


Chapter 11

The Impact of Society on Health:

Exploring Family Constellations as a Framework for Systemic Healing

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ABSTRACT

This chapter explores the profound impact of societal dynamics on health, focusing on Family Constellations as a framework for systemic healing. Rooted in transgenerational psychology, this approach identifies patterns within family systems that contribute to health challenges and psychosocial distress. The chapter delves into Bert Hellinger's Orders of Love, emphasising how unresolved issues and imbalances within the family unit may manifest as illness. Through therapeutic techniques such as guided constellations and healing sentences, individuals can acknowledge and integrate past traumas, leading to transformative healing. This exploration underscores the interplay between societal structures and individual health, advocating for holistic and systemic perspectives in healthcare.

1. INTRODUCTION

1.1 Overview of Societal Influence on Health and Wellness

The intricate relationship between societal dynamics and health outcomes has garnered increasing attention in contemporary research, particularly as we seek to understand the multifaceted influences that shape individual and collective

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well-being. Society, as a complex web of interactions, norms, and values, exerts significant influence on health and wellness, often dictating the resources available to families and individuals, as well as the social support systems that can either mitigate or exacerbate health challenges. For instance, studies have shown that family dynamics play a crucial role in the mental health of caregivers and their dependents, highlighting how familial relationships can either bolster resilience or contribute to psychosocial distress (Trujillo et al., 2016; Thomeer & Reczek, 2019). The impact of societal structures, including socioeconomic status and cultural norms, further complicates this landscape, as they can dictate access to healthcare and influence health-related behaviours (Dorri, 2023; October et al., 2021).

1.2 Introduction to Family Constellations as a Therapeutic Approach

In this context, Family Constellations emerge as a compelling therapeutic approach that seeks to address the systemic nature of health issues by exploring the underlying familial patterns that contribute to individual health challenges. Developed by Bert Hellinger, this method is rooted in transgenerational psychology and emphasises the importance of familial relationships in shaping health outcomes. Family Constellations facilitate a deeper understanding of how unresolved issues within family systems can manifest as physical or psychological ailments, thereby providing a framework for systemic healing (Somasundaram, 2007; Stevens et al., 2013). Through guided constellations, individuals can uncover and integrate past traumas, leading to transformative healing experiences that not only benefit the individual but also reverberate throughout the family unit (Moore et al., 2013; Falzarano et al., 2022).

1.3 Historical and Theoretical Underpinnings of Systemic Healing

The historical and theoretical underpinnings of systemic healing through Family Constellations are grounded in a rich tapestry of psychological theories and practices. The Orders of Love, as articulated by Hellinger, elucidate the fundamental principles governing familial relationships, such as belonging, order, and balance. These principles underscore the notion that disruptions in familial harmony can lead to various health issues, both physical and mental (Nickerson et al., 2011; Chatterji et al., 2011). Moreover, the therapeutic techniques employed within Family Constellations, including healing sentences and guided imagery, are designed to foster a sense of connection and understanding among family members, thereby promoting healing at both the individual and systemic levels (Yu et al., 2021). This chapter

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