FAMILY CONSTELLATIONS

AN EXPERIENTIAL WORKSHOP

RELEASING PERSONAL AND FAMILY BURDENS

Saturday 28th November 2026

9:00 am – 5:00 pm

#2 10865 96th Street NW, Edmonton, Alberta

$175.00 (GST Included)

No refunds after Monday 23rd November 2026

Facilitated by: EMILY (JONATHAN) HOOTON

Children are loyal to their parents – to their father and mother equally. Out of loyalty to their parents, they repeat similar fates and similar misfortunes. Children seldom if ever risk having a happier, more fulfilled life than that of their parents. This is because if a child were to have a happier life than his father or mother, in a sense it would feel, deep down, as if he were a traitor.

Bertold Ulsamer, "The Healing Power of the Past", 2005, p. 41.

We live in a web of interrelated forces, many of which influence us on an unconscious level. When there is an interruption or break in a strand in that web, we will feel a disharmony without knowing the source of that interruption to our well-being. Two sources of unconscious interruptions in our lives are unresolved issues, or entanglements, in our family systems and personal unresolved traumas, including inhibited grief and toxic shame, which may also be transmitted intergenerationally. Interruptions can manifest as relationship difficulties, addictions, depression, anxiety, illness, repeating patterns and financial stresses.

The Family Constellations process can be very helpful in revealing underlying and unconscious dynamics that are not accessible by other methods. It is a way of looking "outside the box." The insights that often arise in this process can help resolve relationship issues, lead to new understandings, help unlock repetitive patterns, release a feeling of being stuck in life, empower participants to face the challenges that inevitably come in life, and assist in healing processes and personal growth. Another benefit is to lift the burden on our children who are the first to carry the pain of unresolved family issues. Taking part in the process can also bring compassion for the situations of other people, an opportunity to "walk a mile in another person's shoes."

For more information and to register contact
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