

# Outline

## Internal Family Systems (IFS)

Comprehensive, compassionate, non-pathologizing treatment approach  
Paradigm-shifting perspective on “psychopathology”  
Easily integrated into other therapeutic modalities  
Teach clients to access inner wisdom and self-compassion to permanently heal traumatic wounds

## Evolution of the Model

Development of the IFS model by Richard C. Schwartz, Ph.D.  
IFS as an empirically validated treatment: Summary of research support

## Composition of the Psyche

Concept of multiplicity: “We are all multiple personalities.”  
Components of the psyche:  
Wounded, vulnerable, parts  
Protective parts: Proactive and reactive  
Burdens: Negative beliefs about oneself  
The Self: Compassionate inner leader and internal source of wisdom and healing energy

Guide clients to access their own inner wisdom and healing potential  
IFS-specific techniques for in-the-moment emotion regulation, helpful even with panic, flashbacks and dissociation

## The IFS Model

Assumptions of the model  
Goals of IFS therapy  
Flow of the IFS model over the course of treatment  
Flow of an individual IFS session

## Case conceptualization in IFS

Diversity and cultural sensitivity  
How IFS understands Personality disorders, dissociative identity disorder, and addiction

# Objectives

1. Present the origins and development of the Internal Family Systems Model, including empirical support for the model and the current status of research using IFS to treat posttraumatic stress disorder.
2. Provide an in-depth overview of IFS theory, basic principles, assumptions of the model and its treatment implications.
3. Describe the three major components of the psyche as outlined by IFS (parts, burdens, and the self) including the characteristics of and assumptions regarding each component as they relate to clinical practice.
4. Discuss the goals of IFS therapy and case conceptualization through an IFS lens.
5. Provide a grounding in IFS procedures and techniques that can be implemented immediately in clinical and personal work, including the steps for facilitating the development of self-part relationships.
6. Summarize the steps of healing and unburdening wounded parts of the system in session.

### Target Audience:

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

## IFS Step-by-Step

### Step 1: Using Meditative Processes to Identify and Connect with a Target Part

Differentiate the person from the symptom  
Access a state of compassion and curiosity essential for healing  
Establish a relationship with the target part  
Learn the history and benevolent intention behind the symptom

### Step 2: Working with Protective Parts

Facilitate internal attachment work  
Learn and address the fears/concerns of protective parts  
Establish a trusting and appreciative relationship with proactive and reactive protectors  
Gain permission to proceed to healing

### Step 3: Healing the Traumatic Wound

Develop a compassionate, connected relationship with the wounded part  
Witness the pain rather than re-experience it: Learn to be “with,” not “in,” to avoid re-traumatization  
Retrieve the wounded part from “trauma time”  
Release/unburden thoughts, feelings and beliefs  
Integrate change into the system and use maintenance and troubleshooting strategies

## Bringing IFS Concepts to Life

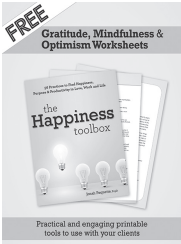
Experiential exercise  
Video demonstration of IFS therapy with a real client  
Step-by-step commentary to solidify understanding of techniques illustrated in the video session

### 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

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# INTERNAL FAMILY SYSTEMS Therapy

Step-by-Step Procedures for Healing Traumatic Wounds and Alleviating Anxiety, Depression, Trauma, Addiction and More

Anaheim, CA      Ontario, CA  
Wednesday, November 20, 2019      Thursday, November 21, 2019

Studio City, CA  
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# INTERNAL FAMILY SYSTEMS Therapy

Step-by-Step Procedures for Healing Traumatic Wounds and Alleviating Anxiety, Depression, Trauma, Addiction and More



Featuring  
Certified IFS Therapist and Consultant  
Alexia D. Rothman, Ph.D.

Anaheim, CA      Ontario, CA  
Wednesday, November 20, 2019      Thursday, November 21, 2019

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# INTERNAL FAMILY SYSTEMS *Therapy*

## Step-by-Step Procedures for Healing Traumatic Wounds and Alleviating Anxiety, Depression, Trauma, Addiction and More

After decades of clinical innovation and recent scientific research, the empirically validated **Internal Family Systems (IFS) model has been shown to be effective at improving clients’ general functioning and well-being.** This effective model provides clinicians with procedures for helping clients with the most challenging mental health profiles to heal the wounded, burdened, and traumatized parts of their systems.

The IFS model provides a compassionate, respectful, non-pathologizing approach to understanding the organization and functioning of the human psyche.

The transformative IFS approach embraces and celebrates the natural multiplicity of the mind. Its assumption is that every part of the system has good intention and valuable resources allows clinicians to approach even the most troubling of “symptoms” with compassion and respect. IFS offers therapists a powerful and effective set of tools for empowering clients with a wide range of clinical profiles to heal the wounded and burdened parts of their internal systems, resulting in:

- a way to enter clients’ inner ecology without the overemphasis on containment and stabilization
- symptom reduction and improved functioning for clients
- deep self-healing within even the most troubled clients

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

Through instruction, video demonstration, and experiential exercises, Alexia D. Rothman, Ph.D., Certified IFS therapist and colleague of Dr. Richard Schwartz (founder of IFS) will show you step-by-step how to apply the most effective, empirically validated IFS interventions to help your clients connect with and understand their conflicting parts to facilitate deep, lasting healing.

*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.***

## Speaker



**Alexia (Lexi) D. Rothman, Ph.D.** is a certified IFS therapist and consultant in Atlanta, GA. Dr. Rothman has been in private practice since 2004. She has received extensive training in Internal Family Systems Therapy from IFS developer, Dr. Richard Schwartz, and has assisted in multiple Level 1 and 2 IFS trainings around the country, as well as serving as a professional consultant for IFS therapists.

She is a United States Presidential Scholar who graduated *summa cum laude* from Emory University as a Robert W. Woodruff Scholar. Dr. Rothman received her Ph.D. in clinical psychology from UCLA,

where she was an Edwin W. Pauley Fellow and a National Science Foundation Graduate Research Fellow. She has held adjunct faculty positions at Emory University and Agnes Scott College.

Speaker Disclosures:

Financial: Alexia Rothman maintains a private practice. She receives an honorarium from Center for Self Leadership. Dr. Rothman receives a speaking honorarium from PESI, Inc.

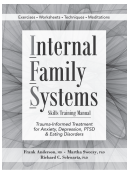
Non-financial: Alexia Rothman is a member of the American Psychological Association; and the Georgia Psychological Association.



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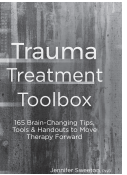
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### Internal Family Systems Skills Training Manual Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

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.



### Trauma Treatment Toolbox 165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward

Jennifer Sweeton, Psy.D., M.S., M.A.

The latest research from neuroscience and psychotherapy has shown we can rewire the brain to facilitate trauma recovery. *Trauma Treatment Toolbox* teaches clinicians how to take that brain-based approach to trauma therapy, showing how to effectively heal clients’ brains with straightforward, easy-to-implement treatment techniques. Each tool includes a short list of post trauma symptoms, relevant research, application, and clinician tips on how to complete the exercise.



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