Introduction to Internal Family Systems:
Working systemically with the inner parts of the person.

Day One Outline

8:30 am - 9:00 am  Registration
9:00 am - 10:45 am:  Welcome & Introductions

History and Basic Assumptions of IFS
- Exiles, Managers, Firefighters and SELF
- Qualities of Self: 8 C’s.
- Protective nature of the system.
- Positive Intentions of Parts
- All Parts are welcome
- IFS is experiential, it’s about process

10:45 am - 11:00 am  Break

11:00 am - 11:30 am  Insight (versus Direct Access): Going Inside
Brief Meditation for parts awareness
Role of the therapist in IFS, client’s Self in IFS

11:30 am - 12:30 am  Practice: Parts Index Exercise:
Identifying your learning parts  cards/dyads
Special sauce: 3 things to say

12:30 pm - 1:15 pm  Lunch

1:15 pm - 1:45 pm  Self-presentation requires unblending from parts.
- Unblending is about recognizing,
- acknowledging,
- appreciating part
- and requesting space.
- Speaking for, instead of from, parts
Witnessing: Being Present, Curious, Accepting
Not Doing (Efforting) Going slower gets you there faster.
6 F’s: Finding, Feeling, beFriending, Fleshing out, etc.

1:45 pm - 2:45 pm  Demonstration w/Guide: Finding and unblending from parts,
increasing Self-presentation, six F’s
Integration: Review & Discussion

2:45 pm - 3:00 pm  Break

3:00 pm - 4:45 pm  Practice Sessions

4:45 pm - 5:00 pm  Open Space (speaking for our parts)
Integration: Review & Discussion
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Day Two Outline

9:00 am - 9:45 am:   Meditation & Open Space (speaking for our parts)

9:45 am -10:45 pm  Managers & Firefighters:
The protective nature of the system
Dynamics of the three-group system
Direct Access: When the part can’t or won’t unblend
recognizing blended state
typical reasons that parts resist unblending
how to negotiate for space

10:45 am - 11:00 am  Break

11:00 am -12:30 pm  Demonstration: working with managers, resistant parts, direct
access
Integration: Review & Discussion

12:30 pm - 1:15 pm  Lunch

1:15 pm - 2:45 pm   Practice Sessions

2:45 pm - 3:00 pm   Break

3:00 pm – 3:30 pm  Understanding Burdens:
traumatic memories, negative beliefs,
somatic disturbance, extreme habits, reactivity
Closing sessions safely:
Acknowledging and thanking all parts
for cooperation, giving space
Establishing ongoing link to Self for part
Asking for any final important communication by any part
Reorientation, debriefing

3:30 pm – 4:45 pm  Practice Sessions

4:45 pm – 5:00 pm   Open Space (speaking for our parts)
Integration: Review & Discussion
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Day Three Outline

9:00 am - 9:45 am: Meditation & Open Space (speaking for our parts)
Healing: The Final Steps
Retrieval, Unburdening, & Reintegration of Parts
Parts stuck in time, traumatic memories
Safe space/ healing place
Ceremonial v. spontaneous unburdening
Role of the body in unburdening/reintegration
Future projection w/ gifts & resources

9:45 am - 10:45 am: Demonstration:
Retrieval and/or Unburdening & Reintegration

10:45 am - 11:00 am Break

11:00 am –11:30 am Processing of Demonstration
Integration: Review & Discussion

11:30 am –1:30 pm Practice Sessions

1:30 pm –2:30 pm Closing Discussion: Goals of IFS Therapy
• Review/ Next Steps
• Questions & Answers
• Closure Exercise