

## Star-Shaped

### **An article by Matt Chittock for 'Wave Transformations'**

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Psychotherapist Judith Hemming is the founder of Moving Constellations, an organisation with a unique approach to personal development

Most people will say they got into psychotherapy because they want to explore their own issues. I decided to make the leap from being a teacher to working in psychotherapy during the early 80s.

As an English teacher, I always wanted to give children their voice, which I was finding hard to do in the ongoing political climate. I was also feeling disillusioned by institutional politics within the school system.

Training in psychotherapy was very different back then. It was a very creative, unregulated field and was completely welcoming.

When I first discovered Constellation work I immediately knew that it was something that I wanted to master and then spend the rest of my life doing. Traditional therapy only treats the individual, while constellation work sees the client embedded in larger systems. It looks at the bigger picture and the forces that are hidden below the level of awareness.

Before a typical session the Constellator discusses with the issue-holder their situation, and what they want to change in their life. The issue-holder then picks people to physically represent the elements of their situation and then places them into a Constellation, a 'living map' of the interconnected issues.

The representatives then begin to actually feel the experiences of the people they're representing.

The sessions last anything from ten minutes to an hour and in many cases they are like pieces of music or a dance; they lose energy if they go on too long.

Often breakthroughs come very quickly because in the sessions we work on a level or recognition that is much more than cognitive. It's like picking up a Shakespeare play and throwing it straight into the heart. It attends to what really matters.

**Mark Chittock  
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