

Constellation Work and Zulu Culture: Theoretical Reflections on Therapeutic and Cultural Concepts

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ABSTRACT The purpose of this paper is to reflect on constellation work (CW) as a therapeutic intervention method and its commonalities and differences with Zulu cultural concepts. It has been stated that Bert Hellinger, a pioneer in CW developed this intervention method whilst being inspired by the Zulu culture in South Africa where he worked for 16 years as a missionary. The connections, commonalities and differences have never been explored in-depth. The paper endeavours to fill the gap in understanding the connection of Zulu cultural concepts and CW. The analysis shows similarities and differences in terms of values, cultural concepts, the acknowledgement of life, relationships with ancestors and family members and healing rituals within CW and Zulu culture. CW seems to be an adequate transcultural intervention method to contribute to healing, therapeutic work and understanding of systemic family constructs across cultures, not only in South Africa, but also abroad.