

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

Day One Outline Sunday 11/8/20

8:45 am- 10:00 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
10:00 am - 10:30 am	Insight (versus Direct Access): Going Inside Brief Meditation for parts awareness Role of the therapist in IFS, client's Self in IFS
10:30 am - 11:30 am	Practice: Parts Index Exercise: Identifying your learning parts cards/dyads Special sauce: 3 things to say
11:30 am - 11:45 am	Break
11:45 am - 12:30 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.
12:30 pm - 1:30 pm	Demonstration: Finding and unblending from parts, increasing Self-presence, six F's
1:30 pm - 2:00 pm	Integration: Review & Discussion

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Day Two Outline Monday 11/9/20

8:45 am- 10:00 am:	Brief Q&A 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
10:00 am - 11:00 am	Demonstration: working with managers, resistant parts, direct access
11:00 am - 11:30 am	Integration: Review & Discussion
11:30 am - 11:45 am	Break
11:45 am - 1:15 pm	Practice Sessions
1:15 pm – 2:00	Integration: Review & Discussion

Day Three Outline Sunday 11/15/20

8:45 am- 10:00 am:	Brief Q&A 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
10:00 am - 11:00 am	Demonstration:
11:00 am – 11:30 am	Processing of Demonstration Integration: Review & Discussion
11:30 am - 11:45 am	Break

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11:45 am –1:15 pm **Practice Sessions**

1:15 pm –2:00 pm Integration: Review & Discussion

Day Four Outline Monday 11/16/20

8:45 am- 10:00 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

10:00 am - 11:00 am **Demonstration:**
Retrieval and/or Unburdening & Reintegration

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

11:30 am - 11:45 am **Break**

11:45 am –1:15 pm **Practice Sessions**

1:15 pm –2:00 pm Closing Discussion: Goals of IFS Therapy

- Review/ Next Steps
- Questions & Answers
- Closure Exercise