

Unlived lives: their effect on later generations

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I'm a general practitioner
with special focus on systemic family therapy

Introduction



The causes of diseases and symptoms cannot always be discovered and treated by means of conventional medical diagnosis and therapy.

Psychotherapy, physiotherapy and other methods also have their limits.

At this point the systemic family approach can be helpful in order to recognise connections to the destinies of others which may unconsciously trigger and maintain symptoms or diseases.

Introduction



These connections may have to do with the following factors which are often intertwined:

One's own history

One's family (background and/or present-day form)

The background of one's partner

One's professional environment

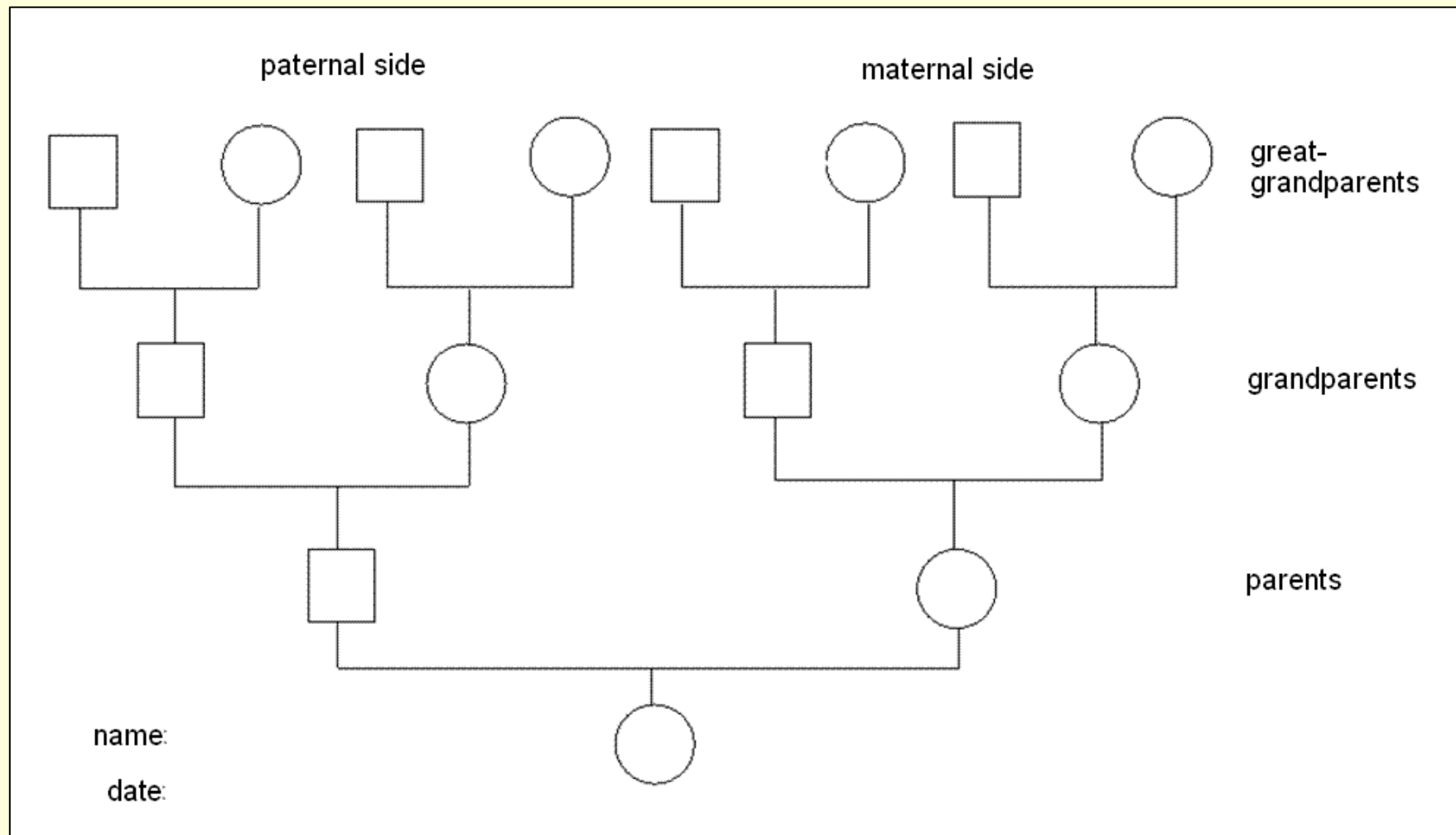
The systemic work in my practice is **embedded in a holistic process** which I have developed of several years. It consists of **at least three sections**:

Procedures



- Initial **consultation**
- Working with **genograms**
 - Drawing up a genogram
 - Analysis of a genogram
- Systemic **constellations**
 - in groups
 - with symbols
 - structural configurations
e.g. with symptoms, diseases, organs
- Further consultation

The template for a genogram



Making a genogram

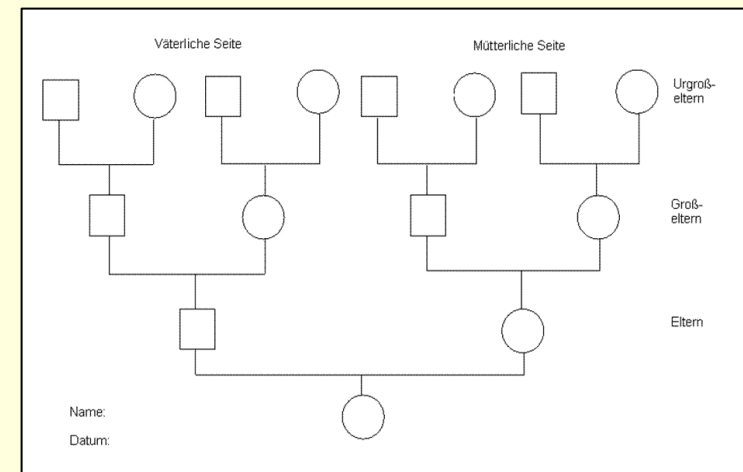
The genogram is the **visualisation of the family history** and its **case history** in the form of a tree.

Here the relevant data going back three to four generations of the family is arranged chronologically.

In particular the relationships and the destinies of the family members are displayed.

Particular attention is paid to:

- **Living and deceased members**
- **All blood relations**
- **All those who have played a role in the system, e.g. former partners of the parents or grandparents.**



Questions about family biography



1. Why should symptoms appear just *now* ?

(is there a correspondence between the age of a patient and that of an earlier family member)

2. Why just *here* ?

(what is the position of the patient in the family, first, second, third child, representing a particular earlier family member)

3. Why in just *this particular manner* ?

(what aspect of an unlived life is still having an effect on a later family member and triggering symptoms)

The *unlived* life is the main thing



This can be represented by any of the following factors which were true for some earlier family member with which the current patient unconsciously identifies herself / himself:

- premature death or serious disease
- stunted growth or lack of opportunity
- separation / divorce
- secret or hidden relationships
- loss of homeland / exile

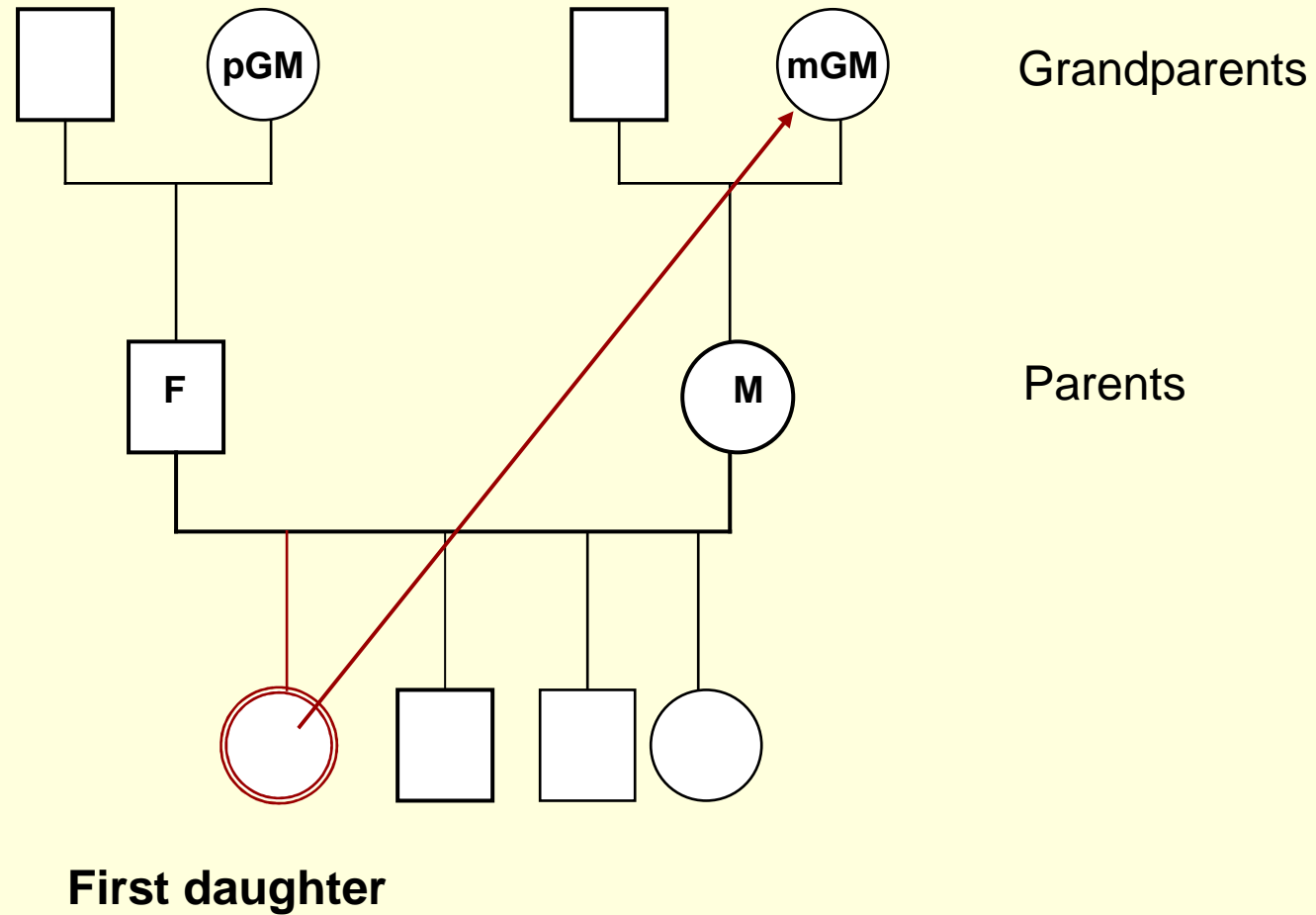
Representing others from the family

On a vertical level across generations one can make the following generalisations:

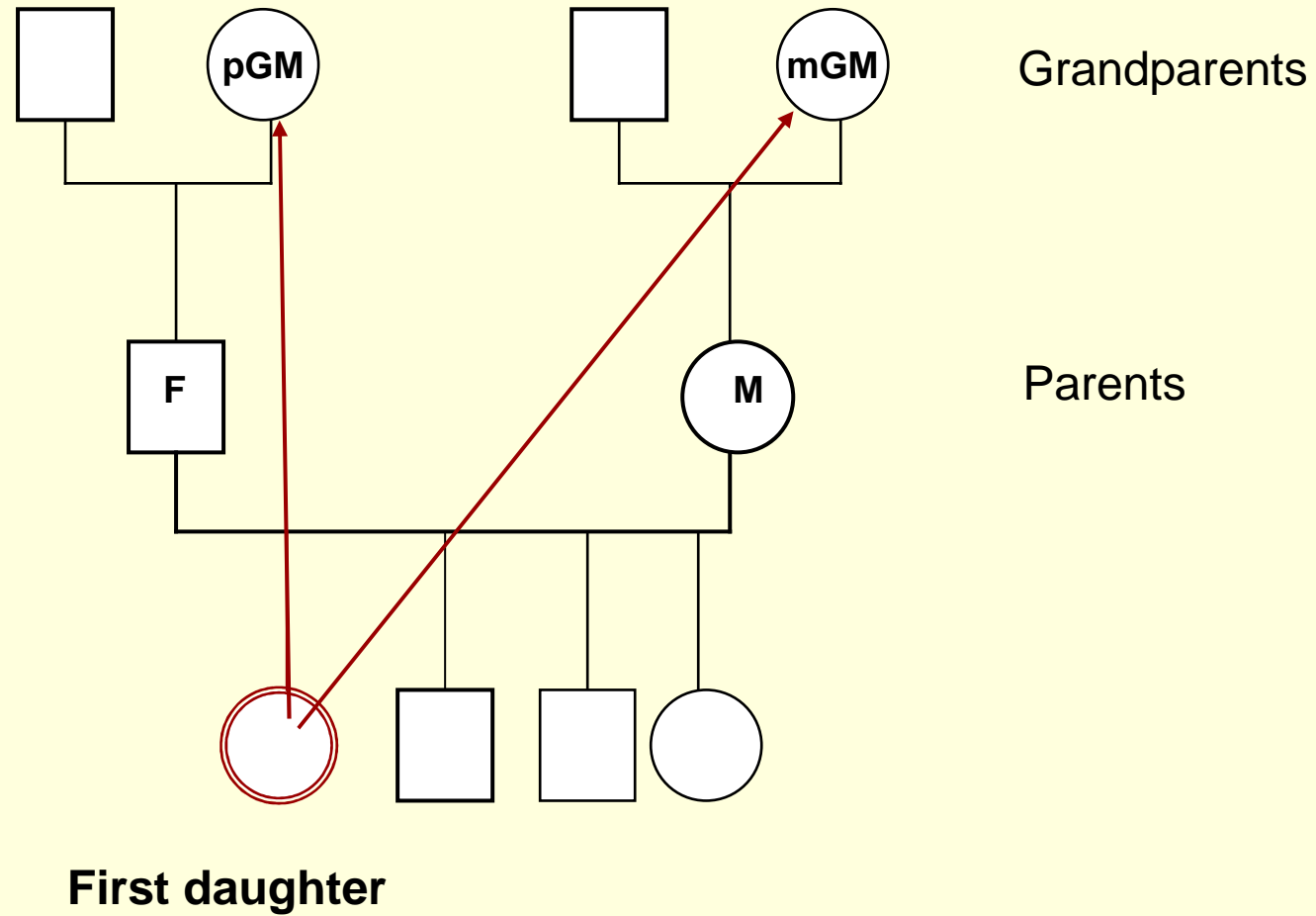
- The **first child** represents the **grandparents**
- The **second child** represents the **parents**
- The **third child** represent the **parents in their family of origin**
- An only child represents all these levels
- The representations are **gender - specific**



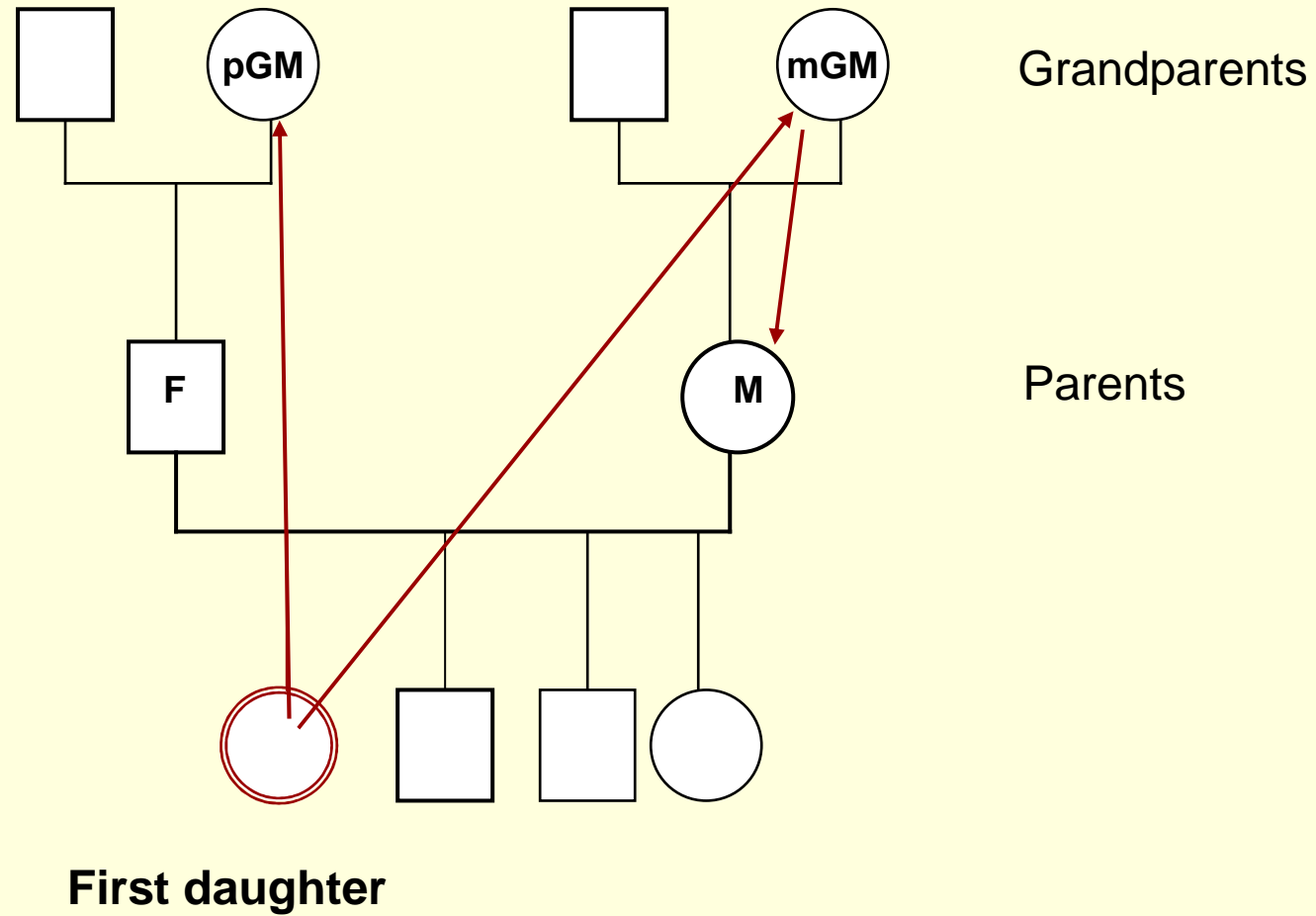
The first daughter represents the grandmothers



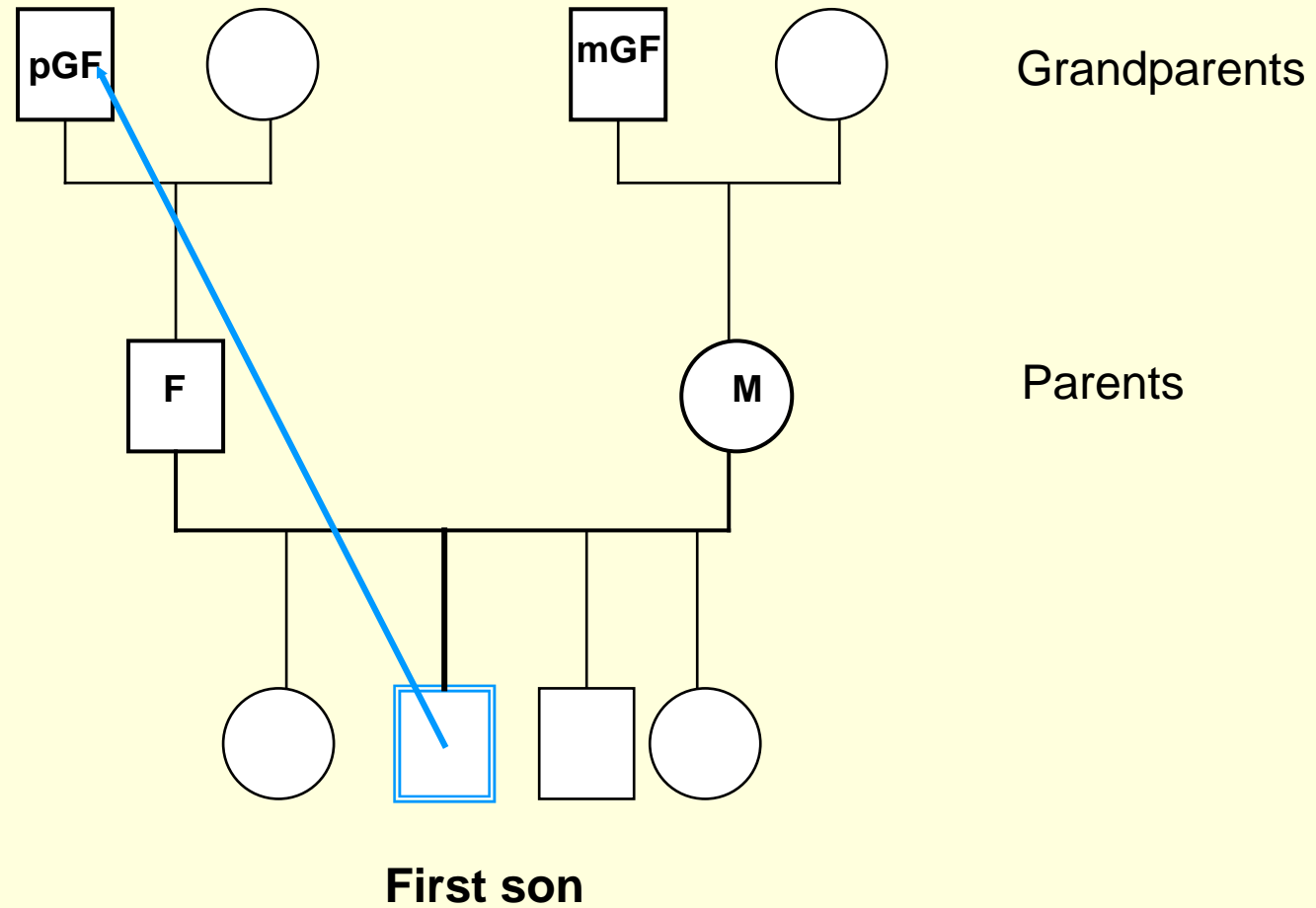
The first daughter represents the grandmothers



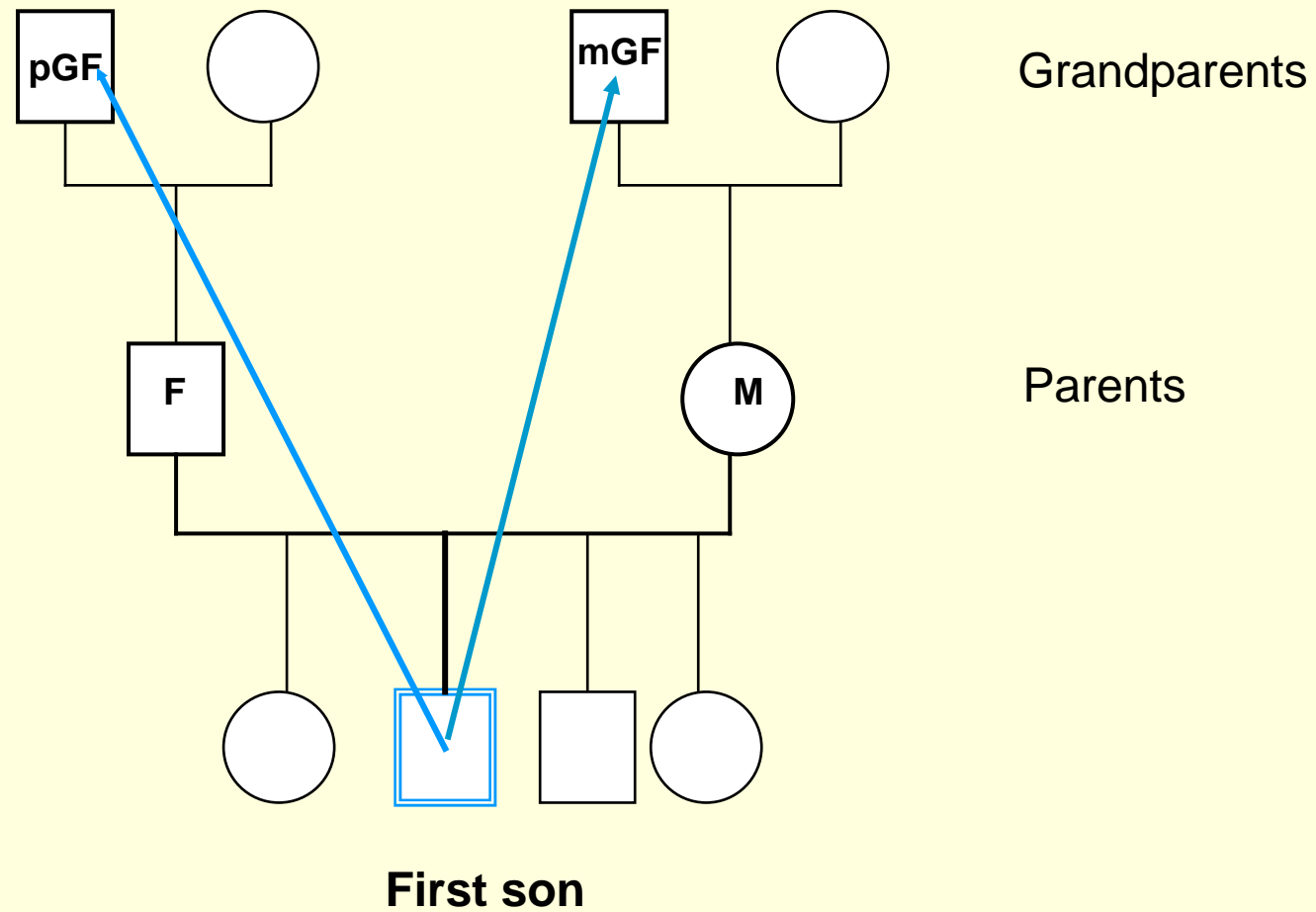
The first daughter represents the grandmothers



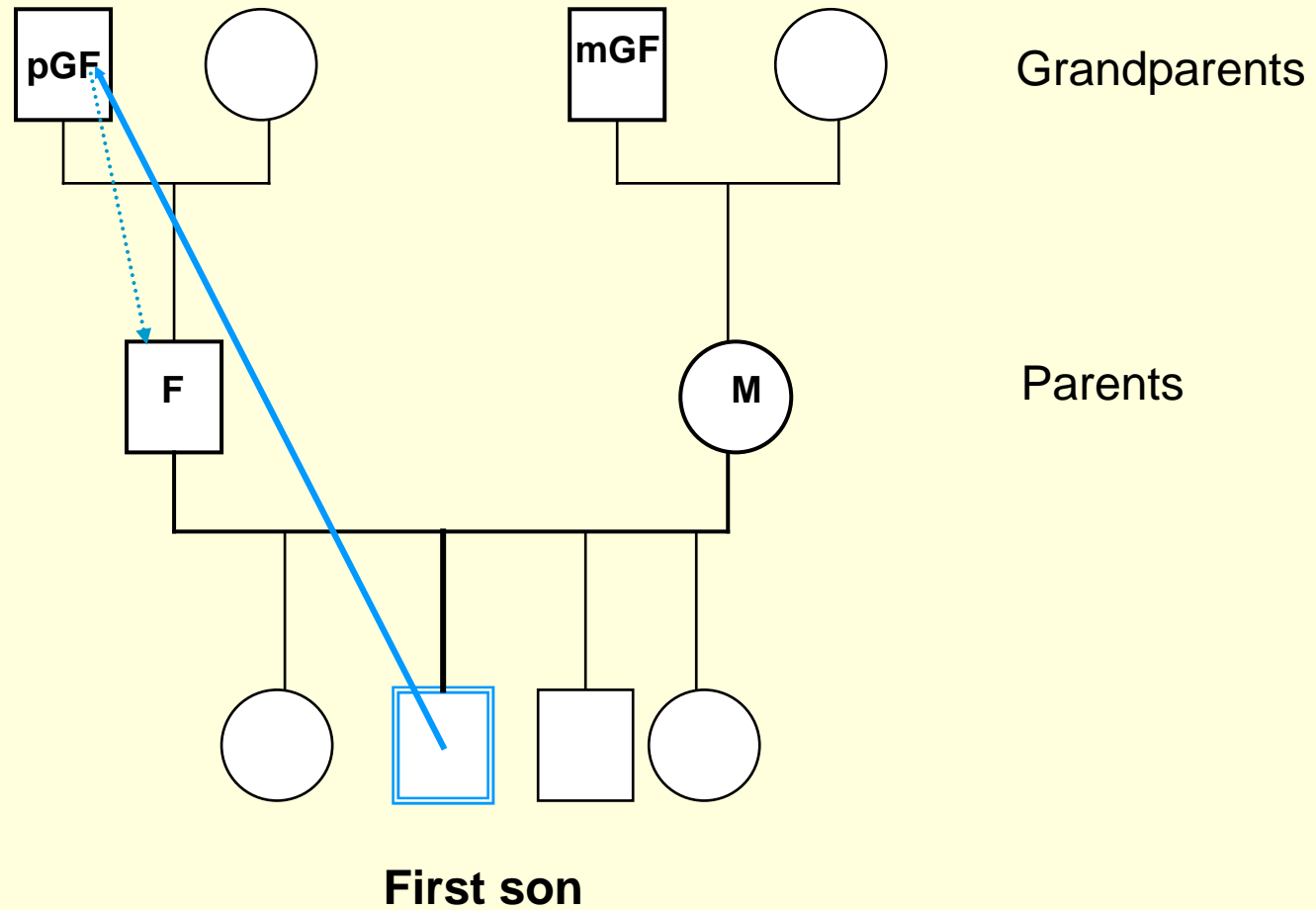
The first son represents the grandfathers



The first son represents the grandfathers



The first son represents the grandfathers



Constellations

Basic principle:

To bring an unconscious, internal picture into the open by a spatial representation of the family members.

This helps to reach a genuine and lasting solution to problems.



Patient samples



The 51 year old woman who got rid of her **migraine** after 24 years after she had mourned here **two abortions** (she has been free of symptoms for 6 years now)

The 40 year old woman who lost her addiction to **alcohol** after having seen the connection between her addiction and a **very painful event in the paternal line** which prevented her father from playing his role as a father properly (she has had no relapse in the last 7 years)

The 38 year old man who **had been trying to have children** for years had twin girls three months ago after having accepted and respected his father as a father last summer.

Patient samples



- The 51 year old woman who got rid of her **migraine** after 24 years after she had mourned her **two abortions** (she has been free of symptoms for 6 years now).
 - The 32 year old **anorectic** woman (175 cm/40 kg) who put on 20 kilos after having solved here entanglement with here **father**'s fate who died from **cancer** in his early fifties when the patient was fifteen (she has maintained her normal weight for 10 years now).
 - The 40 year old woman who lost her addiction to **alcohol** after having seen the connection between her addiction and a **very painful event in the paternal line** which prevented her father from playing his role as a father properly (she has had no relapse in the last 7 years).
 - The 13 year old boy who lost his **anxiety** after having „found“ and got into contact with his twin who died in the early pregnancy (shown by ultrasound). The symptoms haven't recurred for 10 years.
 - The 38 year old man who **had been trying to have children** for years had twin girls three months ago after having accepted and respected his father as a father last summer.

Applications of this approach



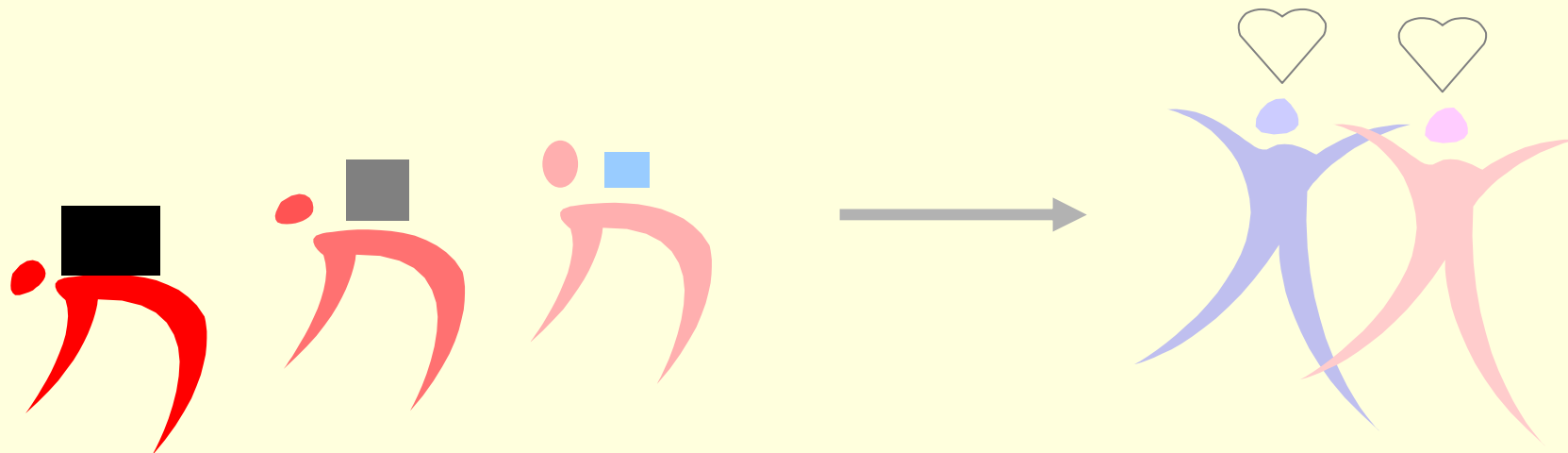
The systemic approach can help with the following difficulties:

- Pain, often long-term and chronic
- Somatic symptoms for which there are no organic causes
- Psychosomatic complaints which are difficult to access and treat
- Matters which have to do with autoaggression, addiction
- Symptoms related to family situations

Advantages of systemic work

Patients often recognise that the problems and burdens which they have are „inherited“ from previous members of the family.

They can learn to liberate themselves from this situation and live their own lives to the full.



Good luck and all the best for your health!

Literatur – eine kleine Auswahl



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