

THURSDAY, OCTOBER 15, 2020

# Internal Family Systems 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 then there's a part of me that doesn't...." as we grapple with our internal self, desires, and behaviors.

Think about the family of emotions from Pixar's movie *Inside Out* - how family of emotions, Joy, Sadness, Fear, Disgust and Anger all interacted inside Riley Anderson's mind to form her reactions and memories.

Now you are thinking along the lines of IFS – Internal Family Systems Therapy.

Most modes of psychotherapy believe to have "parts" is pathological. NOT in IFS. In IFS the idea of multiplicity of the mind is normal. Every part has a good intention, and every part has value. All clients have the ability to heal themselves if they listen to their parts. IFS is a very powerful tool for clinicians. Once you see it in action, you'll be hooked! And you'll want to immediately incorporate it into your practice.

In developing IFS 30 years ago, creator Richard Schwartz, Ph.D., realized that clients were describing experiences with various parts, many extreme, within themselves. When these parts felt safe and had their concerns addressed, they were less disruptive. In developing IFS, he recognized that, as in systemic family theory, parts take on characteristic roles that help define the inner world of the client.

IFS has been heralded as the treatment that all clinicians should know in order to treat clients effectively (van der Kolk 2015).

**Join IFS and trauma expert Frank Anderson, MD, colleague of Dr. Bessel van der Kolk and Dr. Richard Schwartz, in this transformational training day and learn of all that IFS therapy can do for you and your clients!**

Like Dr. Anderson, after integrating IFS into your work, you will transform your practice. Clients may leave your office feeling healed, with skills to use outside the therapy room to help them master their emotions.

This special day's training will include experiential exercise, meditation and video demonstration. **You will leave transformed!**

## Objectives

1. Investigate Internal Family Systems (IFS) concepts, steps and techniques to broaden treatment intervention options.
2. Appraise how IFS brings a non-pathological perspective of mental health disorders by translating common comorbidities into parts language.
3. Analyze the IFS view that client's symptoms and psychopathology are attempts to solve an emotional problem.
4. Inspect a clinical session to deepen one's understanding of IFS treatment strategies.
5. Practice clinical interventions to enhance effectiveness in sessions.
6. Appraise the benefits of applying IFS to one's current clinical practice.

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## Outline

### Internal Family Systems (IFS)

Origins of IFS – the work of Richard Schwartz, PhD

A non-pathologizing, accelerated approach rooted in neuroscience

Apply inner resources and self-compassion for healing

How to heal implicit memory wounds

Harness neuroscience for techniques that cure traumatic wounds

Study limitations: small sample size, no control group

Clinical considerations for clients experiencing abuse

### The IFS Technique

#### Step 1: Identifying the Diagnoses & Symptoms

Assess the diagnoses: PTSD, anxiety, depression, substance abuse and eating disorders

Apply meditation practices

Finding the symptom

Focusing on its fear

Separating the person (self) from the symptom

Becoming curious about it

Find the real story behind the symptom

#### Step 2: Gain Access to Internal Strengths & Resources for Healing

Moving from defensiveness to curiosity

Access compassion to open the pathways toward healing

Foster "internal attachment" work

The "Self" of the therapist-countertransference redefined

#### Step 3: Heal the Traumatic Wound

Three phases to healing the wound:

Witness the pain

Remove the wounded part out of the past

Release/unburden thoughts, feelings, and physical sensations

Memory reconsolidation & neuroscience

#### Integrate IFS into Your Treatment Approach

EMDR, DBT, Sensorimotor and other methods

Transformation vs adaptation or rehabilitation

Going beyond the cognitive

Integrate IFS with your current clinical approach

### TARGET AUDIENCE

Counselors • Social Workers • Psychologists  
Therapists • Marriage & Family Therapists  
Case Managers • School Psychologists  
School Counselors • School Social Workers  
Nurses • Physicians • Addiction Counselors

### Live Webcast Schedule Both days (Times Listed in Eastern)

**8:00am** Program begins  
**11:50-1:00pm** Lunch break  
**4:00pm** Program ends



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Thursday, October 15, 2020

## Internal Family Systems Therapy (IFS)

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

Friday, October 16, 2020

## IFS & Parenting

Shift from Reactive to Responsive Parenting and Eliminate Volatile, Critical and Shaming Outbursts in Kids

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**Frank G. Anderson, MD**  
One of the Nation's Leading  
IFS and Trauma Expert



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FRIDAY, OCTOBER 16, 2020

# Internal Family Systems Therapy (IFS) & Parenting

Shift from Reactive to Responsive Parenting and Eliminate Volatile, Critical and Shaming Outbursts in Kids

Get to the real root of parenting challenges.

Even when parents are at the top of their game, the most routine curveballs—quarreling siblings, a child’s public meltdown, or a phone call from a teacher—can trigger unresolved shame, guilt, anger or disconnection in parents.

The Internal Family Systems (IFS) approach can help parents more fully:

- Understand and heal their own wounds that their children inevitably evoke
- Allow the parent to better set healthy, non-controlling limits
- Create a more nurturing family environment
- Talk to their children about difficult subjects by using “part of me language”
- Explore their reactive moments compassionately
- Co-parent in a way that’s supportive and collaborative that leads to greater maturity
- Recover from the inevitable moments when they “lose it”
- Take the necessary steps to repair with the child

Through exploring both attachment and parenting styles, as well as IFS interventions that work, you can help parents avoid triggered responses to their children.

## Objectives

1. Evaluate what Internal Family Systems model of therapy brings to parenting with the “Parts” concept.
2. Create ways to engage parents in an exploration of their moments with compassion and empathy instead of guilt and shame.
3. Demonstrate how to help parents lead from a place of power and set limits for their children while still expressing love and support.
4. Differentiate among the various parenting styles vs. attachment styles and how they influence your client’s parenting approach.
5. Propose an IFS-informed approach to co-parenting that helps promote improved intra-family relationships.
6. Apply the “triggering agreement” intervention when working with clients around resolving parenting issues that arise for them.

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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

### What IFS Brings to Parenting

Incorporating parts language in the Family  
Positive intentions of all parts  
All parts welcome... really

### Starting the Parenting Journey

Expectations  
Family legacy - both the gifts and burdens  
Cultural and spiritual dimensions  
Parenting styles  
Attachment styles

### Neuroscience and Development

How brain development affects parents and children  
Developmental stages, attachment and parental response  
Parenting adolescents

### When Parents Are Not at Their Best

Reactive moments  
When kids become your perpetrator  
The different triggering scenario’s  
When parents overidentify with their children

### Correct It, Don’t Perpetuate It

How to recover and repair when parents lose it  
Direct access parenting  
Getting to the root of the reactivity

### Improving the Co-Parenting Experience

When parents aren’t aligned  
Creating a “Triggering Agreement”

### From Reactive to Responsive

Healing the wound  
The Parent Self  
Love and limits  
Maintaining the connection

### Special Circumstances

Single parenting  
Gender/sexuality issues  
Special needs children  
Parenting children with mental health issues  
Parenting adult children

## 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 co-authored *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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### Internal Family Systems Therapy (IFS) and Parenting: Shift from Reactive to Responsive Parenting and Eliminate Volatile, Critical and Shaming Outbursts in Kids – Day 2

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