

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 <ul style="list-style-type: none">• 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-presence requires unblending from parts. <ul style="list-style-type: none">• Unblending is about recognizing,• acknowledging,• appreciating part• and requesting space.• Speaking <u>for</u>, instead of <u>from</u>, 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-presence, 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