

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

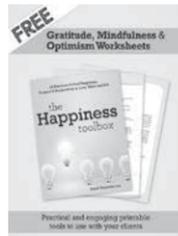
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.



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INTERNAL FAMILY SYSTEMS THERAPY (IFS)

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

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Wednesday
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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.

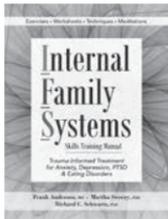
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Internal Family Systems Skills Training Manual

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 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.

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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.

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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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• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

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