

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

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

“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

Target Audience:

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

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

Live Webcast Schedule (both days)  
(Times listed in Eastern)

8:00 Program begins  
11:50-1:00 Lunch Break  
4:00 Program ends

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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)

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**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

**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.

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