

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 permanently 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

Composition of the Psyche

Concept of multiplicity: "We are all multiple personalities."

Components of the psyche:

Wounded, vulnerable, parts

Protective parts: Proactive and reactive

Burdens: Negative beliefs about oneself

The Self: Compassionate inner leader and internal source of wisdom and healing energy

Guide clients to access their own inner wisdom and healing potential

IFS-specific techniques for in-the-moment emotion regulation, helpful even with panic, flashbacks and dissociation

The IFS Model

Assumptions of the model

Goals of IFS therapy

Flow of the IFS model over the course of treatment

Flow of an individual IFS session

Case conceptualization in IFS

Diversity and cultural sensitivity

How IFS understands Personality disorders, dissociative identity disorder, and addiction

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 and address the fears/concerns of protective parts

Establish a trusting and appreciative relationship with proactive and reactive protectors

Gain permission to proceed to healing

Step 3: Healing the Traumatic Wound

Develop a compassionate, connected relationship with the wounded part

Witness the pain rather than re-experience it: Learn to be "with," not "in," to avoid re-traumatization

Retrieve the wounded part from "trauma time"

Release/unburden thoughts, feelings and beliefs

Integrate change into the system and use maintenance and troubleshooting strategies

Bringing IFS Concepts to Life

Experiential exercise

Video demonstration of IFS therapy with a real client

Step-by-step commentary to solidify understanding of techniques illustrated in the video session

Learning Objectives can be viewed at pesi.com/webcast/85728

Live Seminar & Webcast Schedule

(Times listed in Eastern)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

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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INTERNAL FAMILY SYSTEMS Therapy

Step-by-Step Procedures for Healing Traumatic Wounds and Alleviating Anxiety, Depression, Trauma, Addiction and More

Decatur, GA
Friday
October 22, 2021

Live Interactive Webcast
Friday
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We Are Back! Join In Person or Online!

INTERNAL FAMILY SYSTEMS Therapy

Step-by-Step Procedures for Healing Traumatic Wounds and Alleviating Anxiety, Depression, Trauma, Addiction and More



Featuring Certified IFS Therapist and Consultant Alexia D. Rothman, Ph.D.

INTERNAL FAMILY SYSTEMS *Therapy*

Step-by-Step Procedures for Healing Traumatic Wounds and Alleviating Anxiety, Depression, Trauma, Addiction and More

After decades of clinical innovation and recent scientific research, the empirically validated **Internal Family Systems (IFS) model has been shown to be effective at improving clients' general functioning and well-being.** This effective model provides clinicians with procedures for helping clients with the most challenging mental health profiles to heal the wounded, burdened, and traumatized parts of their systems.

The IFS model provides a compassionate, respectful, non-pathologizing approach to understanding the organization and functioning of the human psyche.

The transformative IFS approach embraces and celebrates the natural multiplicity of the mind. Its assumption is that every part of the system has good intention and valuable resources allows clinicians to approach even the most troubling of "symptoms" with compassion and respect. IFS offers therapists a powerful and effective set of tools for empowering clients with a wide range of clinical profiles to heal the wounded and burdened parts of their internal systems, resulting in:

- a way to enter clients' inner ecology without the overemphasis on containment and stabilization
- symptom reduction and improved functioning for clients
- deep self-healing within even the most troubled clients

IFS is a powerful treatment modality. Once you experience it, you will want to incorporate it into your practice.

Through instruction, video demonstration, and experiential exercises, Alexia D. Rothman, Ph.D., Certified IFS therapist and colleague of Dr. Richard Schwartz (founder of IFS) will show you step-by-step how to apply the most effective, empirically validated IFS interventions to help your clients connect with and understand their conflicting parts to facilitate deep, lasting healing.

Target Audience:

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



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Meet Your Speaker

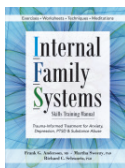
Alexia (Lexi) D. Rothman, Ph.D., is a certified IFS therapist and consultant in Atlanta, GA. Dr. Rothman has been in private practice since 2004. She has received extensive training in Internal Family Systems Therapy from IFS developer, Dr. Richard Schwartz, and has assisted in multiple Level 1 and 2 IFS trainings around the country, as well as serving as a professional consultant for IFS therapists.

She is a United States Presidential Scholar who graduated summa cum laude from Emory University as a Robert W. Woodruff Scholar. Dr. Rothman received her Ph.D. in clinical psychology from UCLA, where she was an Edwin W. Pauley Fellow and a National Science Foundation Graduate Research Fellow. She has held adjunct faculty positions at Emory University and Agnes Scott College.

Speaker Disclosure:

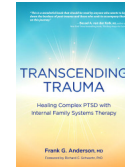
Financial: Alexia Rothman maintains a private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Alexia Rothman is a member of the American Psychological Association, the Georgia Psychological Association, the National Register of Health Service Providers in Psychology, and Mensa International.

Recommended Reading:



Internal Family Systems Skills Training Manual
Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse
\$29.99 \$22.99

Purchase this training for these exclusive savings!



Transcending Trauma
Healing Complex PTSD with Internal Family Systems
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Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. The CE certificate for the live, webcast can be downloaded after completing the webcast and passing the online post-test evaluation (80% passing score). NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepsi@pesi.com or 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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 professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 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.

Chaplains/Clergy: This activity is designed to qualify for 6.25 continuing education hours.

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Georgia Counselors: 6.25 of Core hours, applied for through the Licensed Professional Counselors Association of Georgia, LPCA.

Marriage & Family Therapists: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Georgia Marriage & Family Therapists: This activity has been submitted to the Georgia Association for Marriage and Family Therapy. Credit pending.

Psychologists & Physicians:

Physicians
PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists
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Georgia Psychologists: CE credit is available. This course consists of 6.0 continuing education credit hours for Georgia Psychologists. The Rules and Regulations of the State of Georgia, Chapter 510-8, Section 3 confirms acceptance of continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This live activity is certified for a maximum of 6.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Social Workers: 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 Live course receive 6.25 Clinical 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.

Other Professions: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion and contact your own board or organization for specific requirements.

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Internal Family Systems Therapy

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* plus applicable sales tax, visit www.pesi.com/faq for more information

4 Recommended Reading

- \$29.99 \$22.99** Internal Family Systems Skills Training Manual** [PUB085175]
- \$29.99 \$22.99** Transcending Trauma book** [PUB086965]

**Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

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ADA NEEDS

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

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

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