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

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FAMILY

SYSTEMS

PLAINVIEW, NY

THERAPY (IFS)

PTSD, Anxiety, Depression and More

A Revolutionary & Transformative Treatment for Healing

INTERNAL

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.



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7:30 Registration/Morning Coffee & Tea

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.

Live Seminar Schedule

8:00 Program begins

Thursday, October 24, 2019

MANHATTAN, NY

Friday, October 25, 2019



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

Featuring Certified IFS Therapist and Trainer, Frances D. Booth, LICSW

> 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 are 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 Fran Booth, LICSW, IFS Trainer and colleague of Dr. Richard Schwartz, 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 • • • • •











Frances D. Booth, LICSW, is a certified IFS therapist and trainer with over 40 years of direct clinical experience in a wide variety of settings. As a national and international IFS trainer, she collaborates with Dr. Richard Schwartz, founder of Internal Family Systems, to bring IFS and Self-leadership to diverse populations worldwide.

Fran's clinical specialties are: trauma, anxiety, depression, cancer and medical concerns, eating disorders, and attachment disorders. She has successfully integrated IFS principles into her practice and she consults widely to clinicians on using IFS. She brings to this workshop a depth of experience for integrating IFS into practice. A dynamic, engaging speaker, Fran's unique blend of theoretical understanding and clinical expertise will provide a solid IFS foundation.

Fran graduated from Cornell University and Simmons School for Social Work and has held faculty positions at Smith College School for Social Work, Tufts Medical School and William James College Speaker Disclosures

Financial: Frances Booth is in private practice. She receives a speaking honorarium from PESI, Inc. Non-financial: Frances Booth is a member of the National Association of Social Workers.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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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



IFS Internal Family Systems Therapy New Dimensions

By Martha Sweezy, PhD & Ellen L. Ziskind, LICSW

nternal family systems therapy, or IFS, is one of the fastest growing models of psychotherapy today. *Internal* Family Systems Therapy builds on Richard Schwartz's foundational introductory texts, illustrating how the IFS protocol can be applied to a variety of therapy modalities and patient populations. Each chapter provides clear, practical guidance and clinical illustrations. While addressing questions from therapists who are exploring the model or wonder about its applicability, Internal Family Systems Therapy is also essential reading for knowledgeable IFS clinicians



101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward

By Linda Curran, BCPC, LPC, CAC-D, CCDPD

Over 100 approaches to effectively deal with trauma, this workbook pulls tools and techniques drawn from the most effective trauma modalities -- all into one concise resource. CBT, DBT, EFT, EMDR, energy psychology, guided imagery, mindfulness, psychodrama, art therapy, movement therapies and more. Equally useful in both group and

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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 cepesilepsei.com or 800-844-826 before the event.

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NEW YORK ADDICTION PROFESSIONALS: This course has been submitted to OASAS

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NEW JERSEY SOCIAL WORKERS: Internal Family Systems Therapy (IFS): A Revolutionary & Transformative, Course #1738, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESI, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 02/08/2018 - 02/08/2020. Social workers completing this course receive 6.25 . Clinical Social Work Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance

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QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

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