

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 • Psychiatrists • 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

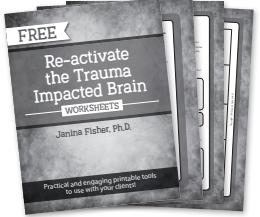
Experiential exercise
Video demonstration of IFS therapy with a real client
Step-by-step commentary to solidify understanding of techniques illustrated in the video session

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

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 & Video
To Help The Traumatized Brain



www.pesi.com/traumabrainws

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

www.pesi.com/inhouse

CE credits included!

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

INTERNAL FAMILY SYSTEMS Therapy

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

Fort Collins, CO
Monday, December 2, 2019

Denver, CO
Tuesday, December 3, 2019

Colorado Springs, CO
Wednesday, December 4, 2019

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.

Fort Collins, CO
Monday, December 2, 2019

Denver, CO
Tuesday, December 3, 2019

Colorado Springs, CO
Wednesday, December 4, 2019



www.pesi.com

A Non-Profit Organization Connecting Knowledge with Need Since 1979

Register Now: pesi.com/express/75390

Register Now: pesi.com/express/75390

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.

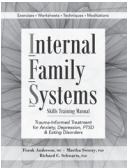
Speaker Disclosures:
Financial: Alexia Rothman maintains a private practice. She receives an honorarium from Center for Self Leadership. Dr. Rothman receives a speaking honorarium from PESI, Inc.
Non-financial: Alexia Rothman is a member of the American Psychological Association; and the Georgia Psychological Association.



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.*

Questions? Call Customer Service: 800-844-8260

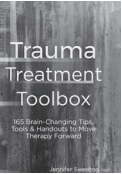
Save by Including These Products With Seminar Registration!



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.



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.



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.

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 a manual fee. To determine if homestudy credits are available for your profession go to 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.

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.

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.

ADDITION 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.

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 & PSYCHIATRISTS:
PSYCHIATRISTS
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.



PSYCHOLOGISTS
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. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

CANADIAN PSYCHOLOGISTS: PESI, Inc. is approved by the Canadian Psychological Association to offer continuing education for psychologists. PESI, Inc. maintains responsibility for the program. This program is approved for 6.0 continuing education hours. Full credit statement at: www.pesi.com/cpa-statement

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.

COLORADO SOCIAL WORKERS: PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 6.3 continuing education hours.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many provincial/jurisdiction or organization licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



SCAN HERE
FOR A SPECIAL OFFER ON
BOOKS & CARD DECKS

How to Register:

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

ONLINE

pesi.com/express/75390

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI, Inc.
PO Box 1000
Eau Claire, WI
54702-1000

2 Check location: *(make copy of locations)*

☐ **FORT COLLINS, CO** 75390FCO
December 2, 2019
Fort Collins Marriott
350 East Horsetooth Rd • 80525
(970) 226-5200

☐ **DENVER, CO** 75390DEN
December 3, 2019
Embassy Suites Denver Tech Center North
7525 East Hampden Ave • 80231
(303) 696-6644

☐ **COLORADO SPRINGS, CO** 75390CSP
December 4, 2019
Embassy Suites
7290 Commerce Center Dr • 80919
(719) 599-9100

REGISTER NOW
pesi.com/express/75390

ADA NEEDS

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

WALK-INS

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.



FOR OFFICE USE ONLY
FED ID # 26-3896894
© 2019 PESI, Inc.

Internal Family Systems Therapy (IFS): Step-by-Step Procedures for Healing Traumatic Wounds and Alleviating Anxiety, Depression, Trauma, Addiction and More

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

3 Check tuition:

TUITION with seminar manual
\$219.99 – choose one of the options below:
☐ per person for 2 or more preregistering together —OR—
☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$249.99** standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

☐ **\$29.99*** *Internal Family Systems Skills Training Manual* book
☐ **\$34.99*** *Trauma Treatment Toolbox* book

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

☐ Check enclosed payable to **PESI, Inc.**

☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)
(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR? See below for individual product orders

Internal Family Systems Therapy (IFS): Step-by-Step Procedures for Healing Traumatic Wounds and Alleviating Anxiety, Depression, Trauma, Addiction and More

___ Seminar on DVD* (video) \$219.99 (RNV054615)
___ Seminar on CD* (audio) \$219.99 (RNA054615)
___ **Internal Family Systems Skills Training Manual** book* \$29.99 (PUB085175)
___ **Trauma Treatment Toolbox** book* \$34.99 (PUB085910)

CE hours and approvals on products may differ from live CE approvals.
*Shipping is \$6.95 first item + \$2.00 each add'l item.
**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Product total \$ _____
*Shipping _____
Subtotal _____
**Tax _____
TOTAL _____