

How Family Constellations Help Us Heal Intergenerational Trauma

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Sarah Peyton is an international constellations facilitator, certified trainer of Nonviolent Communication, and relational neuroscience educator. She integrates constellations, brain science, and the use of resonant language to heal trauma.

Peyton teaches and lectures internationally, and is the author of the book *Your Resonant Self: Guided Meditations and Exercises to Engage Your Brain's Capacity for Healing*. She is a regular contributor to *The Knowing Field International Constellations Journal* and authored a chapter for Stephan Hausner's book *Salutogene Aufstellungen*. She is an annual guest speaker and teacher at the ISCA Constellations Intensive in Southern Germany.

How do constellations help us heal trauma?

The reason constellations are so supportive for healing trauma is that humans are more settled by being understood, than they are by anything else. Constellations work accompanies us to be understood and seen with resonance by others.

The reason constellations are helpful for healing trauma is because of how the brain stores traumatic memory, and the way those memories are always living in the present moment causing us to feel the same unaccompanied aloneness that we felt when the actual traumatic experience occurred.

In the video below from the 5th Australasian Constellation Intensive in Sydney, I explain the two different ways our brain stores memory (the amygdala and the hippocampus) and why it is that we're able to go back to a challenging time and, with enough resonance and support, actually steward ourselves to move the memory from the amygdala to the hippocampus! Once it's there safely, that memory will no longer feel like it's living in our present moment, it becomes part of our past that we can integrate.

The reason constellations are so supportive for healing trauma is that humans are more settled by being understood, than they are by anything else. Constellations work accompanies us to be understood and seen with resonance by others, which is what settles us. Constellations like nothing else, are a multiplying generator of healing, generates a field of constellations.

