

# Systemic Constellations

## What are Systemic Constellations (SySt)?

As humans we always visualise what we perceive. This so called “inner map” of an individual which, is mostly not consciously conceived, determines his or her perception and behaviour. With the help of the SySt a three dimensional model of the „inner map“ is created. Existing, but up to now not realised structures become thus recognisable and therefore comprehensible.

### Background

The systemation of SySt was promoted by the psychologist Insa Sprarrer and the mathematician Matthias Varga von Kibéd. Both represent a constructive disposition. The newest findings of modern brain research are continuously integrated into the development of SySt. For example the newest research findings of professor Gerald Hüther, head of the Department of Fundamental Neurobiological Research at the psychiatric clinic of Göttingen University. Complementary roots of SySt are for example psychodrama & sociometry, systemic approaches, solution oriented approach and hypnotherapy.

The developers call the method a „transverbal language“. A language that shows more than consciously perceived and which passes the simple meaning of the words.

For **example**: You put a new project team together, but the co-operation does not work as requested. The **structure** of the team is formed by the functions assigned to the different team members. How the structure co-operates is determined by the influence of different **systems** such as organisation, corporate culture, „hidden agenda’s“, families of the team members and many others. By shedding light on these otherwise hidden interrelations the **systemic constellation** allows to visualize these relationships, to work with them and alter them in such a way that improves the overall collaboration. With the help of SySt declarations such as „to stand in ones light“ get literally visible and experiential.

## The process

Depending on the task the relevant system is represented by independent persons (representatives), the actually involved or symbolic objects. Adopting the perspectives of his/her client enables the SySt coach to explore and simulate respectively suggest new view points and courses of action which will give a higher power and effectiveness to the system. Like this the participants gain a deep understanding of the situation and its hitherto unperceived interrelations, which will enhance the coherence of the entire system.

## Range of application

Systemic Constellation allows models, which were formed by the world, to be outward projected as visible images. These external pictures can be changed. These changes can if you want be transferred to your „inner“ system with the help of your perception. This supports

- How to handle changes
- How to handle teams
- The development of buildings, processes etc.

## Your Contact

RB-Coaching GmbH, Richard Brunner - Business Coach and certified Coach for Systemic Constellation.

For more information see:

[www.sysconnect.org](http://www.sysconnect.org)

[www.syst-strukturaufstellungen.de](http://www.syst-strukturaufstellungen.de)

[www.renatedaimler.com](http://www.renatedaimler.com)