

Narrative

We all know what it is to feel conflicting emotions --“a part of me wants to .... and then there’s a part of me that doesn’t....” as we grapple with our internal self, desires, and behaviors.

Think about the family of emotions from Pixar’s movie *Inside Out* - how family of emotions, Joy, Sadness, Fear, Disgust and Anger all interacted inside Riley Anderson’s mind to form her reactions and memories.

Now you are thinking along the lines of IFS – Internal Family Systems Therapy.

Most modes of psychotherapy believe to have “parts” is pathological. NOT in IFS. In IFS the idea of multiplicity of the mind is normal. Every part has a good intention, and every part has value. All clients have the ability to heal themselves if they listen to their parts. IFS is a very powerful tool for clinicians. Once you see it in action, you’ll be hooked! And you’ll want to immediately incorporate it into your practice.

In developing IFS 30 years ago, creator Richard Schwartz, Ph.D., realized that clients were describing experiences with various parts, many extreme, within themselves. When these parts felt safe and had their concerns addressed, they were less disruptive. In developing IFS, he recognized that, as in systemic family theory, parts take on characteristic roles that help define the inner world of the client.

Today, IFS has established a legacy of effectiveness in successfully treating many mental health issues and is being heralded as the treatment that all clinicians should know in order to treat clients effectively (van der Kolk 2015).

Join IFS and trauma expert Frank Anderson, MD, colleague of Dr. Bessel van der Kolk and Dr. Richard Schwartz, in this transformational training day and learn of all that IFS therapy can do for you and your clients!

Like Dr. Anderson, after integrating IFS into your work, you will transform your practice. Clients will leave your office feeling healed, with skills to use outside the therapy room to help them master their emotions.

This special day’s training will include experiential exercise, meditation and video demonstration. **You will leave transformed!**

Objectives

- 1. Present the IFS Model and design ways to integrate IFS into your clinical practice.
- 2. Specify and work with your client’s parts.
- 3. Model how to work with clinician’s own parts.
- 4. Critique an alternate view of symptoms and psychopathology, reasoning that these are ways your clients are trying to protect themselves from emotional pain and psychological wounding.
- 5. Communicate how IFS increases the therapist’s curious and compassionate self when working with difficult and challenging clients.
- 6. Evaluate the neuroscience behind the healing process in IFS therapy.

★ Satisfaction 100% Guaranteed ★

Outline

Internal Family Systems (IFS): Permanently Heal Your Clients Trauma

- Origins of IFS – the work of Richard Schwartz, PhD
- A non-pathologizing, accelerated approach rooted in neuroscience
- Apply inner resources and self-compassion for healing
- How to heal implicit memory wounds at the cellular level
- Harness neuroscience for techniques that cure traumatic wounds

The IFS Technique

Step 1: Identifying the Diagnoses & Symptoms

- Assess the diagnoses: PTSD, anxiety, depression, substance abuse and eating disorders
- Apply Meditation practices
  - Finding the symptom
  - Focusing on its fear
  - Separating the person (self) from the symptom
  - Becoming curious about it
  - Find the real story behind the symptom

Step 2: Gain Access to Internal Strengths & Resources for Healing

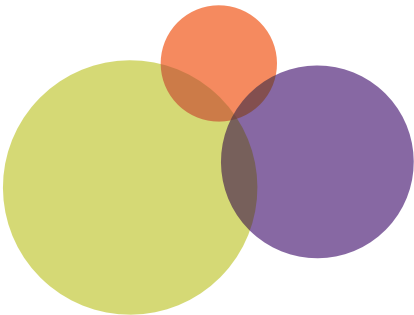
- Moving from defensiveness to curiosity.
- Access compassion to open the pathways toward healing
- Foster “internal attachment” work
- The “Self” of the therapist-countertransference redefined


Step 3: Permanent Healing of the Traumatic Wound

- Three phases to healing the wound:
  - Witness the pain
  - Remove the wounded part out of the past
  - Let go of the feelings, thoughts and beliefs
- Memory reconsolidation & neuroscience

Integrate IFS into Your Treatment Approach

- EMDR, DBT, Sensorimotor and other methods
- Transformation vs adaptation or rehabilitation
- Going beyond the cognitive
- Integrate IFS with your current clinical approach





Applications of the Adult Attachment Interview

**DR. DAN SIEGEL**

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IFS is Evidence-Based!

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**Frank G. Anderson, MD**

Trainer at Dr. Bessel van der Kolk’s Trauma Center, Boston, MA  
Chairman for the Foundation of Self-Leadership associated with Dr. Richard Schwartz



- Heal traumatic wounds at the cellular level
- Use meditative practices to have clients see their symptomology in a different way
- A non-pathological and accelerated approach to emotional well-being
- Everyone - no matter how sick – has healing inner resources
- Turn pathology and symptoms into inner resources and self-leadership

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# Speaker

**Frank Guastella Anderson, MD,** completed his residency and was a clinical instructor in Psychiatry at Harvard Medical School. He is the chairman of the Foundation for Self Leadership (the Internal Family Systems Therapy organization) and has served on the research advisory committee and the speakers bureau for the Center for Self Leadership.

He has lectured extensively on the Neurobiology of PTSD and Dissociation and wrote the chapter *"Who's Taking What" Connecting Neuroscience, Psychopharmacology and Internal Family Systems for Trauma* in *Internal Family Systems Therapy-New Dimensions*. He has maintained a long affiliation with Bessel van der Kolk's Trauma Center at Justice Resource Center in Boston and maintains a private practice in Concord, MA.

Speaker Disclosure:

Financial: Frank Anderson maintains a private practice. He receives a consulting fee from the Center for Self Leadership. Dr. Anderson receives a speaking honorarium from PESI, Inc.

Non-financial: Frank Anderson is the President of the Foundation for Self Leadership.



## Live Seminar Schedule

**7:30** Check-in/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (on your own)

**4:00** Program ends

For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.

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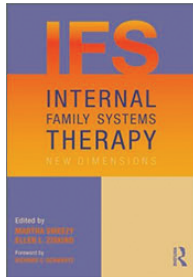
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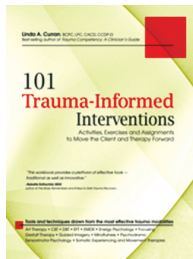
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## IFS Internal Family Systems Therapy New Dimensions

By Martha Sweezy, PhD & Ellen L. Ziskind, LICSW

Internal family systems therapy, or IFS, is one of the fastest growing models of psychotherapy today. *Internal Family Systems Therapy* builds on Richard Schwartz's foundational introductory texts, illustrating how the IFS protocol can be applied to a variety of therapy modalities and patient populations. Each chapter provides clear, practical guidance and clinical illustrations. While addressing questions from therapists who are exploring the model or wonder about its applicability, *Internal Family Systems Therapy* is also essential reading for knowledgeable IFS clinicians.



## 101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward

By Linda Curran, BCPC, LPC, CAC-D, CCDPD

Over 100 approaches to effectively deal with trauma, this workbook pulls tools and techniques drawn from the most effective trauma modalities -- all into one concise resource. CBT, DBT, EFT, EMDR, energy psychology, guided imagery, mindfulness, psychodrama, art therapy, movement therapies and more. Equally useful in both group and individual settings.

## Testimonials

"Frank Anderson is a brilliant and delightful presenter who has a unique ability to integrate the neuroscience and treatment of trauma with IFS."

- Richard Schwartz, PhD – Developer of Internal Family Systems Therapy

"A gifted speaker and a national expert on trauma, Frank Anderson introduces a gentle, effective, mindfulness-based model for treating a wide range of clients—from the worried well to the most challenging of borderline clients."

- Janina Fisher, PhD

Hailed by **Dr. Bessel van der Kolk**, the world's leading expert in trauma, as **the treatment method that all clinicians should know to treat clients effectively.**

## Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker, or have a new topic idea, please contact Claire Zelasko at [czelasko@pesi.com](mailto:czelasko@pesi.com) or call (715) 855-8194.

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**Credits listed below are for full attendance at the live event only.** Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

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**DISTRICT OF COLUMBIA COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The District of Columbia Municipal Regulations for Professional Counseling recognizes courses and providers that are approved by the American Psychological Association. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

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**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

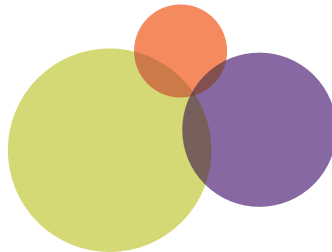
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**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



## Questions?

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