



# BROKEN FAMILIES

podcast summary + resources



## Episode 02: Interview with Jonine Lee Gabay

### Your Hosts:

Barbara La Pointe & Andrew Folkler

### Special Guest:

Jonine Lee Gabay

Serving people for over 30 years, Jonine has integrated counselling, psychotherapy, NLP, inner child work, family constellations and somatic breathwork therapy to create a powerful practice of healing from trauma. She serves as the Organizer for the Australasian Family Constellation Conference.

### Inherited Family Trauma

Unresolved trauma not only can leave wounds in our own lives, but in the lives of our children. Mark Wolyn speaks of how unresolved trauma in our parents, grandparents, and beyond can be passed down epigenetically. This leads us to “inherit” our ancestors unresolved trauma. In order to grow beyond the trauma that we encounter or inherit, we must begin by acknowledging the source of the trauma, and then walk the path of acceptance.

### Orders of Love

Bert Hellinger is the founder of Family Constellation and he integrated systems theory, psychotherapy, family and group therapy and phenomenology into Family Constellation work. He discovered that within every family there are certain orders and principles that prevail he called these *The Orders of Love*.

*1<sup>st</sup> Order:* The Order of Belonging. Everyone in the family has a right to belong. When we reject a family member, we are pushing onto them a burden of isolation and pain. This will carry forward into their social lives and in the lives of their children.

*2<sup>nd</sup> Order:* The Order of Hierarchy: Parents come before the children, the first child comes before the second child, and the first spouse comes before the second spouse. When we acknowledge this order, we are giving respect to the family system and therefore will be able to ensure that no one has to fear for their sense of belonging.

*3<sup>rd</sup> Order:* The Order of Balance: All loving relationships require a balance of give and take. By actively contributing and receiving in a relationship, everyone will be comfortable in giving more generously.

### **Conflicts are the Biggest Sign of a Need to Realign the Self**

When we find ourselves in deep conflict, that is an opportunity to take a step back and examine where the conflict is coming from. We may find it easy to get lost in the details of the incident... he did that, she said this, I wanted that.... However, the core lesson is found at a much deeper level. The desires and motivations that lie underneath the conscious actions we take will reveal aspects of ourselves we are most afraid to address.

### **Additional Reading Material:**

- The Count of Monte Cristo – Alexander Dumas
- It didn't start with you – Mark Wolyn

### **International Constellation Conference**

The International Constellation Conference is a conference where over 65 speakers in mindfulness, healing trauma, and thought leaders come together to present a wide array of strategies of addressing the unresolved conflicts we face on a daily basis. Whether you are looking for ways to heal your own trauma, develop your professional team at work, or grow your family to be stronger and more united, there are many presentations just for you.

The program will feature 4 streams of learning to cater to your particular needs and level of expertise.

The program will be hosted on **February 25<sup>th</sup> to March 4<sup>th</sup>, 2021.**

A bonus pre-conference will be hosted on **February 20<sup>th</sup> to 21<sup>st</sup>, 2021.**

Register today at <https://constellationintensive.com/onlineevent> and don't forget to use the exclusive coupon code below:

Coupon Code: **P101**

Recordings of the programs will be available for only two weeks after the conference. So don't wait! The topics we discussed in this episode are only a tiny fraction of the depth and expertise of all the speakers combined.

