

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

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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