

TWO-DAY CERTIFICATE COURSE

# 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 course.

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. Determine if trauma symptoms are rooted in sympathetic activation or parasympathetic withdrawal to help inform the treatment process.
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.

### Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on November 21 & 22, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/76334](http://www.pesi.com/webcast/76334)

*“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

### Live Course & Webcast Schedule (both days): (Times listed in Eastern)

- 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](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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# Treating Complex Trauma with Internal Family Systems (IFS)

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Thursday & Friday  
November 21 & 22, 2019

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## 2-DAY CERTIFICATE COURSE

# 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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Become a  
**Certified Trauma Professional!**  
Details Inside



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

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 Brings 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 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

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

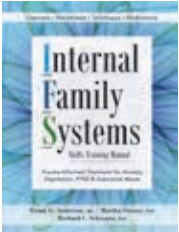
EMDR, DBT, Sensorimotor/SE and other methods  
Transformation vs adaptation or rehabilitation  
Going beyond the cognitive (experiential therapies)  
Integrate IFS with your current clinical approach

Live demonstrations  
Meditations  
Practice sessions

Target Audience:

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

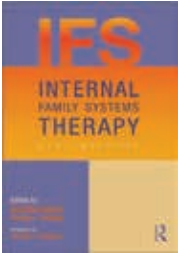
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**Internal Family Systems Skills Training Manual**  
*Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse*

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

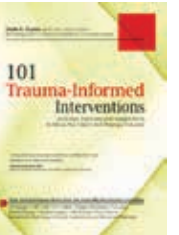
A revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach—rooted in neuroscience—the IFS model applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers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



**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.

Live Workshop Continuing Education Information

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

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*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 profession’s standards.*

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**Maryland Counselors:** This intermediate activity is approved for 12.5 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.

**Marriage & Family Therapists:** This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**Other Professions:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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