

TWO-DAY INTENSIVE WORKSHOP

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 intensive 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.

“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

“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

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.

“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 Workshop Schedule (both days):

- 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.**



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2-DAY INTENSIVE WORKSHOP

Treating Complex Trauma with Internal Family Systems (IFS)

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HONOLULU, HI
Thursday & Friday
February 13 & 14, 2020

Become Certified!

This course counts toward the educational hours required for certification as a Certified Clinical Trauma Professional Level II (CCTP-Level II).



Visit traumapro.net for the full certification requirements.



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2-DAY INTENSIVE WORKSHOP

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

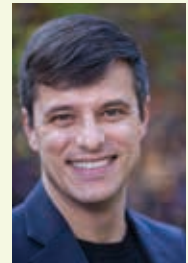
Manage Common Co-Morbidities

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

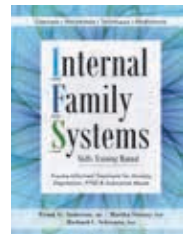
EMDR, DBT, Sensorimotor/SE and other methods
Transformation vs adaptation or rehabilitation
Going beyond the cognitive (experiential therapies)
Integrate IFS with your current clinical approach

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

SAVE by including these products with your seminar registration!



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.

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.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 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.

HAWAII ALCOHOL AND DRUG ABUSE COUNSELORS: This course has been reviewed and approved by the Hawaii Alcohol and Drug Abuse Division for 12.5 hours of continuing education FOR Certified Substance Abuse Counselors (CSAC).

COUNSELORS: This intermediate activity consists of 12.5 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 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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PSYCHOLOGISTS & PSYCHIATRISTS:

PSYCHIATRISTS: PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical

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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 12.5 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.

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SOCIAL WORKERS: This activity is pending approval from the National Association of Social Workers.

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.



Become Certified!

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Visit traumapro.net for the full certification requirements.



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

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2-DAY INTENSIVE WORKSHOP: TREATING COMPLEX TRAUMA WITH INTERNAL FAMILY SYSTEMS (IFS)

SAVE TIME! Express Register Online: pesi.com/express/76819

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- \$29.99*** *Internal Family Systems Skills Training Manual* book (PUB085175)
- \$39.95*** *Internal Family Systems Therapy* book (PUB084055)
- \$29.99*** *101 Trauma-Informed Interventions* book (PUB045620)

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

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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active-duty military personnel. *Limited seats available; advance online registration required.*

• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, first come, first serve.

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