

# WHAT IS FAMILY CONSTELLATION THERAPY?

Family constellation Therapy is a supposedly therapeutic technique created by Bert Hellinger in the 90s. It claims that family traumas from the past affect current generations and must be "healed" through stage performances.

The problem is that this practice is based on esoteric and spiritualistic concepts, such as "family energies" and the influence of "ancestor spirits," ideas incompatible with the Catholic faith.

"LET THERE NOT BE FOUND AMONG YOU ANYONE WHO CAUSES THEIR SON OR DAUGHTER TO PASS THROUGH THE FIRE,\* OR PRACTICES DIVINATION, OR IS A SOOTHSAYER, AUGUR, OR SORCERER, OR WHO CASTS SPELLS, CONSULTS GHOSTS AND SPIRITS, OR SEEKS ORACLES FROM THE DEAD. ANYONE WHO DOES SUCH THINGS IS AN ABOMINATION TO THE LORD, AND BECAUSE OF SUCH ABOMINATIONS THE LORD, YOUR GOD, IS DISPOSSESSING THEM BEFORE YOU."

(DEUT. 18.10-12)

## HOW ARE FAMILY CONSTELLATION THERAPIES MADE?

In the session, the "constellate" poses a conflict, and the "constellator" assigns representatives (people or figures) to recreate a familiar scene. It seeks to reveal hidden patterns and, in some cases, rites are performed to "connect" with the energies of the ancestors. Although it may seem like a simple dramatization, in many cases spiritual invocations incompatible with the Christian faith are included, which can open doors to dangerous spiritual influences

## WHAT TO DO INSTEAD OF PRACTICING FAMILY CONSTELLATION THERAPY?

Turn to the sacraments, especially Confession and the Eucharist, where God offers true healing.

Seek spiritual direction and psychological counseling based on Christian truth, without recourse to esoteric practices.

Trust in God's Providence, who guides us through prayer and his grace, rather than looking for answers in supposed "family energies."

Heal family wounds through forgiveness and Christian love, without relying on techniques that contradict faith.

"THEREFORE, CONFESS YOUR SINS TO ONE ANOTHER AND PRAY FOR ONE ANOTHER, THAT YOU MAY BE HEALED. THE FERVENT PRAYER OF A RIGHTEOUS PERSON IS VERY POWERFUL."  
(JAS 5.16)



If you have any questions, consult your parish priest or spiritual director.

# FAMILY CONSTELLATION THERAPY



## THE DANGERS OF ITS PRACTICE:

A critical look from the Catholic faith

## INCOMPATIBILITY WITH THE CATHOLIC FAITH

### Denies personal freedom and responsibility:

The Catholic faith teaches that each person is accountable to God and is not determined by "generational forces."  
(Ezekiel 18:20)

### Substitutes hidden forces for God's grace:

Healing and forgiveness come from God through the Sacraments, not esoteric connections to the past.  
(Isaiah 53:5; John 8:36)

### It can invoke dangerous spiritual influences:

Any attempt to "connect" with the ancestors can open the door to demonic deceptions, even if they seem harmless.

"AND NO WONDER, FOR EVEN SATAN  
MASQUERADES AS AN ANGEL OF LIGHT."  
(2 COR 11,14)

### What does the Catechism of the Catholic Church say?

"All forms of divination must be rejected: recourse to Satan or demons, invoking the dead, consulting horoscopes, astrology, palmistry, interpretation of omens and fortunes, the phenomena of vision, recourse to mediums. These practices contain a desire for power over time, history and men, as well as a desire to reconcile hidden powers. They are in contradiction with the honor and respect we owe to God." (CCC 2116) "Spiritism often involves divinatory or magical practices. The Church warns the faithful to beware of having recourse to them." (CCC 2117)

## SPIRITUAL AND PSYCHOLOGICAL DANGERS

### Risk of demonic influences

Catholic exorcists have warned that those who participate in family constellations can suffer spiritual disturbances, such as nightmares, rejection of the sacred or even spiritual attacks. These esoteric practices can open the door to deception by the Evil One, who seeks to turn souls away from God.

"YOUR OPPONENT THE DEVIL IS PROWLING AROUND  
LIKE A ROARING LION LOOKING  
FOR [SOMEONE] TO DEVOUR."  
(1 PT 5,8)

### Lack of scientific evidence

There are no serious studies to support their effectiveness and they can cause emotional harm by inducing people to assume false roles of victims or culprits.

### Spiritual confusion

Many Catholics inadvertently end up relying on esoteric techniques rather than God, turning away from prayer, the Sacraments, and spiritual direction.

"CURSED IS THE MAN WHO TRUSTS IN HUMAN  
BEINGS, WHO MAKES FLESH HIS STRENGTH,  
WHOSE HEART TURNS AWAY FROM THE LORD."  
(JER 17,5)

## CONCLUSION STAY TRUE TO THE CATHOLIC FAITH

The Church rejects family constellation therapies because they mix esoteric, spiritualistic and pseudoscientific elements. Although some present them as harmless therapy, they can be a real danger to the soul.

The Vatican warns about these deceptions in "*Jesus Christ, Bearer of the Water of Life*" (2003): "It is dangerous when psychological and spiritual practices mix, creating confusion in the faithful and distancing them from the authentic faith."

GOD IS THE ONLY SOURCE OF TRUE HEALING.  
DON'T FALL FOR DECEPTION.

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GOD IS WAITING FOR YOU  
WITH LOVE AND MERCY.

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God never rejects those who turn to Him with a sincere heart. If you have ever participated in these practices or sought healing outside of God, today is the day to return to Him. No matter how far away you sit, Jesus Christ awaits you with open arms.

"DO I FIND PLEASURE IN THE DEATH OF THE WICKED—  
ORACLE OF THE LORD GOD? DO I NOT REJOICE WHEN  
THEY TURN FROM THEIR EVIL WAY AND LIVE?"  
(Ez. 18,23)

