

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

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, June 24 & 25, 2021

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



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



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Powerful tools for more effectively treating clients with:

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

Live Interactive Webinar

Thursday & Friday, June 24 & 25, 2021

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

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 www.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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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, 2020 - January 27, 2023. 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.

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June 24 & 25, 2021 [PWZ85072]

\$439.99 tuition

8am Mountain time

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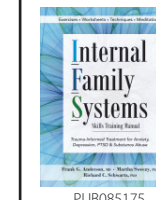
DVD (Option 3)

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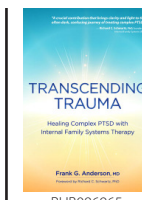
DVD Experience:

- 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:



Internal Family Systems Skills Training Manual
Frank G. Anderson, M.D. **YOUR PRESENTER!**
Martha Sweezy, Ph.D. and
Richard Schwartz, Ph.D.
~~\$29.99~~ **\$22.99***



Transcending Trauma
Healing Complex PTSD with Internal Family Systems
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