# **TWO-DAY CERTIFICATE TRAINING Treating Complex Trauma with Internal Family Systems (IFS)**

Most modes of psychotherapy believe to have "parts" is pathological. NOT in Internal Family Systems (IFS). In IFS, the idea of multiplicity of the mind is normal. Every part has a good intention, and every part has value. Even for trauma survivors.

In the treatment of trauma, IFS is different from traditional phase-oriented treatments. Instead of starting with building resources in clients before processing traumatic memories, it welcomes extreme symptoms from the onset, learns about their positive protective intentions and gets their permission to access the traumatic wounds. IFS also differs from traditional attachment focused

"The key to healing is through accessing the traumatic wound with compassion and non-judgment. **IFS** is the most efficient modality l've found to do this."

> -Your speaker, Frank Anderson, MD

therapies, both value the therapeutic relationship; however, IFS additionally supports the relationship between the client's "Self" and their part as the primary healing agent.

Hailed by Dr. van der Kolk, the world's leading expert in trauma, IFS is the treatment method that all clinicians should know. Nearly all clients with a trauma history have innate abilities that help them improve their mental health if they listen to their parts. IFS does just that. IFS is an evidence-based approach for clinicians working with traumatized clients. Once you see it in action, you'll want to incorporate it into your practice.

Join IFS and trauma expert Frank Anderson, MD, colleague of Dr. Bessel van der Kolk and Dr. Richard Schwartz, in this transformational certificate training.

Clients will leave your office with skills to use outside the therapy room to help them master their emotions. This experiential training will show video demonstrations and include exercises and meditation techniques to use with your clients.

"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

# **Objectives**

- 1. Integrate the IFS model into your clinical practice and accelerate the healing from complex trauma.
- 2. Identify, specify and clarify the protective parts of clients with trauma histories to help with assessment and treatment planning.
- 3. Offer an alternate view of symptoms and psychopathology, showing how client's parts are actually trying to protect them from emotional pain and psychological pain.
- 4. Demonstrate how IFS translates common comorbidities into parts language, showing a non-pathological perspective of mental health disorders.
- 5. Communicate how IFS increases the therapist's curious and compassionate self when working with clients who have trauma histories.
- 6. Differentiate a therapeutic issue from a biological condition for better decision making in your clinical practice.
- 7. Compare traditional attachment theory perspectives on healing to the IFS view (an internal attachment model) and learn to trust the client's internal relationship to heal their traumatic wounds.
- 8. Understand how to respond to the extreme symptoms of trauma by determining if they are rooted in sympathetic activation or parasympathetic withdrawal.
- 9. Demonstrate IFS specific therapeutic techniques that shift arousal and withdrawal, allowing guicker access to client's traumatic vulnerabilities.
- 10. Develop a deep understanding of how neuroscience informs therapeutic decisions in IFS therapy.
- 11. Integrate IFS with your current treatment approaches including EMDR, DBT, and Sensorimotor Psychotherapy.
- 12. Compare IFS to traditional phase-oriented treatment and learn accelerated ways of accessing and healing traumatic wounds.

"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

## Questions? Call customer service at 800-844-8260

Live Training & Webcast Schedule (both days): (Times listed in Pacific)

- **7:30** Registration/Morning Coffee & Tea
- 8:00 Program begins
- **11:50-1:00** Lunch (on your own)
- **4:00** Program ends

There will be two 15 min breaks (mid-morning & mid-afternoon) Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request

#### Seminar on CD or DVD Package:

You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.



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# **2-DAY CERTIFICATE TRAINING**

# **Treating Complex Trauma with Internal Family** Systems (IFS)

# **2-DAY CERTIFICATE TRAINING**

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# **Treating Complex Trauma with Internal Family Systems (IFS)**



Frank G. Anderson, MD Trainer at Dr. Bessel van der Kolk's Trauma Center and Center for Self-Leadership associated with Dr. Richard Schwartz (IFS Founder)

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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# Outline

#### **Treating the Various Types of Trauma**

Acute trauma PTSD Complex or relational trauma Developmental and attachment traumas Extreme or dissociative trauma

#### Internal Family Systems (IFS): Healing of **Emotional Wounds**

The origins, goals & assumptions A non-pathologizing, accelerated approach, rooted in neuroscience Different from phase-oriented treatment

The importance of our protective responses Deal with emotional overwhelm head-on

Multiplicity of the mind- we all have parts Healing at the cellular level

Study limitations: small sample size, no control group Clinical considerations for clients experiencing abuse

#### Manage Common Co-Morbidities

Depression, panic attacks, substance abuse, eating disorders, ADD and OCD

A non-pathological approach

Comorbidities as protective responses to trauma Symptoms as "parts of the self"

#### **Differentiate Therapeutic Issues from Biological Conditions**

Intersection of biology and situation ("Real Mind-Body Medicine")

Therapist's role in biology- When to refer and when to work it through

Psychotherapy of psychopharmacology

#### The IFS Technique

Step 1: Identify the Target Symptom

Identify the "target symptom" Apply meditation practices Separate the person (self) from the symptom Learn about its intention

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

Move from defensiveness to curiosity

The "Self" of the therapist-countertransference redefined

Access compassion to open the pathways toward healing

Role of empathy in healing- the benefits and the downsides

#### **Step 3:** Find the Fear and Function of the Symptom

Focusing on its fear The real story behind the symptom Foster the internal relationship

#### **Attachment Disorders and Relational** Trauma

IFS as internal attachment work

Attachment styles as parts of self Attachment trauma- the role of the therapist Heal relational wounds of childhood Client's "Self" as the corrective object Work with preverbal trauma

## **Meet Your Speaker**



Frank Guastella Anderson, MD, completed his residency and was a clinical instructor in psychiatry at Harvard Medical School. He is both a psychiatrist and psychotherapist. He specializes in the treatment of trauma and dissociation and is passionate about teaching brain-based psychotherapy and integrating current neuroscience knowledge with the IFS model of therapy

Dr. Anderson is the vice chair and director of the Foundation for Self Leadership. He is a trainer at the Center for Self Leadership with Richard Schwartz, PhD, and maintains a long affiliation with, and trains for, Bessel van der Kolk's Trauma Center at Justice Resource Center in Boston, MA.

Dr. Anderson 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 co-authored a chapter on "What IFS Brinas to Trauma Treatment in Innovations and Elaborations in Internal Family Systems Therapy" and recently coauthored the Internal Family Systems Skills Training Manual.

Dr. Anderson maintains a private practice in Concord, MA, and serves as an advisor to the International Association of Trauma Professionals (IATP).

#### 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

#### The Neurobiology of Trauma

Neuroscience for therapists- what you need to know Fear circuitry and the development of PTSD Extreme reactions and Autonomic Nervous System Rage to suicide and dissociation to shame

#### Dealing with the Extreme Reactions of Trauma

Talk directly to the symptom-direct access Introducing the part to the "Self"

Deal with the overwhelm- no need for building resources

Therapist parts- How to stay clear and calm while working with clients in extreme states

#### How Neuroscience Informs Therapeutic Decisions

Top-down and bottom-up strategies rooted in neuroscience

When it's necessary to take over and "be the auxiliary brain" for your client

When it's best to slow things down, hand over control and work with the body Sensing vs. making sense of things

At home strategies

### **Step 4:** Healing of Traumatic Wounds

Three phases to healing: Witness the pain Remove the wounded part out of the past Let go of the feelings, thoughts and beliefs

Science behind the healing- memory reconsolidation

#### Integrate IFS into Your Treatment Approach

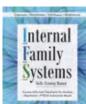
EMDR, DBT, Sensorimotor/SE and other methods Transformation vs adaptation or rehabilitation Going beyond the cognitive (experiential therapies) Integrate IFS with your current clinical approach

Live demonstrations Meditations Practice sessions

### **Target Audience:**

Counselors • Social Workers • Psychologists Therapists • Addiction Counselors • Nurses Marriage and Family Therapists • Other Professionals Who Work within the Mental Health Fields

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## Internal Family Systems Skills Training Manual

Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

#### By Frank G. Anderson, M.D. YOUR PRESENTER! Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.

A revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach—rooted in neuroscience—the IFS model applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers straight-forward explanations and illustrates a wide variety of applications, including step-by-step techniques, annotated case examples, unique meditations and downloadable exercises, worksheets.



#### **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.

attendance.



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If your profession is not listed, please contact your licensing board to determine your continuing ducation 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 or 800-844-8260 before the event.

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