by the feedback from the representatives.



Letting the system move to a flow of love through insight and the multifaceted weave of consciousness. Every person's wisdom in the Constellating adds to the healing and wellbeing. As the constellation progresses, the hidden dynamics of the system are revealed. Slowly the process moves toward a resolution where the inner image is one where each member of the family has found a good place in the system. This is measured by the bodily ease and comfort that each representative feels. The resolving image is a new inner reality that the client can take with them into their outer world (Hellinger 1998).

For more on Amanda go to [www.amandagifford.co.za](http://www.amandagifford.co.za)

We can work on any theme. Addiction, Health, Relationships, Money, Business.

Sessions can be claimed by some ( NOT ALL) medical aids.

Kim Thornton testimonial: 'I took my first journey with Amanda about 3 years ago and have returned for several family constellations since then. Amanda's ability to hold unconditional space, her strength of character and deep empathy mixed with her sense of fun and curiosity all underpinned by solid techniques aimed at deep healing keep drawing me back for self-exploration through individual and group dynamics. I have explored deep

spaces with Amanda and always felt held, loved and seen. As I have come to know and trust Amanda, I can say with much heartfeltness (if that's a word) that any topic can be approached with her either individually or in a group space and will be treated with true hearing, respect and gentle open palms that have been a welcome support on my continuing inner journey.' October 2016

Amanda, Johannesburg's best kept secret! A truly generous therapist, knowledgeable, professional, wise, playful but deep, will lead you all the way to your truth, your healing! If things get stuck, she'll always find a way to 'open another door'...! By Cristina Ercoli 2018



## Getting Started

Contact Amanda Gifford  
WhatsApp 078 499 6472 to  
book a session or workshop.

**BANKING DETAILS AMANDA  
GIFFORD Business Cheque  
account Number 62471627425**

**FIRST NATIONAL BANK (FNB) - MELROSE ARCH Branch code 254405 Reference:  
Prospect Hill and sms proof of payment to my cellphone. 078 499 6472 EMAIL:  
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