

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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for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

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INTERNAL FAMILY SYSTEMS THERAPY (IFS)

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

PALO ALTO, CA
November 4, 2019

SAN JOSE, CA
November 5, 2019

OAKLAND, CA
November 6, 2019

INTERNAL FAMILY SYSTEMS THERAPY (IFS)

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

Featuring Certified IFS Therapist and Trainer
Jory Agate, LMHC, MDiv, MA

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.

PALO ALTO, CA
Monday
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Tuesday
November 5, 2019

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Wednesday
November 6, 2019

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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.

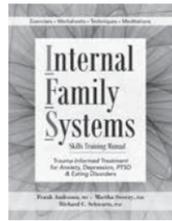
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Internal Family Systems Skills Training Manual

Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

By Frank G. Anderson, M.D., Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.

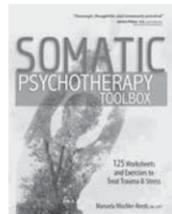
A revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach -- rooted in neuroscience – the IFS model applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers 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

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CALIFORNIA COUNSELORS : The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licenses/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 6.0 clock hours of continuing education instruction.

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- \$34.99* Somatic Psychotherapy Toolbox** book

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