



Integrating Psychodrama and Systemic Constellation Work: New Directions for Action Methods, Mind-Body Therapies and Energy Healing

Karen Carnabucci

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Systemic Constellation Work is a rapidly growing experiential healing process that is being embraced by a variety of helping professionals, both traditional and alternative, worldwide. This book explores the history, principles and methodology of this approach, and offers a detailed comparison with psychodrama - the original mind-body therapy - explaining how each method can enhance the other. Constellation work is based on the notion that people are connected by unseen energetic forces and suggests that the psychological, traumatic and survival experiences of our ancestors are genetically passed forward to the next generation and may live within us. Using insightful case studies from a variety of client groups, this book shows how Systemic Constellation Work can expand the possibilities of psychodrama techniques, and can be successfully integrated with psychodramatic enactment, guided imagery, ritual, concretization and other methods of healing and personal growth. This book will be essential reading for students and practitioners of psychodrama and Constellation work, as well as counselors, mental health professionals, experiential therapists, creative and expressive arts therapists and alternative practitioners looking to widen their knowledge of mind-body therapies.

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