

OUTLINE

INTERNAL FAMILY SYSTEMS (IFS)

The Essentials of the Model

- 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 anxiety, depression, addictions, and traumatic wound
- The range of different parts
- Self Energy

The IFS Technique

Step 1: Identifying Diagnoses & Symptoms as Parts

- Assess the diagnoses: PTSD, anxiety, depression, substance abuse and eating disorders
- Apply Meditation practices
- Working with protective parts the 6 F's
 - 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

PRACTICE AND GUIDED EXPERIENTIAL ACTIVITY

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

- Moving from defensiveness to curiosity
- The difference between empathy and compassion
- Foster “internal attachment” work
- The “Self” of the therapist-countertransference redefined

OBJECTIVES

1. Formulate why Internal Family Systems is a non-pathologizing treatment model and the clinical benefits derived from that approach.
2. Practice the steps of the Internal Family Systems model to incorporate into treatment planning.
3. Teach clients how to embrace their symptomology to improve self-awareness and emotion regulation.
4. Perform an IFS-informed clinical assessment to better reveal the root origin on anxiety and depression symptoms.
5. Demonstrate the steps of IFS method that can help clients avoid being “hijacked” by intense emotions and trauma symptomology.
6. Support the clinical benefit of shifting away from cognitive intellectual interpretation to be more emotional connection and physical embodiment.
7. Differentiate the three steps of treating the traumatic wound and practice guiding client in the process.
8. Appraise the nature of the research and evidence-base for IFS and evaluate risks and limitations.
9. Differentiate the value of empathy and compassion in the therapeutic process for improved treatment outcomes.
10. Propose an IFS focused view of countertransference that is more accessible for clinicians to manage in the therapeutic process.
11. Integrate Internal Family Systems with other forms of therapy such as EMDR, Sensorimotor Psychotherapy, CPT, and DBT to create more targeted treatment plans.
12. Investigate how clinicians can have their own “parts” step back during the therapy process to create greater perspective and remove blockages in therapy.

GUIDED EXPERIENTIAL ACTIVITY

Step 3: Dealing with Conflicts and Polarizations

- Identifying parts that conflict with each other
- Validate both perspectives
- Resolve polarities with Self energy

GUIDED EXPERIENTIAL ACTIVITY

Step 4: Treating the Traumatic Wound

- Three phases of healing:
 - Witness the pain
 - Remove the wounded part out of the past
 - Let go of the feelings, thoughts, and beliefs

IFS IN ACTION: DEMONSTRATION OF THE HEALING PROCESS

Integrate IFS into your Treatment Approach

- EMDR, DBT, Sensorimotor Psychotherapy, Cognitive Processing Therapy
- Integrate IFS with other treatment modalities your current clinical approach

Therapist Parts

- Countertransference through the IFS lens
- Identifying parts that get activated and get in the way

GUIDED EXPERIENTIAL ACTIVITY

Live Webinar Schedule (both days)

(Times listed in Pacific)

8:00 Program begins

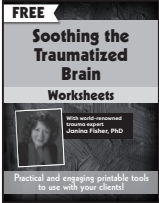
11:50-1:00 Lunch Break

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) Experiential Workshop with Frank Anderson, MD

LIVE Interactive Webinar

Thursday & Friday, December 2 & 3, 2021

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2-Day

Internal Family Systems (IFS) Experiential Workshop with Frank Anderson, MD



featuring

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)

- Learn the steps of the IFS Model of Therapy.
- Experience the model firsthand to better help your clients.
- Walk away feeling confident in working with clients' protective parts

Live Interactive Webinar

Thursday & Friday, December 2 & 3, 2021

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



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REGISTER NOW:

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2-Day: Internal Family Systems (IFS) Experiential Workshop with Frank Anderson, MD

The best way to learn IFS is to experience it!

This new and unique training by expert clinician, lead IFS trainer, and author **Frank Anderson, MD**, will give you **a deep dive** into the theory, principles and practical applications of one of **the most cutting-edge models in psychotherapy**.

Learn and practice the steps of IFS and begin treating anxiety, depression, addiction, trauma and childhood attachment wounds in ways you didn't think possible.

This training will give you what so many lack – experiencing the model during the training! You'll be able to leave this intensive workshop with theory, skills, and practice allowing you to begin to use IFS immediately with clients.

This immersive experience (or workshop) will allow you to get to know yourself and your internal system better. It will help you better understand your triggers and begin to clear the blockages that get in the way with your most challenging clients.

After completing this workshop, you will be able to help your clients:

- Minimize their symptom, overwhelming feelings, and challenging behaviors.
- Have less inner conflict and develop a better relationship with their internal system.
- Have a greater More understanding of the origins of trauma, anxiety and other issues
- Be more self-accepting and emotionally aware.
- Better able to build healthy relationships in their lives.

As a clinician, you'll feel:

- More comfortable in your ability to treat a wider range of clinical diagnoses.
- Less overwhelmed in your clinical practice even with your more challenging clients
- More hopeful for your clients and their clinical outcomes
- More relaxed, comfortable, and confident at work.

Target Audience:

Counselors • Social Workers • Psychologists • Therapists • Addiction Counselors
Physicians • Marriage and Family Therapists • Other Mental Health Professionals



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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 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 coauthored the 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.

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, Physicians**

For specific credit approvals and details, visit pesi.com/webcast/86107

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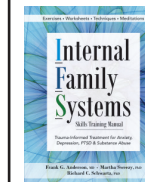
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Recommended Reading:

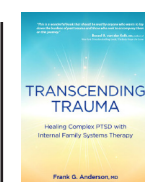


Internal Family Systems Skills Training Manual
Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

Frank G. Anderson, M.D., Martha Sweezy, Ph.D.
and Richard Schwartz, Ph.D.

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