Constellations: A Little History

Constellations first became introduced in the western world by Bert Hellinger in the 1990s. He built on existing psychotherapy approaches and his experiences as a missionary with the Zulu tribe of Africa. His observations of their collective consciousness was a major influence in developing his ideas.

While early constellation work focused on family systems, since then the work has expanded to organizations, the natural world, and larger social systems. The work continues to evolve and connect with other healing techniques.