

## 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  
Working with 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  
Work with underlying 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

**Learning Objectives can be viewed at [pesi.com/webcast/85073](http://pesi.com/webcast/85073)**

#### Live Webinar Schedule - both days

(Times listed in Mountain)

**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.

*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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## 2-Day Advanced Workshop Clinical Applications of Internal Family Systems (IFS) with Frank Anderson, MD



### 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)

**LIVE Interactive Webinar**  
**Thursday & Friday, July 29 & 30, 2021**

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



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Powerful tools for more effectively treating clients with:

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

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## 2-Day Advanced Workshop

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

Revolutionize your clinical approach and help your clients find symptom relief 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 treat 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 treatment approach 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.

#### Target Audience:

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



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## 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.

*"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

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit [pesi.com/webcast/85073](http://pesi.com/webcast/85073)

#### 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.



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.



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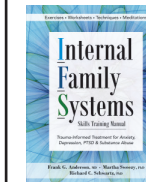
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## Recommended Reading:

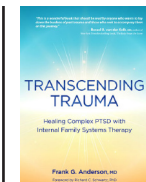


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Martha Sweezy, Ph.D. and  
Richard Schwartz, Ph.D.

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#### Transcending Trauma Healing Complex PTSD with Internal Family Systems

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