

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

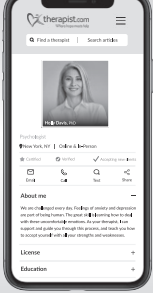
**Step 3: Healing the Traumatic Wound**  
Develop a compassionate, connected relationship with the wounded part  
Witness the pain rather than re-experience it: Learn to be “with,” not “in,” to avoid re-traumatization  
Retrieve the wounded part from “trauma time”  
Release/unburden thoughts, feelings 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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# INTERNAL FAMILY SYSTEMS Therapy

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

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# 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, PhD**

**Live Webinar Schedule**  
(Times listed in Eastern)

**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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# 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, PhD, 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 • Addiction Counselors  
Marriage and Family Therapists • Therapists • Physicians • Chaplains/Clergy  
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## Meet Your Speaker



**Alexia (Lexi) D. Rothman, PhD,** 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 PhD 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 national speaker. Dr. Rothman receives a speaking honorarium and recording royalties from Psychotherapy Networker and PESI, Inc. She has no relevant financial relationships with ineligible organizations.  
Non-financial: Dr. Alexia Rothman is a co-host for Psychotherapy Podcast. She is a member of the American Psychological Association, the Georgia Psychological Association, and the National Register of Health Service Psychologists.


*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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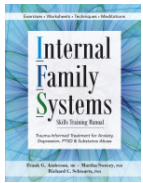
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