

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/86111

Free Video & Case Study

Use Parts Therapy Strategies to Help Clients Struggling with Suicide Ideation, Rage, and Self-Hatred

Get yours today at pesi.com/1361video

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesi.com/inhouse

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

INTERNAL FAMILY SYSTEMS Therapy

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

LIVE Interactive Webinar
Friday, December 17, 2021

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



REGISTER NOW:
pesi.com/webcast/86111



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW:
pesi.com/webcast/86111

Join us online, for this live training!

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.

LIVE Interactive Webinar
Friday, December 17, 2021

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

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

**Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

PESI Offers Group Discounts!
To save on groups of 5 or more, contact us at www.pesi.com/info!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Claire Zelasko** at czelasko@pesi.com or call **715-855-8194**.

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.


*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.*


CE CREDITS AVAILABLE FOR LIVE WEBINAR


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

For specific credit approvals and details, visit www.pesi.com/webcast/86111


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 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.

 PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



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 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.



This program is Approved by the National Association of Social Workers (Approval # 886759332-8620) for 6.0 Social Work continuing education contact hours.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-726-3888 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.
PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

For all credit approvals and details, visit: www.pesi.com/webcast/86111

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/86111

Live Interactive Webinar *(Option 1)*

December 17, 2021 PWZ86108
\$219.99 tuition
8am Eastern time
Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar
**Live CE is only available when viewed live*

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar *(Option 2)*

\$219.99 POS054615
Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate

CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability.

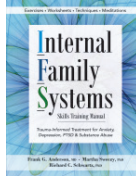
DVD *(Option 3)*

\$219.99 RNV054615
DVD Experience:

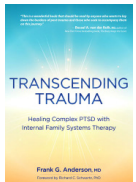
- Self-study CE certificate available

CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability and pricing

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.
~~\$29.99~~ **\$22.99***
PUB085175



Transcending Trauma
Healing Complex PTSD with Internal Family Systems
Frank Anderson, MD
~~\$29.99~~ **\$22.99***
PUB086965

** Discount Included with purchase of the Webinar*

OTHER WAYS TO REGISTER
Phone: 800-726-3888
Fax: 800-554-9775
Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000
*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

ADA NEEDS
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

