

Outline

The Internal Family Systems (IFS) Treatment Model

- Foundational assumptions of the approach
- IFS concepts and terms
- Differentiate between managers, firefighters, and exiles
- Commonalities with other systems approaches
- Therapeutic benefits of parts work
- Cultural competence and humility

No Bad Parts: The IFS Process

- The 6 F's – how to identify and understand protective parts
- Recognize and honor the role of each part
- The 8 C's – qualities of self-energy and their role in IFS
- The non-pathologizing essence of IFS
- Understanding your own parts as the therapist

CLINICAL APPLICATION OF IFS & PLAY

The Therapeutic Powers of Play Meets IFS

- Why play therapy model lends itself seamlessly to IFS treatment outcomes
- How IFS and play help access and heal wounded parts
- Talk to kids about their internal world from IFS perspective
  - Relationship between protective parts and exiles
- Exploring parts with external representation in play therapy
- Limitations of the research, potential risks

Putting IFS into Practice Utilizing Play Therapy Techniques

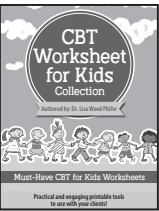
- Sandtray therapy – bringing the internal to the external
- Expressive arts – giving language and expression to experiences and parts
- LEGO® – based therapy – from internal to 3D
- Bibliotherapy – literature to express and understand the internal system
- Non-directive play – staying core to the experiential concept of IFS and letting parts speak for themselves
- And more!

Objectives

1. Apply the core concepts of the Internal Family Systems model.
2. Analyze the different types of parts within the child's internal system: managers, firefighters and exiles
3. Demonstrate the therapeutic powers of play therapy to improve client outcomes during therapeutic services.
4. Evaluate the goals of a child's misbehavior.
5. Analyze the role and needs of the provider when facing challenges with children engaging in Internal Family Systems in the play therapy setting.
6. Utilize Internal Family Systems and play therapy concepts to increase the knowledge of parts work to improve the child's level of functioning.
7. Apply play therapy and expressive arts techniques utilizing the Internal Family System model in a clinical setting.

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Playful Parts

The Intersection of Play Therapy and Internal Family Systems (IFS)

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Playful Parts

The Intersection of Play Therapy and Internal Family Systems (IFS)



Your presenter:

Carmen Jimenez-Pride, LCSW

Registered Play Therapy Supervisor, Certified IFS Therapist, International Presenter and Author


Help kids:

- Conceptualize themselves and their experiences in a healthier way
- Express and process painful emotions without assigning blame or shame
- Develop cognitive flexibility and reframe self-doubt
- And so much more!

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# Playful Parts

## The Intersection of Play Therapy and Internal Family Systems (IFS)

When kids experience trauma or other negative life events such as abuse, neglect, bullying, racism, violence, or educational difficulties, they often hold powerful negative beliefs about themselves, such as “I’m broken”, “I’m unlovable”, or “It was my fault”.

As a therapist, you know that play is a child’s natural language for expressing emotions, processing experiences, and resolving internal conflict. But did you know that you can expand this work further by incorporating Internal Family Systems (IFS) therapy into your sessions? *By weaving the essence of IFS, parts work, with play therapy interventions, you can help kids conceptualize themselves and their experiences in a healthier way.*

Join Carmen Jimenez-Pride, LCSW, RPT-S, and Certified IFS Therapist, as she expertly pairs the therapeutic power of play with the non-pathologizing, flexible approach of IFS. Through expert explanation and demonstration, Carmen will teach you how to integrate these two powerful therapy methods so you can help young clients:

- Release shame as they explore and make sense of their internal sensations and experiences
- Give voice to all their “parts”, none of which are bad or wrong
- Express and process painful emotions, urges, and memories without assigning blame or shame to them
- Unhook from distressing beliefs about themselves and their experiences
- Enhance social relationships, foster emotional wellness, and build on personal strengths
- Develop cognitive flexibility and reframe self-doubt
- And so much more!

Take your play therapy interventions even further by incorporating IFS – sign up today!

### Target Audience:

Social Workers • Counselors • Marriage & Family Therapists  
Occupational Therapists • Occupational Therapy Assistants • School Administrators  
Play Therapists • Teachers/School-Based Personnel



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## Speaker

**Carmen Jimenez-Pride** is the creative mind behind Focus on Feelings®, an emotional literacy curriculum, she is a licensed clinical social worker, registered play therapist supervisor, certified AutPlay® therapy provider, certified EMDR Therapist, registered children’s yoga teacher, certified IFS therapist, and a certified LEGO® SERIOUS PLAY® facilitator.

Carmen is a trauma therapist experienced in the clinical treatment of children, adolescents, and adults with culturally diverse backgrounds addressing a wide range of concerns. Carmen’s career in the mental health field spans more than 15 years.

She is an international speaker, award-winning best-selling author, and business consultant. Carmen is a visionary in the therapeutic community, working to create and develop a wide range of educational tools to assist the clinician, and the client to reach optimum goals. With a focus on cultural humility and cultural diversity, Carmen educates clinical professionals to address racial and cultural trauma within their clinical practices.

Carmen serves as the South Carolina Association for Play Therapy President and is the recipient of the 2021 Association for Play Therapy Emerging Leader Award. She also serves as the diversity and inclusion director of the Internal Sandtray Therapy Association.

Carmen is the developer of Diversity in Play Therapy Inc.; and the Diversity in Play Therapy Summit. She is also the developer and publisher of Focus on Feelings®.

#### Speaker Disclosures:

Financial: Carmen Jimenez-Pride is the founder and Executive Director of Outspoken Counseling and Consulting. She is a published author and receives royalties. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Carmen Jimenez-Pride is a board member of the South Carolina Association for Play Therapy. She is a member of the Addiction Professionals of North Carolina, the National Association for Addiction Professionals, the National Association of Social Workers, and the Association for Play Therapy.

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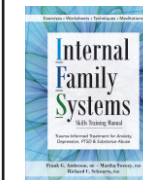
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PUB085175

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

~~\$29.99~~ **\$22.99\***



PUB087240

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131 Trauma-Informed Play Therapy Interventions for Disorders of Dysregulation

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