



**-lich Willkommen im Workshop**

## **Traumaaufstellungen im beruflichen Kontext**

**Warm Wellcome to the Workshop**

## **Trauma constellations within the professional context**

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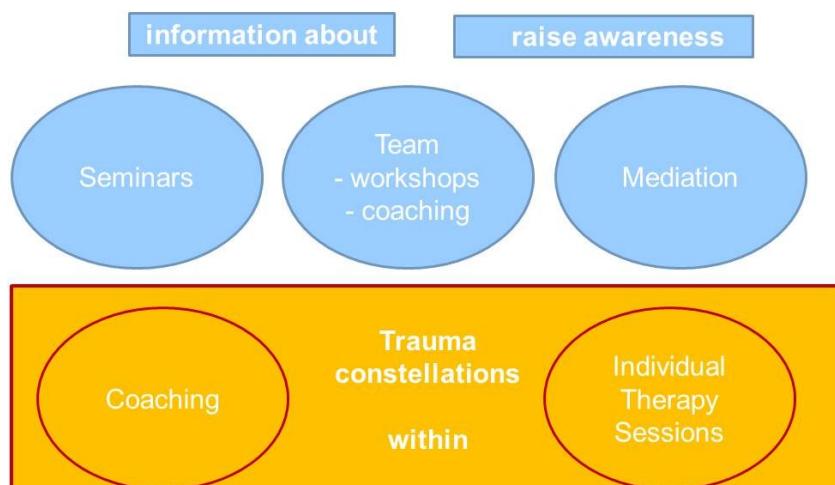
**Translation: Carola Ruf**

### **Agenda**

- |   |                                 |
|---|---------------------------------|
| <b>1. Wir – Ich</b>                           | <b>1. We – I</b>                |
| <b>2. Aus welchem Grund<br/>bin Ich hier?</b> | <b>2. My reason to be here?</b> |
| <b>3. Beruflicher Kontext</b>                 | <b>3. Professional context</b>  |
| <b>4. Anliegen klären</b>                     | <b>4. Intention</b>             |
| <b>5. Traumaaufstellung</b>                   | <b>5. Trauma constellation</b>  |
| <b>6. Austausch</b>                           | <b>6. Discussion</b>            |

### Targets of the workshop

All participants had several possibilities to think, feel and talk about their own professional place / occupation and got questions to come closer to his / her own intention and could follow the process of one trauma constellation work.



My professional context:

**Seminars with Managers**

**Teamcoaching / -workshops**

**Mediation**

### **Schwerpunktthemen:**

Human needs, communication, leadership,

Understanding of emotions, common goals

Supporting appreciation to others, searching for causes that are behind problems, working with others to find solutions, working on relationships

Supporting appreciation to others, searching for causes that are behind problems, supporting the ability to communicate with each other

Information and raising the awareness of trauma within companies

**Trauma constellations need a safe context, therefore I offer them within**

**Individual coaching sessions**

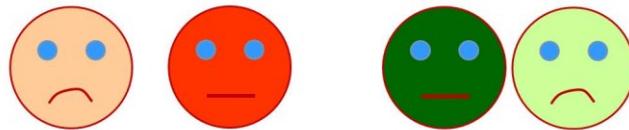
1. Get in contact with each other (trust)?
2. Talking about the situation
3. Check stability and safeness of the client (resources)
4. Focus on intention
5. **Trauma constellation**

**Individual therapy session**

1. Get in contact with each other (trust)?
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People get in contact with survival ego states,  
hurt each other and protect themselves against others.



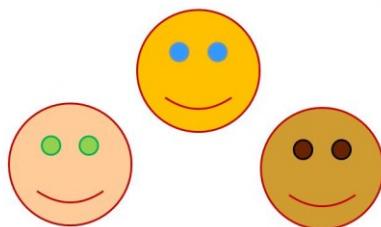
I feel, know, see, that.....



I am okay and safe,  
at the right place,  
where I can show my talents,  
celebrate my success  
.....

There are people around me, they .....

## What is important to you?

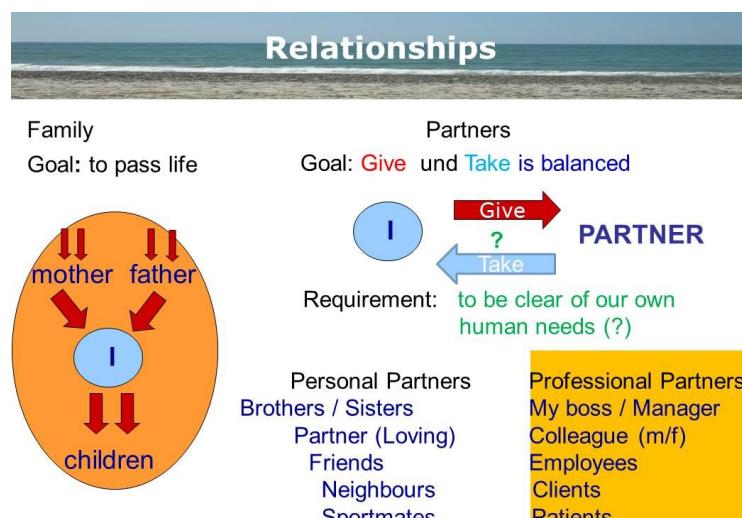


9 years ago I heard in a speech of Robert Langlotz that there are two different types of relationships: Family and Partnerships. The difference is that in families there is only one way of giving – from one to the next generation.

Partnerships must follow the principle of give and take (balanced), otherwise they must fail.

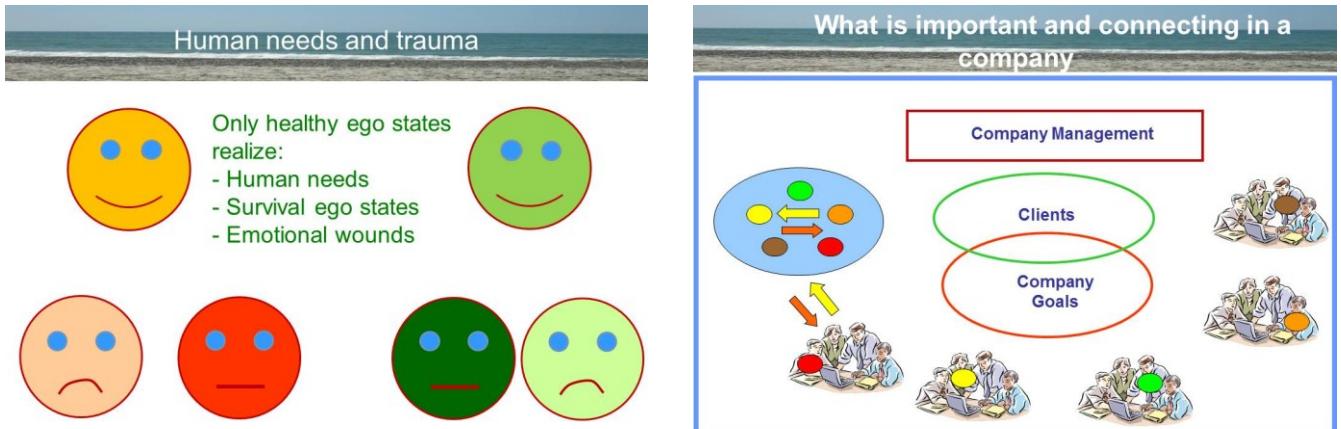
This was very important to me, because I had different experiences and I was not very happy with them.

I wanted to understand better and improve my relationships so I worked on the following slide. Since years I use it to explain to clients and participants in seminars: relationships, systemic work, opportunities to change. Afterwards people talk about their experiences, wishes, current issues and their intention.

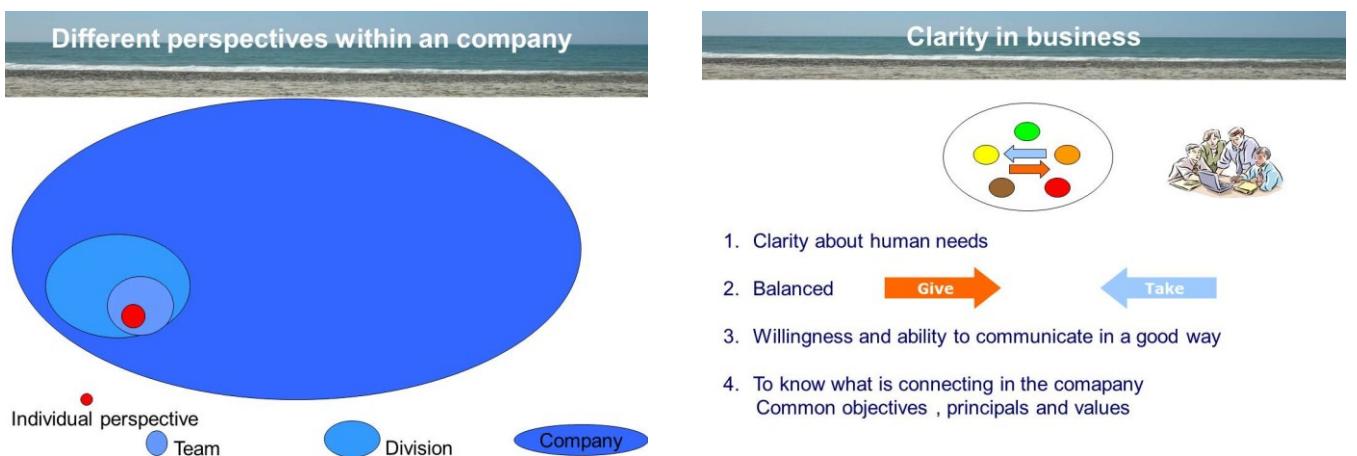


Trauma prevents the normal direction of giving within the family and can cause more emotional damage and further trauma in all relationships.

Normally it would be easy to work together in business = If their healthy ego states would go to work. In companies there are clear goals to reach, defined tasks, functions and roles. Healthy ego states know that and can have good relationships within business.



Other slides that I use in companies to talk about good relationships within companies



Additionally I love to work with the basic human need model of Manfred Max Neef.

### Exercise

We all used time to get in contact, see and described each other, as well as to think about our job, professional place and possible intentions. The answers to questions 1-5 were found verbally or in finding different positions in the room.

### Guidance:

We are all here in Munich at the conference and came from different places.

Please stand up and go to a place in the room which represents your place where you came from. Here in the middle of the room is Munich – from which point of the compass did you come from and how far is it away from Munich? The person you travelled most starts to tell us:

1. Name and the place where you live.

2. What is your occupation? Do you work as a therapist?

Yes

Yes, but also as a

No, I work as a .....

3. Do you work as

an Employee

a Freelance / Contractor....

A hard worker, but no income

4. How satisfied are you currently with your job on a scale from 1 to 10?

5. Do you know the reasons for your satisfaction or dissatisfaction?

- Those who are happy (10, 9 or 8): In which situations do you know / feel that you are happy? Can you remember a real situation / experience?
- Those who are not so happy – Do you know the reasons for your dissatisfaction? Do you have or want to word an intention?

6. Please get back to your seat and take three minutes to think about your job and your different ego states. Right now what do you realize? Your healthy, survival or traumatized ego state? Please take the paper of your choice / current awareness and answer the specific questions. You can come back to your thoughts after the conference.

**Yellow** = Healthy ego state: In which situations do I realize I am at the right place, I am the right person to do that job, I can show all I know and I am experienced with, I feel joy, I can find the right solutions.....

**Blue** = survival ego state: When do I behave like a machine – no feelings?

How do I protect myself?

**Red** = traumatized ego state: What hurts me, which conditions are not good for me, is there a solution mission? For what?

Those who wished to work with their intention, wrote their name to the green paper.

Afterwards we took one of the cards and did a trauma constellation work.

The chosen person = Client took place next to me and started to tell about her current situation: She told that she was working too much and her body was suffering but she was not able to change the situation.

She worded her intention: **I want to have clarity.**

She chose a man to represent her intention and showed him the place to stay in the room.

They stood together – opposing each other, hold hands and they had eye contact.

Suddenly she (Client) said: "This is my father – whom I don't know"

The dialog between them showed her desire (basic human needs) of closeness, bonding and contact to him.

But he didn't answer to her desire and this made her weak.

The intention / the father changed his direction to look and then his position.



Please look for a person to represent your inner child

The representative of the child showed her weakness, exhaustion and sank to the floor.

„I can't continue, I was searching everywhere“

When the Client realized, how weak the child is, she lost power again.

The Intention / Father said: „I am sorry, I can't help“



You told me that you are a mother – so you have experience with children.

Please look for a person that represents “your inner mother”

The representative „Mother“ knew, what children need „They want to play“

This sentence set life back into the „inner child“. She stood up and after a while went to another place next to the window to get attention.

Representative “Mother” and later Client followed and after a while the Client showed real interest in the inner child. They came in contact with each other.



Are you clear now?

**Yes and I am happy.**

This was the end of the trauma constellation.

From my point of view, the intention of the Client “**I want to have clarity**”

showed three dimensions:

1. Why she was not able to change her exhausting situation:  
the search of the inner child to find the father
2. The bad shape and hopeless situation of her inner child (consequence of the search)  
and what the child would need instead: contact
3. The next possible steps to change her situation:  
to get / stay in contact with her inner child

Thank you very much for attending our workshop, for your interest and your questions.

I wish you all a lot of good experiences within your professional context as well as in your private life.

Warm regards

Martina

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