

Family Constellation Therapy

Often within our complex family structure, there is deep seated emotional trauma that has not been resolved and will stay in the living family group. F.C.T. works on a deep level and reveals issues beyond the personal. These issues can be resolved in a one-to-one session with the therapist or in a group constellation workshop.

The process consists of filling out his/her family tree and discussing the pertinent issues with the therapist. Often it has been found that the same issue was also experienced by a family member higher up in the family tree (grandfather/mother/aunt etc). Typical sayings would be: "My grandfather had Diabetes too or my great grandmother had issues with alcohol, it seems to run in the family".

Research shows that unresolved emotional conflicts switch off some of our genes and the condition is then passed on to the next generation.

Each member of the family, including those who are absent through death, separation, miscarriage, still birth or abortion are energetically present in the family structure which affects other members.

For example, if a great granduncle had to immigrate and lost contact with the direct family was not grieved for a member of the family two generations on could feel a pull to move away without knowing why and would feel restless, never being able to settle and fulfil his own life purpose. With the F.C.T. the displaced uncle can be acknowledged and brought back into the family with the effect of releasing both family members from the bond and set them free to live their own lives.

In group work the client firstly works with Patricia to establish which family members need to be included in the constellation and where the issue stems from within the family hierarchy.

Secondly, the client will look to the group and choose representatives for her/ himself and the key people associated with the issue. The representatives are then positioned intuitively within the room. They focus inwardly and begin to feel the emotions, fears and desires of the person concerned. The client sits in an observatory position along side Patricia and watches what unfolds.

Simultaneously, Patricia will work with the representatives and check to see how they are feeling on an emotional and physical level, allowing them to express this in a positive manor. Through this method disharmony comes to light. In a very remarkable and astounding way, the true story of the family is expressed and clearly seen for the first time. As the emotions are healing the representatives will move intuitively into the correct supportive family positions. At a certain stage the client is asked to take the place of her/his representative to feel what it is like within the new order of the constellation.

Usually the client will feel much more energised and a stronger flow of love from her family members. On an energetic level this works forward and backward through the family and continues to work over the next 6 months.

The result of the constellation for the client is a perceived feeling of freedom and movement where they can easily move their lives in the direction they are focused on. This therapy has an indirectly positive affect within the whole family structure with strained relationships becoming more harmonious.

Session Prices & Duration:

One to One - 1.5/2hr - €150

Group Constellation - €80

Weekend Constellation Workshops -€230



Emotional Freedom Technique & Family Constellation



Simple & profound methods of releasing emotional blockages to return us to healthy, happy, balanced lives.



Patricia Mannion is a qualified Master Emotional Freedom Technique (E.F.T) Practitioner, Kundalini Yoga Teacher, Family Constellation Therapist and qualified in Pranic Healing Levels 1 & 2.

She has now amalgamated her skills to promote health and healing.

Emotional Freedom Technique (E.F.T) 'Tapping'

E.F.T. is a wonderfully simple and profound method in removing emotional blockages to bring success, health and happiness into our lives, re-energising us so we have the energy, power and motivation we need to live a full joyful life.

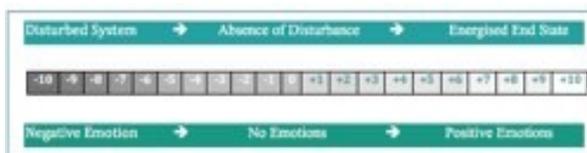
Over the past 15 years, due to the credit of the founder of E.F.T Gary Craig, millions of people around the world from all walks of life, old and young have found E.F.T to be a reliable, easy method to help themselves and others with problems of all kinds in a whole new way.

Originally E.F.T worked on stimulating a series of energy points on our face, upper body and hands by tapping, massaging or simply holding, whilst breathing comfortably. At the same time we focus on releasing stress, fears or other negativities in our thoughts, memories, emotions or behavioural patterns.

Now with the help of Dr. Susan Hartmann E.F.T has been brought to a new level by introducing the Heart and Soul E.F.T protocol and the S.U.E scale (Subjective Units of Experience).

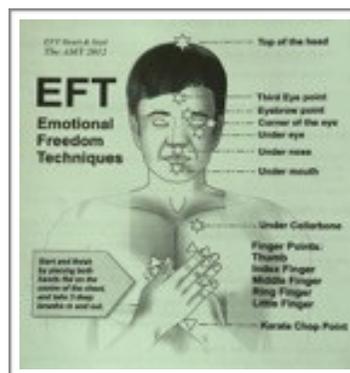
The S.U.E scale is used to rate the clients level of distress around their problems, ranging from a -10 (very distressed) to a +10 (pure joy).

Being at zero on the S.U.E scale means that when the client thinks about their problem/issue, memory/emotion, they feel calm and peaceful without any emotional upset or disturbance. This is considered good, but now with the S.U.E scale we can continue to move the client up the + scale until they feel pure joy and aliveness in their body.



Experiencing life with your energy levels at +7 or above means living your life with a full battery – enjoying vibrant energy, a clear mind with positive focus, supportive thoughts and a feeling of ease and flow – imagine enjoying this sort of energised state and what it would mean to you.

The beauty of E.F.T is that once you have learned the protocol you can use it at any time to treat the daily upsets and processes that can occur on an ongoing basis.



Optimising E.F.T with Autonomic Response Testing (A.R.T)

Clients of the ISHSKO WELLNESS Centre that are undergoing Autonomic Response Testing can benefit from E.F.T. therapy to eliminate stress caused by unresolved emotional conflicts.

The key trigger words derived from the A.R.T. testing are used in the tapping sequence to unlock the brain chemistry that cause high adrenalin output on the organ associated with the blocked emotion. This unlocking creates a better blood flow, lymphatic drainage, nutritional uptake and repair of the vulnerable organ. It also encourages homeostasis.

As with our healthy habit of washing the physical body, our emotional body needs daily attention. If emotional issues remain unresolved, ill health is likely to follow. It may take between 4-6 sessions to master the tapping protocol which can be used successfully at home on issues that may arise throughout daily life.

E.F.T Session Prices & Duration

E.F.T. Protocol - 1hr - €75

E.F.T. 4 sessions pre-booked - €260

Booking & Enquiries

To make a booking or enquire further about E.F.T & F.C.T Therapies please contact us on:

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