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

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Learning Objectives can be viewed at pesi.com/webcast/88534

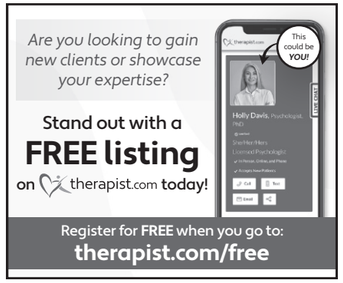
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(Times listed in Mountain)

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.
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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:

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Marriage and Family Therapists • Therapists • Physicians • Chaplains/Clergy
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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: Dr. Alexia Rothman maintains a private practice. She receives compensation as a consultant and receives royalties as an author with Cambridge University Press. Dr. Rothman receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Alexia Rothman is a member of the American Psychological Association, the Georgia Psychological Association, and the National Register of Health Service Psychologists. She serves as a program assistant for IFS Institute trainings.

*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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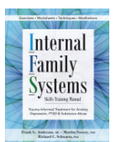
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Recommended Reading:



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.
~~$29.99~~ **$22.99***
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Transcending Trauma
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