

Behavioral Genetics Workshops with Judy Smith.

Judy is a Behavioral Genetics/ Systemic facilitator. She studied at the Hellinger Institute of Western Pennsylvania with Mark Wolynn and Suzi Tucker. Her workshops are currently offered in Tyler, Dallas, Houston, Austin and South Africa. The author of several psychological thrillers and fantasy books, her pen name is JM Ashwell. She has already been named a Texas, Barnes and Noble author of the month. Her work has been featured in Highlights Magazine; a byline in an international bestseller; inclusion in the International Who's Who of Poets and she has won a number of awards for her poetry.

About Behavioral Genetics.

We all know that we inherit our physical attributes from our family system but we also inherit our emotional and behavioral patterns. Like their physical counterparts, they are passed down through generations as hidden dynamics, subconscious patterns, sometimes destructive, that govern the ways we operate, whether we know it or not. Thus we may find ourselves struggling with illnesses, grief, anger, anxiety, fear, addiction, failed relationships and loneliness that we do not understand. Sometimes these conditions may not belong to us at all. Instead they may be a symptom of a blind love or entanglement, where we have taken on the fate of a prior family member.

In Family Mapping, we search for events and tragedies that may be influencing subsequent generations. We ask: Who died early? Who was abandoned, isolated or excluded from the family? Who had a stillborn birth, abortions, and miscarriages? Who was murdered or murdered someone? Who committed suicide? Who suffered in war? Who profited from another's loss? Who had a disability? We see how the fates of prior generations impact the family and we ask, is our way of belonging in the family to carry the same burden?

Clients who come for a constellation already have an image in their minds: I couldn't have..... I wasn't enough.... My mother..... My father..... These are the patterns we already understand. Family mapping/constellation is the opportunity to look a little deeper. We take what is in the mind and place it in front of the client where they can see it and find out if a new image will allow for insights and a more positive image to take hold and work its way into the system. Many clients who come say they are doing this for their children. Somehow they know they've been stuck in a pattern that doesn't work and they wish to spare the next generation the same trauma. Many older cultures believe that a 'working out' of an issue affects generations going seven back and seven forward.

It is important to note that at the site of our traumas lies the potential for our greatest strength. Each time it surfaces, it presents the opportunity for healing.

Judy's workshop that was held the beginning of August in Austin TX, offered CEU's for LPC's and Social Workers and was a great success. She has already been invited back to present and lecture. She is bringing Mark Wolynn to Dallas, September 6th-9th to train facilitators as well as to demonstrate the work during a two day workshop.

**Ella Rabe is the organizer for Judy's workshops in NC & SC and can be contacted
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