

---

# ROBERT ROWLAND SMITH



A former Oxford Fellow in philosophy, Robert trained in Constellations in 2005-7. He has run hundreds of Constellations for businesses and individuals around the world and online. His USP is combining academic rigour with intuition.

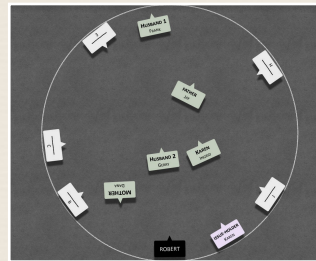
---

## HOW TO TAKE PART

### **1 Group sessions in person**

Monthly evenings in London for groups of 15 people. Typically 3 or 4 Constellations per evening.

### **2 Online for individuals/ groups**



Using a digital platform that simulates in-person work and is no less effective.

### **3 Bespoke Constellations for organisations**

For issues of strategy, communication, structure, leadership, culture, process, team dynamics and office politics.

[miri@robertrowlandsmith.com](mailto:miri@robertrowlandsmith.com)

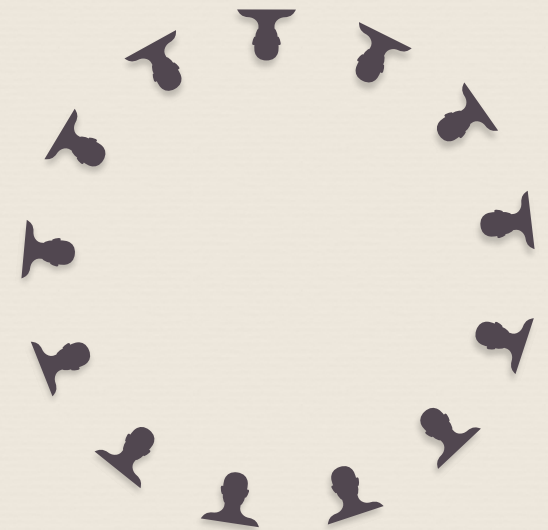
[www.robertrowlandsmith.com](http://www.robertrowlandsmith.com)

+44 (0)7590 690132

---

# CONSTELLATIONS

---



An interactive practice that resolves problems by revealing hidden dynamics.

It can be applied to personal relationships, family conflict, business issues, creative projects, social questions, and much more.



Robert's Constellations workshops are life-changing, offering invaluable opportunities to experience both inner and 'higher' truths about one's life and work. (AM)

I've attended many of Robert's Constellations – every time, I walk away with insights that blow my mind. It's not an exaggeration when I say that one of the Constellations changed my life. And even after such a long time, I can't figure out how it works...but it's Robert's tender, astute and knowledgeable guidance that makes the Constellations such a unique experience. (AW)

Constellations with Robert has been the single most vital process for me in recent years: through his razor sharp insight and facilitating the process so skilfully, I have integrated hugely valuable realisations. I find his approach brilliantly executed and articulated and perhaps the most efficient method of transformation I have witnessed. (BG)

## ABOUT CONSTELLATIONS

Also known as 'Family Constellations' or 'Systemic Constellations', this amazing method is an integration of Gestalt therapy, existentialism and ancient ritual.

Someone brings an issue. Others in the group represent the people or things involved. The underlying dynamic is revealed. New configurations or 'constellations' are tried until resolution is found.



### 1. IT'S NOT ASTROLOGY:

'Constellations' is a mistranslation of the German 'Ausstellung' which just means a 'setting up'.



### 2. IT'S NOT ROLE PLAY:

When participants represent people they don't know, they don't need to act. It happens automatically.



### 3. IT'S A BIT SPOOKY:

How people can accurately represent those they've never met is unexplained, though theories abound.



### 4. IT'S NOT A TALKING THERAPY:

The information that comes from the body is as important as anything said.



### 5. IT CUTS THROUGH THE RUBBISH:

Constellations bypasses the narratives that people arrive with, to zoom in on the essentials.



### 6. IT CAN BE EMOTIONAL:

People often bring sensitive material. It can stir up deep feelings. Sometimes there are tears.



### 7. THERE ARE BEAUTIFUL MOMENTS:

Conflict might be resolved, reconciliation achieved, or a sense of purpose identified.



### 8. IT'S HUMANISING:

Participants report how connected they feel to each other after doing Constellations together.



### 9. IT'S CONFIDENTIAL:

What happens in the session stays in the session - unless explicit consent is given otherwise.