

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



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INTERNAL FAMILY SYSTEMS THERAPY (IFS)

A Revolutionary & Transformative Treatment for Permanent Healing of PTSD, Anxiety, Depression, Substance Abuse and more!

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INTERNAL FAMILY SYSTEMS THERAPY (IFS)

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

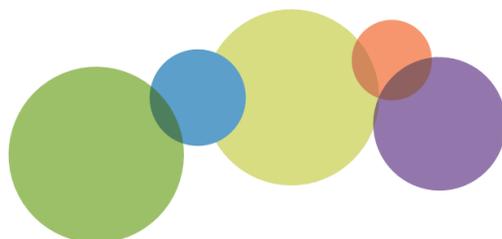
Frank Guastella Anderson, MD, completed his residency and was a clinical instructor in Psychiatry at Harvard Medical School. He is the chairman of the Foundation for Self Leadership (the Internal Family Systems Therapy organization) and has served on the research advisory committee and the speakers bureau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

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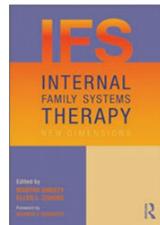
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IFS Internal Family Systems Therapy New Dimensions

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.**

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MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. 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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