

2-Day Advanced Workshop

Clinical Applications of Internal Family Systems (IFS) with Frank Anderson MD

Revolutionize your clinical approach and help your clients heal with Internal Family Systems therapy model.

IFS is one of the most popular, new, and effective evidence-based treatment techniques in use today.

Thousands of clinicians already trust IFS as their go-to treatment tool to effectively heal emotional wounds so they can make greater therapeutic progress with clients' struggling with anxiety, depression, trauma, addiction and other mental health conditions.

This 2-day workshop is your opportunity to learn the IFS method step-by-step from Dr. Frank Anderson, one of the biggest names in the field.

Whether you are an experienced IFS therapist, a novice, or someone without any IFS training, this workshop will increase your clinical sophistication and confidence with IFS so you can treat a wide range of clients more effectively than ever before.

In this 2-day workshop, you will learn the IFS method, a non-pathologizing approach to healing that is sweeping the field of mental health and beyond.

Join IFS expert, author, prominent clinician & psychiatrist Frank Anderson, MD to learn how to help clients heal from the inside out. Dr. Anderson will teach you the IFS steps that he has learned to hone his clinical work – and that have produced such transformation in his clients. He will clearly present all the tools and techniques in an easy-to-learn fashion.

Explore several different applications of the IFS model of therapy including: trauma and attachment, depression, anxiety, psychosis, addictions, eating disorders and shame, to name a few. Learn how to apply IFS when working with groups, children, parents, couples, and LGBTQ clients.

This is an experiential training that includes didactic lecture, video examples, practice, live demonstrations and meditations.

Leave this seminar feeling confident to start incorporating IFS into your clinical practice! Don't miss out on learning from one of Internal Family Systems internationally known and respected lead trainers.

*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.*

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Objectives

1. Summarize the steps of working with clients' "protective parts" to improve treatment outcomes as proposed by the IFS model.
2. Differentiate between empathy and compassion as it relates to the IFS approach and improving the therapeutic process.
3. Evaluate the evidence that supports meditation as beneficial to clinical outcomes when used in the IFS process of therapy.
4. Explore and diagnose wounds connected to grief and loss; and describe two effective IFS interventions.
5. Recommend how to address the "protector" fears as they arise for the client during the therapy session.
6. Apply IFS methods to help trauma clients manage their overwhelming feelings.
7. Describe how to explain to clients the neuroscience of hyperarousal in their "extreme parts."
8. Describe how the role of criticism and neglect from caregivers causes shame cycles in your clients and how parts-work breaks the cycle.
9. Apply the "triggering agreement" intervention when working with clients around resolving parenting issues that arise for them.
10. Demonstrate what "tracking the sequence" means as it applies to couples' treatment.
11. Recognize the necessity—and create modifications—when using IFS in an inpatient setting.
12. Within the internal system, identify the parts of self that are associated with substance use disorders.
13. Assess countertransference, including recognition of potential activation of therapist's own reactive parts.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on March 12 & 13, 2020, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/78101

"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 & Webcast Schedule (both days): (Times listed in Central)

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.

Seminar on DVD or Digital Format:

You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal 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. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

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A Division of PESI, Inc.

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)



BLOOMINGTON, MN **LIVE VIDEO WEBCAST**
Thursday & Friday
March 12 & 13, 2020

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Trainer at Dr. Bessel van der Kolk's Trauma Center
and Center for Self-Leadership associated with
Dr. Richard Schwartz (IFS Founder)

Powerful tools for more effectively treating clients with:

- Trauma
- Anxiety
- Eating Disorders
- Substance Use
- Shame and Grief
- Mood Disorders

BLOOMINGTON, MN
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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 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
Goals of IFS therapy
Starting an IFS session and the flow of the model

The Neuroscience of IFS

The mind and the brain
Neurons-networks and parts
Meditation and self-energy
Understanding the fear response

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 to address the fears/concerns of protective parts
Establish a trusting relationship with proactive and reactive parts.
Resolve internal conflicts
Gain permission to proceed with healing

Step 3: Healing the Wound

Connect with the wounded part
Witness the pain rather than relive it
Retrieve the wounded part
Release/unburden thoughts, feelings and physical sensations
Life without the wound, the post-healing process

Therapist Parts

Countertransference redefined
Identifying parts that get in the way
The science of extreme reactions in therapists and clients

CLINICAL APPLICATIONS OF IFS

Trauma and Attachment

Roadblocks to healing trauma
Neurobiology of PTSD and Dissociation
Dealing with the extreme symptoms and staying in Self
Healing attachment wounds: What IFS offers

Depression and Anxiety

Differentiating feelings from symptoms
Address the biology and process the wound
Protection or genetics

Psychosis and Bipolar Disorder

Addressing psychotic parts
Differentiating psychosis from trauma dysregulation
Treating biological issues while addressing emotional pain

Substances and Addictions

Befriending addictive parts
Healing wounds or stopping use?
Addressing the biology and the behavior after healing

Eating Disorders

When food “abstinence” is not an option
Multiple eating parts
Self-led eating

Shame and Grief

The shamer and the shamed
Critical and neglect shame cycles
Loss, letting go and healing

IFS with Specific Client Populations

Children and adolescents
Parenting
Couples
Groups and inpatient settings
LGBTQ
Spirituality and culture

Target Audience:

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

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.

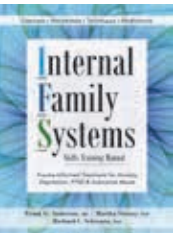
Dr. Anderson is a lead trainer at the Center for Self Leadership with Richard Schwartz, PhD, and maintains a long affiliation with, and teaches for, Bessel van der Kolk’s Trauma Center at Justice Resource Center in Boston, MA.

Dr. Anderson has lectured extensively on the Neurobiology of PTSD and Dissociation and co-authored the *Internal Family Systems Skills Training Manual* (PESI, 2017). He wrote the chapter “Who’s Taking What: Connecting Neuroscience, Psychopharmacology and Internal Family Systems for Trauma” in *Internal Family Systems Therapy: New Dimensions*. (Routledge, 2013) and co-authored the chapter “What IFS Brings to Trauma Treatment” in *Innovations and Elaborations in Internal Family Systems Therapy* (Routledge, 2016).

He also 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.

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.

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.

MINNESOTA COUNSELORS: Application for MN BBHT continuing education credits has been submitted. For the most up-to-date credit information, please go to: www.pesi.com/events/detail/78090.

WISCONSIN COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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.

MINNESOTA MARRIAGE & FAMILY THERAPISTS: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

Wisconsin Marriage & Family Therapists: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

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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 12.5 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 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.

MINNESOTA PSYCHOLOGISTS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/78090.

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 12.5 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.

MINNESOTA SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 12.5 continuing education hours.

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.

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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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TUITION including seminar manual
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☐ **\$499.99** standard

ADD-ON PRODUCTS — Save on Shipping! — Products Distributed at Seminar

☐ **\$29.99*** *Internal Family Systems Skills Training Manual* book (PUB085175)
☐ **\$39.95*** *Internal Family Systems Therapy* book* (SAM084055)
☐ **\$29.99*** *101 Trauma-Informed Interventions* book* (PUB045620)

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

WEBCAST with downloadable seminar manual
☐ **\$439.99** registration (+ tax in HI, NM)

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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.

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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.
- 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 for details.

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