

## **Abstract**

Family constellations are a psychosocial method that focuses on uncovering and resolving hidden dynamics and behavior patterns in family systems, enabling clients to gain new perspectives on their problems and create new paths to solutions. This method is used to address various issues, such as family conflicts, relationship problems, depression, anxiety disorders, and others. However, despite its potential benefits, family constellations do not receive enough attention from the general public, which was one of the factors that led me to choose this topic. This bachelor's thesis examines the impact of the family constellations method on the functioning of the family system, with a main focus on the statements of active participants in this method. A qualitative research investigation was conducted in the form of a semi-structured interview, aiming to determine the subjective perceived impacts of the family constellations method on the functioning of the family system. Specifically, the study aimed to explore what this method brings to the participants in relation to their family system. The method of comparison and contrast was used for the analysis of statements. The research findings demonstrated that the family constellations method has a positive impact on the functioning of the family system. Respondents reported improvements in communication and the release of tense relationships within the family, indicating that family constellations are a suitable tool for addressing problems in the family sphere. Therefore, family constellations represent an effective tool and a significant contribution to addressing problems with family relationships and improving the quality of life within the family.

## **Keywords**

The family as a system, work with the family, disturbed communication in the family, intervention, family constellations