

# „International Day of Families“ of the United Nations (UNO)

LINK: <https://hanglberger-manfred.de/en-day-of-families.pdf>

 Facebook

**Speaker: Manfred Hanglberger**

Pastor and family therapist (retired), author

[www.hanglberger-manfred.de](http://www.hanglberger-manfred.de)

# The family as a "place of salvation"

- Being loved and accepted holistically
- You no longer have to hide from each other
- You don't have to wear a mask or play a role
- You can be and show who you really are
- You can also make mistakes and create problems without losing the community
- The constant effort to resolve conflicts
- Being dependent on each other
- The dependence of children

# The family as a "place of projections" and therefore of conflicts

- Being loved and accepted holistically allows the unconscious to "give birth" to old repressions
- Partners and children can become a projection screen for old injuries and experiences of deficit >>>
- Partners and children can become a projection screen for burdens inherited from the ancestral system >>>
- The temporal splitting of projections in the partnership >>>
- The splitting of projections onto different children >>>

# The Family as a "Place of Healing" and Conflict Resolution

1. Comprehensive and unconditional love enables non-violent communication
2. A place of learning for constructive criticism and constructive debate
3. In the family, not only community and solidarity, but also diversity have a right to exist:
  - Diversity of experiences
  - Diversity of opinions
  - Diversity of needs and desires
  - Diversity of people
4. Distinguish constructive methods of criticism and dispute from destructive forms:  
Putting the other persons down or take them and yourself seriously?  
Constructive methods of criticism:  
<https://hanglberger-manfred.de/en-criticism.htm>  
Constructive methods of dispute:  
<https://hanglberger-manfred.de/en-streit.htm>

# Spiritual Requirements for Healing Families (1)

1. Trinity theology: >>>  
God: unity of three very different persons
2. Unity: love, connectedness, community, responsibility
3. Difference: respect for the otherness of others  
Autonomy, freedom and obligation
4. Beyond traditional logic: "faith"

## Spiritual Requirements for Healing Families (2)

1. Decisions are to be made “from within”: >>>  
*„Hence man's dignity demands that he act according to a knowing and free choice that is personally motivated and prompted from within, not under blind internal impulse nor by mere external pressure.”*  
From the Council document "Gaudium et Spes", Chapter 17
2. “We have been called to form consciences, not to replace them.”  
From the post-synodal exhortation "Amoris Laetitia" Ch 37 >>>
3. For Jesus, "obedience" and "obey" are not value concepts for people.
4. Jesus is about maturity, love and responsibility (Lk 12: 54-56)
5. Understanding the signals of feelings instead of judging feelings! >>>

# Faith and knowledge

1. **Ora et labora** (St. Benedict)
2. Spirituality and Rationality >>>
3. Two important and necessary approaches to reality: >>>
  - *Connectedness with the world*
  - *Understanding the world in order to shape and manage it*
4. Therefore not only spirituality is needed, but also psychological knowledge and therapeutic work for healthy families.

# Psychological tasks for healing families (1)

„In pastoral care, sufficient use must be made not only of theological principles, but also of the findings of the secular sciences, especially of psychology and sociology, so that the faithful may be brought to a more adequate and mature life of faith.

(From the Council document "Gaudium et Spes", Chapter 62)

1. Repression in childhood can lead to stress and require healing:
  - Stresses caused by injuries >>>
  - Burdens due to deficit experiences >>>
  - Loads caused by helper rollers >>>
2. Possibility of inherited burdens from the ancestral system that need to be healed >>>  
Cf. Exodus 20:5b:  
*For I, the LORD, your God, am a jealous God, inflicting punishment for their fathers' wickedness on the children of those who hate me, down to the third and fourth generation;*
3. Therapeutic personal responsibility through "family tree work" >>>



# The family: special burdens (1)

## The challenges of equal partnership

1. The historical development: [>>>](#)
  - Clear division of labor
  - Men were dominant in public
2. The "birth pangs" of the new development: contempt
3. Reasons for men's contempt for women [>>>](#)
4. Reasons for women's contempt for men [>>>](#)

# The family: special burdens (2)

## Why marriages break up after many years

- I. Scientific considerations
- II. II. cultural-historical considerations  
(awareness of dignity, women's rights, equal rights)
- III. III. psychological considerations
  - 1 - Mother's sons and father's daughters
  - 2 - When the woman projects negative father experiences onto her partner
  - 3 - Sexual abuse damages the body experience
- IV. Systemic view
- V. When there is no common purpose in life

Detailed: <https://hanglberger-manfred.de/en-eheprobleme-nach-jahrzehnten.htm>

# The family: special burdens (3)

## When siblings are always arguing

1. If a first spouse had died in the parents' or grandparents' generation and a new marriage was concluded and there are children from both marriages.
2. If the father or grandfather had an illegitimate child for whom he did not care emotionally, or whom he loved more than his children in marriage.
3. When a "sandwich child" is emotionally connected to a devalued grandparent or other devalued relative.
4. If the parent or one parent treats one child as a favorite child and/or considers another child to be a "problem child."
5. If the parents have divorced and have not resolved their basic conflict.

# Prayer for the Families

Eternal life-giving God,  
you've made the family as the nucleus of every nation.  
Man and wife you have entrusted the ability to give life to children  
and thus to maintain the stream of human life on our earth.

You are the source of all life-affirming forces and deep appreciation  
and give man and woman an intimate sense of belonging.  
That's why parents connected to you can fully affirm their children  
and accept them from you as a unique gift and a demanding task.

Filled with your unconditional YES to each of us humans  
parents can also perceive their children in their originality and  
respect them in their dignity as “children of God”.

As believers they know  
that their children are not their possessions and their property,  
but that they are trusted to them from you,  
to feed them physically, mentally and spiritually,  
so that they grow up to become independent, self-confident and  
loving people and later find their own place in the world.

*Continuation:* <https://hanglberger-manfred.de/en-prayer-for-the-families.htm>