

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.

Questions? Call customer service at 800-844-8260

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.



PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Emily Krumenauer at ekrumenauer@pesi.com or call 715-855-8167.

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INTERNAL FAMILY SYSTEMS THERAPY (IFS)

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

CEDAR RAPIDS, IA Wednesday December 11, 2019	DES MOINES, IA Thursday December 12, 2019	OMAHA, NE Friday December 13, 2019
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INTERNAL FAMILY SYSTEMS THERAPY (IFS)

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

Featuring
Leslie Petruk, MA, LPC-S, NCC, BCC, Certified IFS Therapist

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.

CEDAR RAPIDS, IA Wednesday December 11, 2019	DES MOINES, IA Thursday December 12, 2019	OMAHA, NE Friday December 13, 2019
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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 Leslie Petruk, MA, LPC-S, NCC, BCC, Certified IFS Therapist, 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

Leslie Petruk, MA, LPC-S, NCC, BCC, is a Licensed Professional Counselor with over 20 years of experience with individuals and families. Leslie is the director at The Stone Center for Counseling & Leadership in Charlotte, NC and a clinical supervisor.

She is a certified IFS therapist and in the process of becoming an IFS assistant trainer. As a program assistant for the Center for Self Leadership (CSL), the IFS organization founded by IFS creator Richard Schwartz, PhD, Leslie has helped assist IFS workshops across the United States. She maintains a long affiliation with CSL and their passion to educate mental health professionals worldwide. Her clinical experience using IFS includes working with children, individuals, couples and families. She specializes in the application of IFS to parenting and working with children.

Her specialized training as a play therapist and marriage and family therapist serve her well in her focus with children, couples and individuals who are dealing with grief and loss, depression, anxiety, trauma, adjustment and relational issues. Additionally, she works with special needs children and their families, children and families experiencing divorce, and children with behavioral issues in school, for which she provides parenting consultation, coaching and school observation/remediation services.

Leslie offers consultation to therapists who are learning the IFS model and specializes in working with those who want to apply IFS in working with children and parents. For those who are ready to take the next step in the IFS model, she also offers individual and group consultation and supervision services for IFS therapists in training.

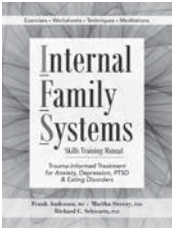
Speaker Disclosure:
Financial: Leslie Petruk is the owner of The Stone Center for Counseling & Leadership. She receives a speaking honorarium from PESI, Inc.
Non-financial: Leslie Petruk is a member of the American Counseling Association; the Association for Play Therapy; the North Carolina Counseling Association; and the North Carolina Association for Play Therapy.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



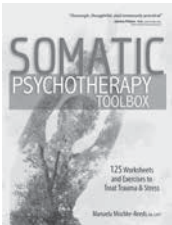
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SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



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.



Somatic Psychotherapy Toolbox
125 Worksheets and Exercises to Treat Trauma & Stress

By Manuela Mischke-Reeds, MA, MFT
From over 25 years of clinical experience, Manuela Mischke- Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.

Target Audience

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

Live Seminar Continuing Education Credit 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.

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 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 profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITIONAL COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the 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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MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 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.

PSYCHOLOGISTS: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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 6.25 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.

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

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Internal Family Systems Therapy (IFS)

___ Seminar on DVD* (video) \$219.99 (RNV046425)

___ Seminar on CD* (audio) \$219.99 (RNA046425)

___ **Internal Family Systems Skills Training Manual** book* \$29.99 (PUB085175)

___ **Somatic Psychotherapy Toolbox** book* \$34.99 (PUB085450)

CE hours and approvals on products may differ from live CE approvals.

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