

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 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

“The key to healing is through accessing the traumatic wound with compassion and non-judgment. IFS is the most efficient modality I’ve found to do this.”

-Your speaker, Frank Anderson, MD

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 quicker 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:

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2-DAY CERTIFICATE TRAINING

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,
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