

What is this book about?

„Wie die Familie unser Leben bestimmt – Genogramm und systemische Aufstellungen“ (English: How the family determines our life – genograms and systemic constellations)

There are symptoms, illnesses and problems, e.g. in couple relationships, with children, parents, siblings or at school and work, which cannot be solved despite all efforts and intensive diagnosis and therapy.

At this point, it is worth taking a look at the family-biographical-transgenerational approach. It assumes that problems are also related to unresolved issues in the family system and can be taken over by proxy: Often unprocessed/unmourned experiences, losses and bereavements, especially traumas of ancestors continue to have an effect across generations and are reflected (mostly unconsciously) "by proxy" in the symptoms of people living now.

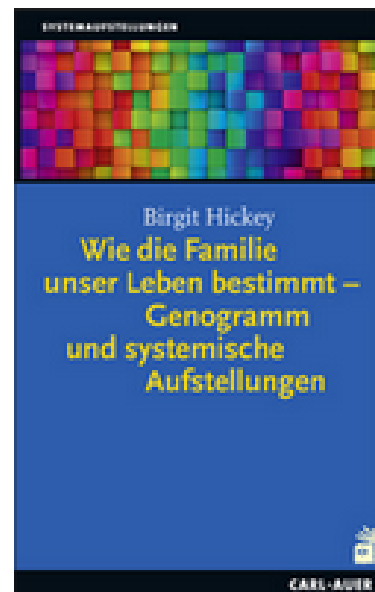
It is obviously not coincidental at which age, with which symptoms / problems and at which place in the family system a person develops a condition or a patient comes to therapy. The analysis of the genogram (systemic family tree) on the basis of the three family biographical questions (according to Viktor v. Weizsäcker and Rainer Adamaszek) has shown itself to be useful in uncovering the corresponding connections:

1. why does the person concerned have the problem *right now* (at this age)?
2. why just *in this way* (with this symptom and or problem)?
3. why just *here* (at this place in the family system)?

Research into family data and subsequent genogram work by itself can often lead to positive therapeutic effects. The insights gained here can also be used to throw light on transgenerational connections, especially with regard to possible "bonds of destiny" and proxy roles which people may adopt. In the subsequent systemic constellations, hypotheses can be tested in individual or group settings and the problems can often be improved or even solved - even in "therapy-resistant" cases. In the book, this procedure is illustrated with numerous theoretical and real-life examples from practice and with the help of many colour illustrations.

Main topics of the book:

- I. Initial meeting
- II. The genogram
 - Compiling a genogram
 - The analysis of a genogram
- III. Systemic constellations
- IV. Family-biographical consideration of individual topics:
 - Couple problems
 - Unfulfilled desire for children
 - Blended families
 - Unknown parent(s) and adoption families
 - The role of proxy symptoms
 - Consequences of war, loss of home(land)
 - Dealing with trauma
- V. Outlook
 - Epigenetics: a contributing factor?
 - Providing a positive outlook



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