

# Outline

## Internal Family Systems (IFS)

A comprehensive, integrative, non-pathologizing paradigm  
Evolution of the model by Richard Schwartz, PhD  
Understand the inner world of clients, Self and Parts  
Apply inner resources and self-compassion for healing  
Burdens, unburden, shift negative beliefs  
Study limitations: small sample size, no control group  
Clinical considerations for clients experiencing abuse

## IFS STEP-BY-STEP, CONCEPTS AND TECHNIQUES

### Step 1: Identify the Diagnoses & Symptoms

Clinical assessment of target problem  
Map the system  
Identify target part  
Separate the person from the symptom  
Apply meditation skills  
Address fear/concerns  
Become curious  
Find the real story behind the symptom

### Step 2: Gain Access to Internal Strengths & Resources for Healing

Increase understanding and acceptance  
Move from defensiveness to curiosity  
Access compassion to open the pathways toward healing  
Foster “internal attachment” work

### Step 3: Heal the Traumatic Wound

Allow compassion to flow  
Witness the pain vs re-enactment or re-traumatization  
Release and unburden  
Integration

### IFS in Action

Experiential exercises  
Clinical demos  
Practical techniques  
Application in diverse clinical populations

# Objectives

1. Investigate Internal Family Systems (IFS) concepts, steps and techniques to broaden treatment intervention options.
2. Discover how IFS brings a non-pathological perspective of mental health disorders by translating common comorbidities into parts language.
3. Examine the IFS view that client’s symptoms and psychopathology are attempts to solve an emotional problem.
4. View a clinical session to deepen one’s understanding of IFS treatment strategies.
5. Practice clinical interventions to enhance effectiveness in sessions.
6. Consider the benefits of applying IFS to one’s current clinical practice.

## Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (*on your own*)  
**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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A Division of PESI, Inc.

# INTERNAL FAMILY SYSTEMS THERAPY (IFS)

A Revolutionary & Transformative Treatment for Healing PTSD, Anxiety, Depression and More

LAS VEGAS, NV  
October 16, 2019

SALT LAKE CITY, UT  
October 17, 2019

BOISE, ID  
October 18, 2019

LAS VEGAS, NV  
Wednesday  
October 16, 2019

SALT LAKE CITY, UT  
Thursday  
October 17, 2019

BOISE, ID  
Friday  
October 18, 2019

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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# INTERNAL FAMILY THERAPY (IFS)

## A Revolutionary & Transformative Treatment for Healing PTSD, Anxiety, Depression and More

We all know what it is to feel conflicting emotions, “a part of me wants to...and a part of me does not”.

For our clients, this kind of inner emotional conflict can become intense, even debilitating. Why, they wonder, are their relationships unstable? Why are they sometimes enraged and other times too passive? Why do symptoms persist? Can they ever really ‘get over’ traumatic childhood experiences? They may notice a part of them wants to deal with it and another part is hopeless.

Internal Family Systems offers unique, clarifying, and empowering methods for addressing these common clinical concerns. Some models of psychotherapy regard having multiple internal “parts” as pathological. NOT in IFS. IFS views the multiplicity of the mind as normal. Every part has a positive intention and every part has value. All clients can heal. IFS aligns the therapist with the innate wisdom of the client. IFS cultivates compassion.

**IFS is a powerful treatment modality. Once you experience it you will want to incorporate it into your practice.**

In developing IFS 30 years ago, creator Richard Schwartz, Ph.D., realized that clients were describing experiences with various conflicting roles and extreme behaviors within themselves. He noticed that when parts felt heard and safe and had their concerns addressed, clients became calm and less reactive. They could begin to make different and better decisions. IFS therapy helps clients to find safe ways to connect to early childhood emotions, to transform negative beliefs, to feel grounded in their true self, and to achieve lasting change in their lives.

**IFS has established a legacy of effectiveness in successfully treating many mental health issues and is being heralded as the treatment that all clinicians should know in order to treat clients more effectively (van der Kolk 2015).**

Join Jory Agate, LMHC, MDiv, MA, Certified IFS trainer, for this transformational training day. Learn all that IFS therapy can do for you and your clients.

This training is rich with teachings, videos, experiential exercises, and mini-demos. It will offer you proven techniques to immediately apply in your clinical practice!

## Speaker

**Jory Agate, LMHC, MDiv, MA,** is both a certified IFS therapist and IFS assistant trainer.

Jory has been a student of IFS for over 10 years and has logged thousands of hours with a wide variety of patient populations. As an assistant trainer for the Center for Self Leadership (CSL), the IFS organization founded by IFS creator Richard Schwartz, PhD, Jory presents IFS workshops around the country and abroad. She maintains a long affiliation with CSL and their passion to educate mental health professionals worldwide.

She has successfully used IFS principles in a variety of cases and understands the real-world application of this effective treatment modality. As a speaker, Jory offers a unique blend of technical understanding of theory and clinical expertise, providing learners with comprehensive knowledge of the IFS approach.

Her private practice is located Cambridge, MA where she specializes in working with trauma, attachment, families, couples, sexuality and identity, and parenting. She received her counseling degree from Lesley University, Cambridge, MA. Previously, she had a 20-year career in Unitarian Universalist ministry.

Speaker Disclosures:  
Financial: Jory Agate is in private practice. She receives an honorarium from the Center for Self Leadership. Ms. Agate receives a speaking honorarium from PESI, Inc.  
Non-financial: Jory Agate has no relevant non-financial relationship to disclose.

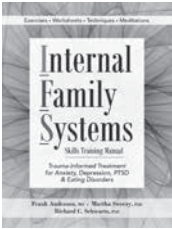
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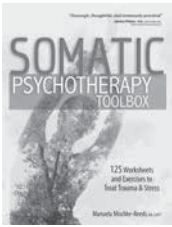
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**Internal Family Systems Skills Training Manual**  
*Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse*  
By Frank G. Anderson, M.D., Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.

A revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach -- rooted in neuroscience – the IFS model applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers straight-forward explanations and illustrates a wide variety of applications, including step-by-step techniques, annotated case examples, unique meditations and downloadable exercises, worksheets.



**Somatic Psychotherapy Toolbox**  
*125 Worksheets and Exercises to Treat Trauma & Stress*

By Manuela Mischke-Reeds, MA, MFT

From over 25 years of clinical experience, Manuela Mischke- Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.

### Target Audience

Counselors • Social Workers • Psychologists • Addiction Counselors • Marriage and Family Therapists  
Therapists • Other Professionals Who Work within the Mental Health Fields

### Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**ADDITION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**ARIZONA COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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**NEVADA COUNSELORS:** This program has been submitted to the State of Nevada Board of Examiners for Marriage and Family Therapists for review. Credit is pending.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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**PSYCHOLOGISTS:** This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

**ARIZONA PSYCHOLOGISTS:** This activity consists of 380 minutes of continuing education instruction and is designed to meet the requirements of the Arizona Board of Psychologist Examiners. Please save the course outline, certificate of completion, and any other supporting documentation you receive from this live activity in case it is requested by the board.

**OREGON PSYCHOLOGISTS:** This live activity consists of 380 minutes of continuing education instruction and is designed to meet the requirements of the Oregon Board of Psychology. Please save the course outline, certificate of completion, and any other supporting documentation you receive from this live activity in case it is requested by the board.

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**SOCIAL WORKERS:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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### 3 Check tuition:

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