

## FRIDAY, NOVEMBER 11

### FRIDAY @ a Glance ...

#### LifeForce Yoga

6:30 a.m. - 7:30 a.m., South County, 3rd Floor

#### Registration and Continental Breakfast

7:00 a.m. - 8:00 a.m.

Narragansett Ballroom, 1st Floor

#### Welcome to IFS 2016 Plenary

8:00 a.m. - 9:45 a.m.

Narragansett Ballroom, 1st Floor

#### Workshops: Session 1 (#101-111)

10:00 a.m. - 1:00 p.m.

#### Lunch Buffet

1:00 p.m. - 2:30 p.m.

Narragansett Ballroom, 1st Floor

#### Workshops: Session 2 (#201-210)

2:30 p.m. - 5:30 p.m.

#### LifeForce Yoga Meditation

6:00 p.m. - 6:30 p.m., South County, 3rd Floor

#### IFS Sangha Experience

6:00 p.m. - 7:00 p.m., Location TBD

#### IFS CONFERENCE DANCE PART-Y!

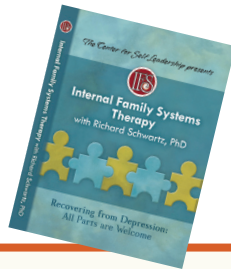
8:00 p.m. - 10:00 p.m.

Narragansett Ballroom 1st Floor

### IFS Conference Bookstore Hours

9:30 a.m. - 6:30 p.m.

Executive Boardroom,  
3rd Floor



### LifeForce Yoga to Manage Mood: *All Parts Are Welcome!*

Laura Orth, LICSW, KYT, and LifeForce Yoga Mentor will lead a gentle morning yoga practice designed to create a compassionate container for all your parts. Come together for a sweet hour of breath, sound, and accessible postures and begin the day feeling refreshed and connected to Self.

6:30 - 7:30 a.m.

South County Meeting Room, 3rd Floor

### LifeForce Yoga Meditation: *30 Minutes of Rest, Relaxation, and Rejuvenation*

Practice yogic meditation techniques that help the mind move into mindfulness even in the midst of distress. This nondual meditation will incorporate ancient yogic strategies including mudra (hand positions), mantra, and pranayama breathing to give the “busy mind a bone,” reestablishing your equanimity and focus. These techniques are especially useful in clearing the mental chaos that often accompanies anxiety and depression. You’ll experience more somatic vitality, clarity of mind, and a sensing back to Self.

6:00 - 6:30 p.m.

South County Meeting Room, 3rd Floor

## IFS Conference Dance Part-Y



Join us for a few hours of music, dance and good people!

❖ *All Parts Welcome* ❖

8:00 - 10:00 p.m.

Narragansett Ballroom, 1st Floor

## Welcome to IFS 2016!

### Plenary Session

8:00 a.m. - 9:45 a.m.



#### Welcome

Jon Schwartz, MEd

Executive Director, The Center for Self Leadership

#### Foundation for Self Leadership: What's Next for IFS?

Presented by members of the Foundation for Self Leadership Board

#### All Parts Are Welcome: A Work in Progress

Richard Schwartz, PhD

Founder of the Internal Family Systems Model

If we were all fully Self-led, all parts and people would be welcome. One quality of Self is connectedness—not only the desire to connect, but the in-our-bones knowledge that we are all connected, so when one of us suffers, we all suffer. The problem is that we all have burdened parts who shrink our circle of caring to those who are like us in some way and judge those who aren't. While IFS helps us expand that circle, most of us are still challenged, for example, when it comes to groups that we think are creating injustice in the world.

In this year's opening plenary session, Dick Schwartz explores the nature of "all parts are welcome" and invites us to explore the parts of us that keep our hearts closed to those we judge, whether clients, members of the IFS community, family members, or political figures. We might also find that we have exiled the parts of us that resemble those people. Then, if with the clarity of Self, we see that others are indeed creating harm, what does it look like to challenge them from this connected sense of Self? Also, are we willing to examine our own blind spots where we might also be causing harm? Together we will explore this year's conference theme "All Parts Are Welcome?"

## Full-Day Workshops

10:00 a.m. - 5:30 p.m.



#### 101 Intimacy from the Inside Out: Broadening the Perspective

Michele Bograd, PhD, Pamela Geib, PhD, Nancy Wonder, PhD, and Toni Herbine-Blank, MS, RN, CS-P

Intimacy from the Inside Out, drawn directly from IFS, offers couples many tools to change and deepen their relationship. In this workshop, we will explore what makes IFIO unique and the ever-important notion that understanding one's own inner landscape is what makes a powerful and competent couples therapist. We will look at how conflict between individuals can become a resource for their relationship and why unblending to affect regulation helps partners change their conversations and ultimately their relationship.

#### Part 1: What's Love Got to Do with It?

Michele Bograd PhD

As IFIO couples therapists guide clients to find safer and deeper love, we too are on our own lifelong journey of learning to love. Through those journeys, our parts often develop strong ideas about what love can be and how to achieve it. Our parts also carry burdens from the wounds, unmet longings, failures, shame, betrayals, and losses from our intimate relationships past and present. These burdens can limit our Self energy as IFIO therapists and restrict our creative horizons. These dynamics are simultaneously occurring in the couples we treat. We will work with our own parts utilizing protocols from IFIO, including but not limited to shame and differentiation. We will also demonstrate how to help couples speak for these parts through the use of IFIO courageous communication.

#### Part 2: Sandpapering: Helping Couples Claim the Growth That Comes from the Irritation of Being Together

Pamela Geib PhD

Although no couple or partner enters therapy because they are glad that their partner is upsetting them, clients can be helped to be grateful for the particular match they have made. The therapist can assist them in exploring the wisdom of their own "perfect storm." This presentation will show how, at all stages of the work, this perspective can strengthen the energy of the U-turn—helping each partner become curious about what he or she can learn. Therapists who hold this perspective will assist clients to generate positive regard for the opportunity provided by their partner's difficult behaviors.

#### Part 3: Keeping Individual Work in Couples Therapy Safe

Nancy Wonder PhD

Intimacy from the Inside Out facilitates deep healing work in the presence of a partner in order to enhance Self energy, empathy, and healing of the relationship. This intervention makes IFIO unique from other couple therapy models. In part 3, workshop participants will learn how the therapist engages the witnessing partner and begins to facilitate individual work in a safe triangle.

#### Part 4: Change Your Conversation, Change Your Relationship

Toni Herbine-Blank MSN

This workshop will explore how a couples therapist knows when the timing is right to challenge protectors to remain unblended and allow couples to consciously change their conversations. We will explore how to help each individual unblend to a state of optimal regulation, understand the fiction in their story of their protectors, and speak responsibly letting go of shaming, blaming statements.

*Track: Couples, Family, Parenting & Children  
Level: Introductory to Advanced*

**Full-Day Workshops Offer**

✧ 6 CE Hours ✧

### 102 The Sacred Journey: Psychotherapy and Beyond

Chris Burris, LPC, LMFT

This workshop will guide and support participants toward a safe inquiry into where they currently land on the continuum between personal growth and compassionate contribution to the world. We will pay particular attention to the role of our parts wherever we are on that continuum. We believe it is the “next step” in the process of self-discovery.

**Track:** *IFS Beyond Psychotherapy*  
**Level:** *Intermediate to Advanced*

### 103 Intention and Transformation: IFS, Guides, and the Power of the Circle

Linda Vallee, LCSW, Edward Yeats PhD, Percy Ballard, MD, and Whitney Thompson, MSMFT

This experiential workshop will be an exploration of the use of intention, the IFS Model, Guides, and the power of the Circle to promote personal healing and transformation. Participants will come with an intention for significant change in their lives for which they desire spiritual help. Through a series of guided inner journeys, group rituals, reflective exercises, ceremony, and song, we will cocreate a Circle of Self Energy. With the caring support of the Circle, we will encounter our Guides, befriend parts who have needed to hold back change, and have the opportunity to help them release the burdens they carry. This will be accomplished in a voluntary atmosphere of creativity, humor, safety, and support. While most of the experience will be internal, participants will have the opportunity for voluntary self-expression. In this way, privacy will be respected while each step of the process is witnessed and supported by the Circle. This program is intended for those who feel some confidence in working with their own parts. The workshop leaders will reach out in advance to participants with guidance regarding how to prepare for this experience. Early registration is encouraged to assure your place in the Circle and give you time to prepare.

**Track:** *IFS Beyond Psychotherapy*  
**Level:** *Advanced*

## Workshop Session 1

10:00 a.m. - 1:00 p.m.

### 104 Treatment of Phobias and Anxiety Attacks

Michael Elkin, LMFT

Phobias and anxiety attacks can have a crippling effect on clients' lives, and phobic reactions are much more prevalent than most people believe. This workshop will teach how to detect a wide range of phobic responses and how to quickly and permanently cure them.

**Track:** *Mind, Body & Spirit*  
**Level:** *All Levels Welcome*



### 105 Improvisation: The Art of the Moment

Daena Giardella, MLA

This unique experiential workshop, specially designed for the IFS community, offers an opportunity to learn and practice the skills of improvisation to expand your repertoire of creative choices and gain greater access to your passion, confidence, and spontaneity, both personally and professionally. You'll develop your ability to get into the moment, take risks, express yourself freely, listen, and respond to others with generosity. Daena helps participants explore the cast of inner and outer characters who emerge through dynamic improvisational movement, scenes, monologues, and music. From an IFS perspective, the skills of improvisation offer the therapist a rich experience of navigating, exploring, and embodying in a three-dimensional way the various parts that arise as you improvise. The practice of improvisation cultivates freedom and trust, and opens greater access to Self for all the parts. Daena's workshops provide a safe and supportive container for you to discover new dimensions of yourself. Be assured of plenty of fun and humor, too!

**Track:** *Mind, Body & Spirit*  
**Level:** *All Levels Welcome*

### 106 Unblending at the Table and in the Bedroom: How an Eating Disorder Can Mirror a Disordered Relationship with Sex

Katie Thompson, LPC, NCC, CEDS

This workshop will explore the correlations between disorders with food and the body and disorders with sex and the body and how these two overlap. How are parts systems similar and different in these two scenarios? This workshop will present anecdotal information, case studies, and interventions.

**Track:** *Addiction*  
**Level:** *All Levels Welcome*

### 107 Helping Your Clients to Unblend: Creative Strategies and Exercises That Work

Gail Tomala, MA, PhD, LMFT & Kimberly O'Connor, LMFT

This workshop introduces several different creative ways to assist clients in the interesting and enlightening process of unblending. Client video clips, journal entries, letters, and drawings demonstrating parts work and Self-led energy will be combined with participant role-play, drawings, work with manipulatives, and brief written exercises.

IFS therapists and professionals new to the IFS Model will leave with multiple strategies for assisting clients in externalizing their parts in order to gain a perspective on their role, purpose, and positive intent. In the process, participants will gently experience some of their own parts and tap into their Self energy.

Conceptually, this workshop emphasizes helping clients learn about their protective parts, access their Self Energy, and be gently introduced to their Exiles. All exercises introduced are adaptable for adults, couples, families, and children.

**Track:** *Couples, Family, Parenting & Children*  
**Level:** *All Levels Welcome*

**108** Compassionate Mediation® and Self-Led Divorce®—A New Paradigm for Conflict Resolution to Help Change the Face of Divorce, One Heart at a Time

Linda Kroll, JD, LCPC

Techniques for offering Compassionate Mediation® will be taught, as well as scripts for discussing all relevant issues—financial, emotional, legal, sexual, and parental. You and your clients will be able to heal and transform all of your relationships with Self-leadership. The process is helpful for all couples in conflict and offers a demo initial interview that instills Self energy in both parties in the first session. Attendees will learn how to help individuals and couples heal burdens from the past, let go of limiting beliefs, connect to their spiritual source, and relate from their highest and best Self. Love is always the answer—but it starts with loving your Self.

*Track: Couples, Family, Parenting & Children  
Level: All Levels Welcome*

**109** The Power of Play: The Application of IFS to Working with Children Utilizing Play Therapy and Sand Tray

Leslie Petruk, LPCS, NCC, BCC

Play therapy is a developmentally appropriate modality for working with children that is directly in line with the basic ideology of IFS. Play therapy theory postulates that children have an inherent drive toward health and that healing can/ will occur in the context of an environment of unconditional positive regard (Self), a trusting relationship, and a developmentally appropriate setting. By utilizing play—the natural mechanism for a child’s language where the toys are considered their words—children will naturally express and communicate their inner world. This workshop will present the basic theoretical tenets of play therapy and sand tray, how to set up a play therapy room, how to conduct play therapy sessions, and the stages of therapy using an IFS perspective. The skills and strategies to identify, witness, and unburden a child’s parts will be taught using experiential and interactive methods and exercises. The goals of (mis)behavior will be explored and viewed from a developmental and protective perspective. Participants will learn how to set up a playroom, build and establish a safe and trusting relationship with a child, introduce the child to the playroom/play therapy, and build and maintain the therapeutic relationship. They will also learn the stages of the play therapy process through an IFS paradigm and will learn how to enter the world of a child utilizing the child’s language of play as the process of helping a child identify, witness, unburden, and heal his or her parts. Employing the therapist’s parts as a guide and therapeutic tool in the playroom will also be explored and practiced.

*Track: Couples, Family, Parenting & Children  
Level: Intermediate to Advanced*

**110** A Tool Kit for Program Assistants

Carol Graybeal, LCSW and Joy Shivas, LCSW, MSW

Ever feel as though you have been asked to do or teach something you feel intuitively or from experience how to do, but have little confidence to actually teach it? This is often the experience of CSL’s program assistants, who are essential to the learning of students in the IFS trainings because you have so much time with them in home groups and triad practices. In addition, students model themselves based on their observation of PAs. This workshop is a tool kit for being a good PA. It answers your specific questions and offers ideas for leading home groups and triad practices as well as learning more about your own parts. This will be a very experiential workshop so you can get a realistic feel for the varied roles of PAs.

This workshop is a great opportunity for those interested in becoming a PA as well as those who have already been a PA and want to deepen their knowledge and expertise. The Center for Self Leadership invites all of our PAs and those interested in becoming a PA to take part in this session. The workshop offers an opportunity to build working relationships among PAs that will benefit you as well your trainings.


*Track: IFS Beyond Psychotherapy  
Level: All Levels Welcome*

**111** Treating the Cycle of Self-Destructive Behaviors: Working Collaboratively with Parts

Lisa Ferentz, LCSW-C, DAPA

In this workshop, we’ll explore the function of exiles, managers, and firefighters in self-destructive behaviors including eating disorders, addictions, and acts of self-harm. We will then process a cycle of self-harm that incorporates parts’ responses to triggers, negative affect and cognitions, anxiety, dissociation, and shaming. Participants will learn a variety of creative and effective treatment strategies designed to increase internal safety, promote communication between parts, and help clients self-soothe in healthier ways so self-destructive behaviors are eventually extinguished. Artwork, collaging, breath work, guided imagery, and journaling exercises will be explored. We will also discuss how to avoid the power struggles and increased self-harm that often accompany ineffective “safety contracts” by processing a more effective, alternative contract, called CARESS. Clinical case examples, clients’ writings, and powerful artwork will be incorporated into the workshop.

*Track: Trauma  
Level: All Levels Welcome*



**FOUNDATION** for  
**SELF LEADERSHIP**  
*Supporting IFS Research, Training & Advocacy*

**Foundation’s Silent Auction**

*Grand Opening!*

Visit us in the Narragansett Ballroom Foyer

## Workshop Session 2

2:30 p.m. - 5:30 p.m.



### **201** The Spirit-Led Life: A Christian Encounter with IFS

Mary Steege, MDiv, LMFT

A Spirit-Led Life is a life lived in relationship with the spiritual dimension that exists in us, around us, and beyond us. As a life approach, it calls for ongoing conversation and discernment, listening at a deep level for the life that wants to live in us. It inevitably brings us face to face with our own fears, limiting beliefs, and burdens. Ultimately, it takes us where we need to go and brings us into experiences of healing and liberation, internally and externally.

For Christians, a Spirit-Led Life is lived in relationship with the person, preaching, and presence of Jesus. We seek to more fully embody the Holy Spirit and become the hands and feet and heart of Christ in the world. IFS helps us form a new relationship with our humanity consistent with a theology of incarnation. It develops our capacity for spiritual discernment and connection with the Larger Self that we know as God. IFS gives us a framework for welcoming home the exile, liberating the oppressed, comforting the afflicted, and manifesting the Kingdom of God. In this workshop, we will consider the ways in which IFS is congruent with Christian spirituality and theology as we compare and contrast key features of IFS and Christianity. We'll discuss its application in addressing polarized systems, developing leadership, effecting reconciliation, and facilitating community. We will explore clusters of parts often associated with the Christian tradition, including defenders of the faith, spiritualizing parts, those that judge, and those that suffer from religious wounding.

Participants can expect clear presentation of material and open conversation. Participants will come away with more clarity about the subject matter and, most important, a sense of how they can use the Model in their personal lives of faith and within their respective communities of faith.

*Track: Mind, Body & Spirit*

*Level: Intermediate to Advanced*

### **202** IFS Group Psychotherapy: The Next Generation in Process-Oriented Groups

Sue Richmond, LCSW

Whether you work for an agency or are in private practice, group psychotherapy can be a powerful tool for healing. This workshop will show how to use the IFS Model in a group setting. Many groups today use manualized treatment protocols and focus primarily on psychoeducation. IFS group therapy is the next generation of process-oriented groups. As group members begin to develop an inner relationship with their parts, long-held beliefs and thought patterns begin to shift, which

inspires participants to make healthy behavioral changes. In this workshop, you will learn how to introduce members to the concept of Self and parts, how to teach group members to speak for their parts and give Self-led feedback, and how to create a safe space where members can hold Self energy for others while witnessing a part tell its story or unburden its pain. You will learn how to facilitate group cohesion by introducing members to a common language and group format, which can be applied to both closed and open-access groups. Through both didactic and experiential learning, this workshop will help instill confidence in clinicians who would like to apply the IFS Model to a group format.

*Track: Trauma*

*Level: Intermediate to Advanced*

### **203** Using IFS to Skillfully Respond to the News of Global Climate Change: Nurturing Our Nascent Action-Taking Parts

Stephanie Barbee, LICSW

Global climate change is now understood to be a real threat to life on Earth. Ninety-seven percent of the world's climate experts agree that carbon-based human activity is causing a rapid and irreversible warming of the planet, with likely increase in storms and droughts, a melting of polar ice caps, species loss, sea level rise, food insecurity, widespread human displacement, disease, conflict, ocean acidification, and coral reef death. Pretty grim news, with impacts on the most vulnerable among us: inhabitants of the global south, poor people, and people of color. This presenter, a longtime IFS therapist, a Pacific Crest Trail "through hiker," part-time bicycle commuter, and climate "kayaktivist," aims to offer further encouragement to those who want to discover their own best ways to respond to the global crisis.

Grief and distraction are natural responses to the news, as are fear, denial, and dissociation. Most days, it is hard to keep our own lives on track. How then can we make sense of and respond to such news? What can we do to prevent further trauma to our living world? What meaningful actions can we take? What do our action-taking parts need in order to respond wholeheartedly and skillfully? What are the hidden gifts in rising to the challenge? As IFS therapists, how can we best support our clients who come in struggling with these questions?

In this workshop, we will use IFS to explore these questions and focus on getting to know our action-taking parts. We will come away with inspiration and encouragement from each other, from nature, from Self. Joining the climate justice movement in any capacity means connecting to something larger than ourselves and feeling more alive, more wild, more creative and courageous. IFS will help us and help our clients grapple with the news and develop our own authentic responses.

*Track: IFS Beyond Psychotherapy*

*Level: Intermediate to Advanced*

## 204 When Heroin Addiction Meets IFS

Tom McLure, MA

The ecology and set of therapeutic components involved in addiction treatment are diverse and complex, depending upon each patient and family system. This workshop will consciously (1) unravel several of the bio-psycho-social-spiritual strands that typically bind a person in heroin addiction, (2) review elements that frequently appear in the treatment of heroin addiction, (3) consider IFS as an “active ingredient” in effective therapy for the heroin addict, and (4) review “methods of administration” of IFS therapy to the addict who is in recovery (individual, group, couples, or family counseling).

**Track: Addiction**

**Level: Intermediate to Advanced**

## 205 IFS with Military Veterans and Their Families: Serving Those Who Served

Sharon Cooper, PhD and Kim Corey, PhD

There are close to 24 million veterans in the United States, including 5 million from the Afghanistan and Iraq Wars alone. Readjustment to civilian life can be difficult. The most common mental health issues reported by returning veterans are symptoms of post-traumatic stress disorder, anxiety, and depression. Veterans are seeking mental health treatment not only from VA medical centers and vet centers, but also from therapists in their local communities. When treating veterans, it is helpful to understand something about their experience. This workshop will introduce participants to military structure and culture, discuss protector parts that get reinforced by military training, and show a case example of how IFS can be used to treat veterans with trauma. Through didactic discussion and film clips, participants will learn how to identify managers, firefighters, and exiles that are commonly reported by veterans, learn common adjustment issues veterans experience after returning to civilian life, and explore the impact that military service has on families. Through an experiential exercise, we will also explore therapist parts that come up when working with veterans and their families.

**Track: Trauma**

**Level: All Levels Welcome**

## 206 An IFS-Informed Approach to Engaging People with Dementia

Lisa Berzins, PhD

An estimated 5.3 million Americans of all ages had Alzheimer’s disease in 2015. The number of Americans with Alzheimer’s disease and other dementias will grow each year as the size and proportion of the U.S. population age 65 and older continue to increase. By 2025, the number of people age 65 and older with Alzheimer’s is estimated to reach 7.1 million—a 40 percent increase from the 5.1 million age 65 and older affected in 2015 barring the development of medical breakthroughs to prevent or cure the disease.

Whereas the medical model focuses on etiology, prevalence, symptoms and treatments, the salutogenic model focuses on how people comprehend, manage, and make meaning of

their lives, even when faced with serious health issues. One of the most devastating aspects of dementia is the loss of connection to other people and to self. IFS offers a unique and individualized approach to engaging people with dementia by harnessing Self energy and liberating traumatized parts.

This presentation was inspired by my parents. My father, Henry Oppenheim, a clinical psychologist, was diagnosed with dementia in 1999 and passed away in 2013. My 87-year-old mother, Adele Oppenheim, is a clinical social worker who is just now winding down her private practice. When told about my father’s dementia, people would typically respond with sympathy. The reality was that my mother’s use of IFS principles in her interactions with my father fostered growth in their relationship and enabled him to acknowledge exiles and protectors who remained hidden before the onset of dementia. Since she knew all of his parts so well, she could tap into his imaginative world, keeping him engaged and connected to life outside the nursing home.

Participants will see a video that includes the witnessing of a child part seeking redemption from his frightening grandfather and whose managers had kept at bay prior to the onset of dementia. Excerpts from real and imagined parts’ interactions will also be shared, along with video demonstrating how to utilize music to access parts and increase Self-leadership.

**Track: Mind, Body & Spirit**

**Level: All Levels Welcome**

## 207 IFS in Action: Unbending at the Table and Addressing Feared Stimuli in Eating Disorders, Anxiety Disorders, Trauma, and Other Addictions

Katie Thompson, LPC, NCC and Erin McGinty, LPC, NCC

Take your interventions for eating disorders, anxiety disorders, trauma, and other addictions to the next level of action and intervention. In this workshop, clinicians will learn hands-on skills and interventions to address the often daunting task of helping a client create a new relationship with food, feared triggers, and traumatic memories. This workshop will take clinicians beyond the traditional IFS interactions that take place in the office to interactions at the table, in the dressing room, and all the places and situations that clients have been habitually avoiding. Participants will learn how to create encompassing healing in clients struggling with these complex parts of Self.

**Track: Addiction**

**Level: All Levels Welcome**



**FOUNDATION for SELF LEADERSHIP**  
Supporting IFS Research, Training & Advocacy

**Sign up for a Foundation Interest Group**  
Topic: IFS & Academia  
@ Friday’s Lunch  
Jenn Matheson, PhD, LMFT  
*Stop by the 3rd Floor Info Table to sign up!*

### 208 Misery or Mastery: Documenting Medical Necessity for the IFS Therapist

Beth Rontal, LICSW

IFS clinicians tend to be seasoned professionals who provide high-quality therapy but feel at the mercy of insurance companies as they struggle with authorizations and issues of confidentiality. Parts that feel resentful and powerless can overwhelm their ability to describe what they do and how they do it in a way that honestly reflects their work and justifies medical necessity so that insurance companies authorize continued treatment. Effective documentation organizes clinical thinking so that writing notes and treatment plans can be done quickly and efficiently—and is a contribution to high-quality clinical work rather than a detour. This information-packed workshop will help the IFS therapist master the documentation process by learning key points in writing session notes and treatment plans using insurance-friendly language. In so doing, the documentation process is simplified, medical necessity is justified, authorization are easy, and audits are passed without compromising the confidentiality of the client and in a way that represents the good work of an IFS therapist.

**Track: IFS Beyond Psychotherapy**  
**Level: All Levels Welcome**

### 209 A Duet: Weaving IFS and Authentic Movement in Clinical Practice

Susan Cahill, LCPC, BC-DMT

The presenter will identify how IFS and Authentic Movement(AM) complement each other and can be combined to offer healing and Self-leadership in a clinical practice. In addition, the workshop will offer examples of how neuroscience is currently supporting the effectiveness of body-centered approaches in developing a sense of agency, a term used by Bessel van der Kolk for “the feeling of being in charge of one’s life.” We will look at how IFS and AM both foster the leadership of Self and the exploration of parts in the therapeutic setting.

Participants will explore the ritual practice of AM and ways to use parts of the practice with clients when appropriate.

**Track: Mind, Body & Spirit**  
**Level: All Levels Welcome**



**New to the IFS Conference!**



**FREE WIFI**  
in all workshop spaces

**Password: IFS2016**

### 210 Embodying the Model: Intimately Knowing Your Own System Clears the Way for You (Self) to Help Clients Heal and Know Their Own

Michelle Glass, BA

As IFS practitioners and therapists, we come to intimately know our clients’ systems and assist them in becoming more Self-led. How intimately do we know our own systems, and how Self-led are we? The key to being a great IFS practitioner or therapist resides in our parts trusting us (our Selves). When they fully trust us and are unburdened, they more readily and preemptively step aside while we are in session with clients. To the extent that our own house is in order, we can effectively help our clients create order in their houses.

In this workshop, you will learn how to embody IFS more fully by developing intimate relationships with your parts through mapping, cataloguing, and externalizing your parts and developing a Daily Parts Meditation Practice®, all of which deepen your ability to be Self-led. These tools become a natural extension to be used during sessions with clients (mapping and cataloguing their systems) and that clients can be encouraged to use as well.

*\*Prerequisite: Participants should have at least 5-8 of their own parts they have worked with before, preferably some unburdened.*

**Track: Mind, Body & Spirit**  
**Level: Intermediate to Advanced**



### IFS Sangha Experiential: Practicing the Art of Self and Part

Sallie E. Ingle, MA, LPC-S; Wende C. Birtch, MA, MS, LMHC, RYT; Michael Searles, MS, LPC; and Katie Winikates, PsyD

Welcome your Self and all your parts to a calming hour of community connection. Join us for an opportunity to slow down, listen, and be witnessed in a gently structured, Self-led, safe environment. Discover what the day has held for you and all your parts. Connect with Self and share the deep empowerment of creating Self-led community.

**6:00-7:00 p.m.**  
**Location TBD**