

Outline

DAY 1: The IFS Model Step by Step Internal Family Systems (IFS) Model

Comprehensive, compassionate, non-pathologizing paradigm

Integration with various therapeutic modalities

Shift perspective on “psychopathology”

Understand the inner world of clients, self and parts

Heighten internal strengths for healing

Empirically validated treatment (Study limitations: small sample size, no control group)

Risks: review clinical considerations

Step-by-Step Technique

Step 1: Identify, understand, connect

Translate the presenting concern into part/ parts

Map the system of parts

Identify protectors and exiles

Know where to begin

Step 2: Employ a Meditative Process, Mindfulness

Differentiate the person from the symptom

Access a state of compassion

Help clients to become curious

Connect with the target part

Facilitate internal attachment work

Step 3: Work with Protective Parts

Learn the history and benevolent intention behind the symptom

Establish a trusting relationship with all parts

Understand the fears and address concerns of protective parts

Discover the real story behind the symptom

Resolve internal conflicts

Gain permission to heal

Step 4: Heal the Wound

Inner attachment work for wounds

Connect with the wounded/vulnerable part

Witness the pain rather than relieve it

Retrieve the wounded part from past

Release feelings, thoughts, sensations, negative beliefs

Step 5: Integration

Invite additional inner resources

Integrate systemic reorganization

Solidify strengths/gains

DAY 2: IFS for Children and Adolescents

IFS: A Non-Directive, Child-Centered Model

Getting started: how to help parts feel safe and welcomed

Child chooses the nature of play/therapeutic process

Trust that the parts will emerge during play/ conversation

Unconditional positive regard remains paramount

Incorporating IFS with Play Strategies

Identifying parts

Interviewing the parts

Parts mapping

Shaping your parts

Parts’ drama

Drawing your parts and self

And more!

Trauma, Attachment, Behavioral Challenges, Anxiety, Depression

Track the client’s parts (and yours!) throughout session

Work with blended parts & how to externalize parts

Direct access vs. in-sight

Developing a self-to-part relationship

Bring IFS To Life in Your Clinical Practice

Activities, case studies & videos

Externalizing a part clay activity

Experiential parts activity

Sand tray therapy video

Parts, exiles, and self in the sand tray

Developing self-to-part relationship activity

Learning Objectives can be viewed at pesi.com/webcast/84865

Live Webinar Schedule - both days (Times listed in Eastern)

8:00 Program begins

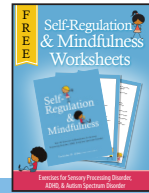
11:50-1:00 Lunch Break

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.

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2-Day

Internal Family Systems (IFS)

for Children and Adolescents

Live Interactive Webinar

Thursday & Friday, May 13 & 14, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:
pesi.com/webcast/84865

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2-Day

Internal Family Systems (IFS)

for Children and Adolescents

Featuring Leslie Petruk, MA, LPC-S, NCC, BCC

- Now, you can apply the cutting-edge IFS model with young clients!
- Easily integrate Dr. Richard Schwartz IFS therapy with play and other treatment techniques
- Step-by-step skills that help you stay on track in treatment planning with kids

Live Interactive Webinar

Thursday & Friday, May 13 & 14, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



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2-Day Internal Family Systems (IFS) for Children and Adolescents

Most therapeutic models with set agendas do not work with children, especially when they are not ready to tell their story because of behavioral challenges, trauma, anxiety, and depression.

In this unique integrative training, practice creative and playful approaches to successfully engage children, move at their own pace and help them overcome their challenges.

You'll be given an all-new process to follow so you can:

- Integrate IFS in your work with child and adolescent clients
- Help your young clients identify and befriend their parts.
- Use fun and engaging activities to reduce difficulties met in their young lives!

IFS is a non-directive, and non-pathologizing model that can be effectively applied to working with children of all ages. Whether incorporating in non-directive play therapy with younger children or engaging activities with older children, utilizing IFS techniques is easily adapted to therapy with children.

***Have on hand your own mini's, paper, pencils, oil pastels, crayons, markers, clay squares to practice!**

Target Audience:

Psychologists • School Psychologists • Counselors • School Counselors
Marriage & Family Counselors • Social Workers • Educators • Speech-Language Pathologists
Creative Arts Therapists • Nurses • Any mental health professional who works with children



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Meet Your Speaker

Leslie Petruk, MA, LPC-S, NCC, BCC, is a Licensed Professional Counselor with over 20 years of experience with individuals and families. Leslie is the director at The Stone Center for Counseling & Leadership in Charlotte, NC and a clinical supervisor.

She is a certified IFS therapist and in the process of becoming an IFS assistant trainer. As a program assistant for the IFS Institute (IFSI), the IFS organization founded by IFS creator Richard Schwartz, Ph.D., Leslie has helped assist IFS workshops across the United States. She maintains a long affiliation with CSL and their passion to educate mental health professionals worldwide. Her clinical experience using IFS includes working with children, individuals, couples and families. She specializes in the application of IFS to parenting and working with children.

Her specialized training as a play therapist and marriage and family therapist serve her well in her focus with children, couples and individuals who are dealing with grief and loss, depression, anxiety, trauma, adjustment and relational issues. Additionally, she works with special needs children and their families, children and families experiencing divorce, and children with behavioral issues in school, for which she provides parenting consultation, coaching and school observation/remediation services.

Leslie offers consultation to therapists who are learning the IFS model and specializes in working with those who want to apply IFS in working with children and parents. For those who are ready to take the next step in the IFS model, she also offers individual and group consultation and supervision services for IFS therapists in training.

Speaker Disclosure:

Financial: Leslie Petruk is the owner of The Stone Center for Counseling & Leadership. She receives a speaking honorarium from PESI, Inc.

Non-financial: Leslie Petruk is a member of the American Counseling Association; the Association for Play Therapy; the North Carolina Counseling Association; and the North Carolina Association for Play Therapy.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Educators, Marriage and Family Therapists, Physicians, Psychologists, Speech-Language Pathologists, and Social Workers.**

For specific credit approvals and details, visit pesi.com/webcast/84865

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

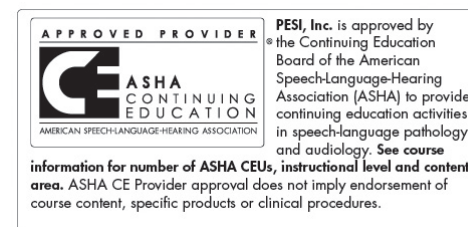
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this course receive 12.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.



This course is offered for 1.25 ASHA CEUs (Intermediate level, Professional area).

** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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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May 13 & 14, 2021 [PWZ84864]

\$439.99 tuition

8am Eastern time

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Digital Seminar Experience:

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 - Enjoy lifetime on-demand access
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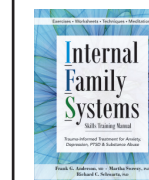
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\$439.99 [RNV057835]

DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:



PUB085175

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

~~\$29.99~~ **\$22.99***



PUB086525

Thank You Mind
Understanding My Big Feelings on Tricky Days
Jennifer Cohen Harper, MA, E-RYT, RCYT

~~\$16.99~~ **\$12.99***

**Discount Included with purchase of the Webinar*

OTHER WAYS TO REGISTER

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Mail: PESI, Inc.
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*If mailing/faxing registration, find form at www.pesi.com/form or call 800-844-8260

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We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

