

## Outline

### Internal Family Systems (IFS)

A comprehensive, integrative, non-pathologizing paradigm  
Evolution of the model by Richard Schwartz, PhD  
Understand the inner world of clients, Self and Parts  
Apply inner resources and self-compassion for healing  
Burdens, unburden, shift negative beliefs  
Study limitations: small sample size, no control group  
Clinical considerations for clients experiencing abuse

### IFS STEP-BY-STEP, CONCEPTS AND TECHNIQUES

#### Step 1: Identify the Diagnoses & Symptoms

Clinical assessment of target problem  
Map the system  
Identify target part  
Separate the person from the symptom  
Apply meditation skills

Address fear/concerns  
Become curious  
Find the real story behind the symptom

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

Increase understanding and acceptance  
Move from defensiveness to curiosity  
Access compassion to open the pathways toward healing  
Foster "internal attachment" work

#### Step 3: Heal the Traumatic Wound

Allow compassion to flow  
Witness the pain vs re-enactment or re-traumatization  
Release and unburden  
Integration

#### IFS in Action

Experiential exercises  
Clinical demos, both video and live  
Practical techniques  
Application in diverse clinical populations

## Objectives

1. Investigate Internal Family Systems (IFS) concepts, steps and techniques to broaden treatment intervention options.
2. Discover how IFS brings a non-pathological perspective of mental health disorders by translating common comorbidities into parts language.
3. Examine the IFS view that client's symptoms and psychopathology are attempts to solve an emotional problem.
4. View a clinical session to deepen one's understanding of IFS treatment strategies.
5. Practice clinical interventions to enhance effectiveness in sessions.
6. Consider the benefits of applying IFS to one's current clinical practice.



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The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Emily Krumenauer at [ekrumenauer@pesi.com](mailto:ekrumenauer@pesi.com) or call 715-855-8167.

#### Live Seminar Schedule

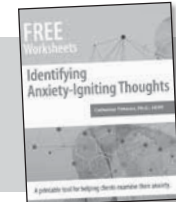
**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (on your own)  
**4:00** Program ends

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.

## FREE Worksheets

### Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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# INTERNAL FAMILY SYSTEMS THERAPY (IFS)

A Revolutionary & Transformative Treatment for Healing PTSD, Anxiety, Depression and More

**FAIRFAX, VA**  
Monday, February 4, 2019

**ELLCOTT CITY, MD**  
Tuesday, February 5, 2019

# INTERNAL FAMILY SYSTEMS THERAPY (IFS)

A Revolutionary & Transformative Treatment for Healing PTSD, Anxiety, Depression and More

Featuring Certified IFS Therapist and Trainer,  
**Rina Dubin, Ed.D, LPC**

*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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# INTERNAL FAMILY THERAPY (IFS)

## A Revolutionary & Transformative Treatment for Healing PTSD, Anxiety, Depression and More

We all know what it is to feel conflicting emotions, “a part of me wants to .... and a part of me does not”.

For our clients, this kind of inner emotional conflict can become intense, even debilitating. Why, they wonder, are their relationships unstable? Why are they sometimes enraged and other times too passive? Why do symptoms persist? Can they ever really ‘get over’ traumatic childhood experiences? They may notice a part of them wants to deal with it and another part is hopeless.

Internal Family Systems offers unique, clarifying, and empowering methods for addressing these common clinical concerns. Some models of psychotherapy regard having multiple internal “parts” as pathological. NOT in IFS. IFS views the multiplicity of the mind as normal. Every part has a positive intention and every part has value. All clients can heal. IFS aligns the therapist with the innate wisdom of the client. IFS cultivates compassion.

**IFS is a powerful treatment modality. Once you experience it you will want to incorporate it into your practice.**

In developing IFS 30 years ago, creator Richard Schwartz, Ph.D., realized that clients were describing experiences with various conflicting roles and extreme behaviors within themselves. He noticed that when parts felt heard and safe and had their concerns addressed, clients became calm and less reactive. They could begin to make different and better decisions. IFS therapy helps clients to find safe ways to connect to early childhood emotions, to transform negative beliefs, to feel grounded in their true self, and to achieve lasting change in their lives.

**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 more effectively (van der Kolk 2015).**

Join Rina Dubin, Ed.E, LPC, IFS trainer for this transformational training day. Learn all that IFS therapy can do for you and your clients.

This training is rich with teachings, videos, experiential exercises, and mini-demos. It will offer you proven techniques to immediately apply in your clinical practice!

## Speaker

**Rina Dubin, Ed.D, LPC,** is a certified IFS therapist and IFS trainer in private practice in Newton, MA. Her involvement with the IFS community began in 2004, and loves being part of the healing process which has allowed IFS to become a centerpiece in her work. She has been affiliated with Internal Family Systems of New England (IFSNE) since its beginning in 2009, and as a member of the steering committee, she has been thrilled with the accelerating growth of IFS in the greater New England area. Rina has a broad background in trauma, and offers supervision and consultation.

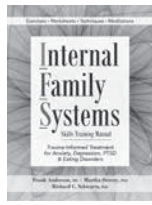
Speaker Disclosures  
 Financial: Rina Dubin maintains a private practice. She receives a speaking honorarium from PESI, Inc.  
 Non-financial: Rina Dubin is a member of the American Psychological Association; and the New England Society for the Treatment of Trauma and Dissociation.

**Seminar on DVD or CD 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](http://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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#### Internal Family Systems Skills Training Manual Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

By Frank G. Anderson, M.D., Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.

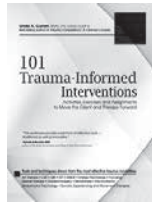
A revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach -- rooted in neuroscience -- the IFS model applies inner resources and self-compassion for healing emotional wounding at its core. This new manual 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.

Target Audience

Counselors • Social Workers • Psychologists • Addiction Counselors • Marriage and Family Therapists • Therapists  
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*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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INTERNAL FAMILY SYSTEMS THERAPY (IFS): A REVOLUTIONARY & TRANSFORMATIVE TREATMENT FOR HEALING PTSD, ANXIETY, DEPRESSION AND MORE

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- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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 \_\_\_ Seminar on CD\* (audio) \$169.99 (RNA046425)  
 \_\_\_ **Internal Family Systems Skills Training Manual book\*** \$29.99 (PUB085175)  
 \_\_\_ **IFS Internal Family Systems Therapy book\*** \$36.95 (SAM084055)  
 \_\_\_ **101 Trauma-Informed Interventions book\*** \$29.99 (PUB045620)

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