



I Carry Your Heart in My Heart. Family Constellations in Prison

Dan Booth Cohen

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Family Constellations are unlike cognitive, behavioral, and interpersonal therapies in their origin, form, and purpose. Constellations succeed by diminishing the unconscious impulses that drive destructive behaviors. The process reaches the invisible clockworks of the mind and heart to reveal how individual problems nest within a larger tapestry shaped by ancestral family traumas. In a heartbeat, the patterns release, opening the mind to reverence for life and compassion for others. Problems that were frozen yield to new solutions. The prisoners in this book are serving long-term sentences for violent crimes, mostly life-without-the-possibility-of-parole for murder. They represent society's ultimate outcasts, personifying evil brought to justice. Sharing Family Constellations with them is actually a great privilege. These men have gone through ordeals that we can only imagine and have worked to find a way to their souls. Dan Booth Cohen spent 5 years leading monthly Systemic Family Constellation circles with these prisoners. This book tells stories of these experiences. It also includes rigorously researched chapters that describe Family Constellations' historic roots and underlying philosophy.

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