

Exploring the bigger picture
Systemic understandings in Psychotherapy

When we enter psychotherapeutic treatment, we often are looking for some personal healing work.

To succeed with this, we need to honor both, the individual wholeness of each one of us as well as our interconnectedness with our families and the totality of the web of life.

Just as our body has an inbuilt healing intelligence, so do most living systems.

Our families, communities, our work environments and our collective, cultural fields all have such a force towards balance and healing within.

Working in alignment with this intelligence, supporting this intelligence includes the study of resistances and defenses.

They need to be respected as boundaries that often protect us or have protected us in younger years.

Once protections become automatic and unconscious they may need a new influx of consciousness, need some fresh light to be shed upon them for a re-evaluation if they still serve us.

In this lecture, we will explore the different layers of our systems and understand the transgenerational influences of our family systems in our lives.