

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.



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INTERNAL FAMILY SYSTEMS THERAPY (IFS)

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

KNOXVILLE, TN
Thursday, February 27, 2020

BRENTWOOD, TN
Friday, February 28, 2020

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INTERNAL FAMILY SYSTEMS THERAPY (IFS)

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

Featuring Certified IFS Therapist and Trainer,
Frances D. Booth, LICSW

*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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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 are 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 Fran Booth, LICSW, IFS Trainer and colleague of Dr. Richard Schwartz, 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

Frances D. Booth, LICSW, is a certified IFS therapist and trainer with over 40 years of direct clinical experience in a wide variety of settings. As a national and international IFS trainer, she collaborates with Dr. Richard Schwartz, founder of Internal Family Systems, to bring IFS and Self-leadership to diverse populations worldwide.

Fran’s clinical specialties are: trauma, anxiety, depression, cancer and medical concerns, eating disorders, and attachment disorders. She has successfully integrated IFS principles into her practice and she consults widely to clinicians on using IFS. She brings to this workshop a depth of experience for integrating IFS into practice. A dynamic, engaging speaker, Fran’s unique blend of theoretical understanding and clinical expertise will provide a solid IFS foundation.

Fran graduated from Cornell University and Simmons School for Social Work and has held faculty positions at Smith College School for Social Work, Tufts Medical School and William James College.

Speaker Disclosures:

Financial: Frances Booth is in private practice. She receives a speaking honorarium from PESI, Inc.

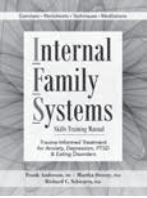
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Internal Family Systems Skills Training Manual
Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse
By Frank G. Anderson, M.D., Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.

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.



IFS 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.

Target Audience

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

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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.

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Addiction 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.

Kentucky Counselors: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/77087.

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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.

Kentucky Marriage & Family Therapists: This course has been submitted to the Kentucky Board of Licensure of Marriage & Family Therapists for review.

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Other Professions: This activity qualifies for 380 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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