

# 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**

**PALO ALTO, CA**  
November 4, 2019

**SAN JOSE, CA**  
November 5, 2019

**OAKLAND, CA**  
November 6, 2019

**PALO ALTO, CA**  
Monday  
November 4, 2019

**SAN JOSE, CA**  
Tuesday  
November 5, 2019

**OAKLAND, CA**  
Wednesday  
November 6, 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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The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Emily Krumenauer at [ekrumenauer@pesi.com](mailto:ekrumenauer@pesi.com) or call 715-855-8167.



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

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.

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

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).

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!

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

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.

Non-financial: Jory Agate has no relevant non-financial relationship to disclose.



**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs 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](http://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

**Internal Family Systems**  
Skills Training Manual  
Therapeutic Treatment for Anxiety, Depression, PTSD & Eating Disorders  
Frank Anderson, M.D. & Martha Mennin, M.D.  
Richard C. Seligman, M.D.

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

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.

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

**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.

SD, anxiety, depression, substance abuse, eating  
 nologizing, accelerated approach -- rooted in  
 inner resources and self-compassion for healing  
 new manual offers straight-forward explanations and  
 ns, including step-by-step techniques, annotated  
 and downloadable exercises, worksheets.

## **Ibox**

### *Treat Trauma & Stress*

ience, Manuela Mischke- Reeds, MA, LMFT, has  
tal health therapists who want to incorporate  
practice. Highly-effective for clients dealing with  
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