

**SATURDAY, NOVEMBER 12**

**SATURDAY @ a Glance ...**

**Yoga with Diana Cullum Dugan**  
7:00 - 8:00 a.m., South County, 3rd Floor

**Registration and Continental Breakfast**  
7:00 - 8:00 a.m.  
Narragansett Ballroom, 1st Floor

**Plenary Session**  
8:00 - 9:45 a.m.  
Narragansett Ballroom, 1st Floor

**Workshops: Session 3 (#301-313)**  
10:00 a.m. - 1:00 p.m.

**Lunch Buffet**  
1:00 - 2:30 p.m.  
Narragansett Ballroom, 1st Floor

**Workshops: Session 4 (#401-410)**  
2:30 - 5:30 p.m.

**Book Signing Event!**  
5:45 - 6:30 p.m., Narragansett Ballroom Foyer

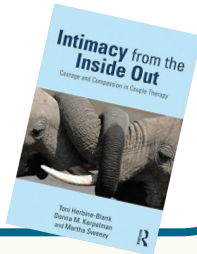
**Evening Yoga with Diana Cullum-Dugan**  
6:15 - 7:15 p.m., South County, 3rd Floor

**IFS Sangha Experience**  
6:00 - 7:00 p.m., Location TBD

**IFS Artists & Artisans Festival**  
7:30 - 10:30 p.m., Narragansett Ballroom, 1st Floor

**IFS Conference Bookstore Hours**

9:30 a.m. - 6:30 p.m.  
Executive Boardroom,  
3rd Floor



**Morning Yoga with Diana**

Diana Cullum-Dugan, nutrition and yoga therapist and Certified IFS Practitioner, believes our innate goodness and inherent beauty are reflected to others; yoga supports the recognition and reflection of our true nature. In morning yoga, you will be supported by a dynamic and passionate platform that offers optimal alignment and balanced energy to all levels of experience. Through a grounded and committed foundation, your heart will open to be fully present for the deep, internal teachings of the conference. When you become quiet in yoga and listen, you hear your deepest longings and desires and realize an embodied understanding of your work. *Optional: It's helpful to bring your travel yoga mat.*

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

**South County Meeting Room, 3rd Floor**

**Evening Yoga with Diana**

Diana Cullum-Dugan, nutrition and yoga therapist and Certified IFS Practitioner, believes our innate goodness and inherent beauty are reflected to others; yoga supports the recognition and reflection of our true nature. During this one-hour session, prepare to release, let go, and dive into hip openers, seated twists, and forward folds, all designed to allow your body and mind to rest after your conference day comes to a close. *Optional: It's helpful to bring your travel yoga mat.*

**6:15 - 7:15 p.m.**

**South County Meeting Room, 3rd Floor**

**Third Annual**

**IFS Artists/Artisans Festival**

*A Celebration of the Arts in Our Community*

This New England-based event has expanded to include the entire national IFS community and is being hosted at the IFS Conference for the second year in a row. Come celebrate the vast creativity in our community: Music, Poetry, Crafts, Photography, Jewelry, and lots more! Much of this work will be offered for sale. Great timing for the holidays!

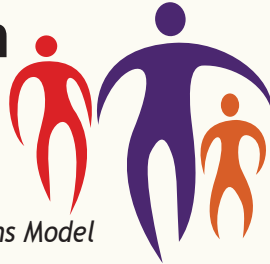
*A production of OpenHeartsArts*

**7:30 - 10:30 p.m. ~ Narragansett Ballroom, 1st Floor**



## Plenary Session

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



### Opening Remarks

*Richard Schwartz, PhD*

*Founder of the Internal Family Systems Model*

### The Power of IFS in the Face of Marginalization

*Percy Ballard, MD; Julie Honeycutt, MMFT, NCC, LMHC, LPC; Kate Lingren, LICSW; Derek Scott, RSW; Mary Steege, MDiv, LMFT; and Grace Anne Stevens, MA*

In our opening plenary on Friday, we asked ourselves to reflect on the idea “All Parts Are Welcome?” Continuing that conversation today, we are honored to hear from six members of the IFS community whose lived experience of marginalization informs their commitment to personal and broader healing. As we listen to these presenters share the impact these encounters have had on their inner systems and the work they have done to heal their parts, we hope their stories invite you to become aware of your own parts that may be in distress as a result of being marginalized. You may also choose to attend to your well-meaning protective parts that may have unintentionally been contributing to oppressive ways of being.

We’ll hear from Derek Scott and Kate Lingren, who have vast experience with IFS and dedicate themselves to helping professionals and lay public alike to work with their parts around the LGBT community. Kate and Derek will invite us into an experience to bear witness to the coming-out process for LGBT-identified people. Dr. Percy Ballard will share from his experience as an African American psychiatrist coming through a white majority professional culture. Percy will also reflect on his experience as one of very few African American professionals in the IFS community. Percy has been a longtime friend of the IFS community and has been an invaluable addition to our conference several times. We will also hear from Grace Anne Stevens, another longtime friend within our IFS community. Grace is a transgender speaker, trainer, and author of the celebrated memoir *No! Maybe? Yes! Living My Truth*. Grace will share her transgender journey through the prism of IFS and the parts of others she has encountered along the way. And finally, we’ll hear from Mary Steege and Julie Honeycutt, who are longtime members of the IFS community with a special interest in the correlation between IFS and Judeo-Christian spirituality. Mary is a therapist and Presbyterian minister. Julie is a therapist and the wife of a priest in the Eastern Orthodox tradition. They will be sharing experiences of judgment and rejection from within the IFS community—the hurts, the healing, and the potential for social change that comes when we bring Self energy to the painful, parts-led polarizations that form around religious burdens.

It is our hope to continue this conversation throughout the weekend and to learn a little bit more about our parts and the parts of others here in our IFS community.

## Full-Day Workshops

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



### 301 The Drive for Authenticity: Understanding Inner Sexual Orientation and Gender Diversity

*Derek Scott, RSW and Kate Lingren, LICSW*

In your clinical work, you may have noticed that when working with, for example, a female client, she may declare something like, “The little girl is holding herself and crying; and there is a guard there saying he won’t let me in. Oh, I guess that part’s a boy.” As IFS clinicians, how are we to understand this phenomenon, and what are its broader implications?

Exploring our inner worlds may reveal many boy parts and many girl parts. Some of those parts are affectionally attracted to boys or girls, and some sexually. When there is a critical mass of same-sex-attracted parts, we have a system that presents as homosexual. A critical mass of parts whose gender does not conform to the biological sex is a transgender system.

This largely experiential workshop explores the mechanism by which our well-intentioned managers, whose judgments may have been informed by the legacy of being raised within a heterosexist ideological framework, strive to ensure that we are good and acceptable people by exiling certain parts.

Through creative (and fun!) exercises, we will ask their permission to allow our own exploration of the male and female parts that populate our inner world. We will also discuss how our managers may have been informing our worldview with regard to same-sex attraction and transgenderism and, by extension, our therapy practice when we encounter clients presenting as lesbian, gay, bisexual, or transgender (LGBT).

For more on the theoretical framework informing this workshop, please visit: [www.youtube.com/c/DerekScott](http://www.youtube.com/c/DerekScott) to view the video “The Drive for Authenticity: Understanding Inner Sexual Orientation and Gender Diversity” (available after August 22nd).

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

### 302 The Connection Between Direct Access and the Therapeutic Relationship

*Pamela Krause, LCSW*

The therapeutic relationship (TR) is fundamental to all models of therapy. In IFS, this secure TR provides the safety that allows the client to shift awareness inside. Once inside, the client’s Self can witness and unburden wounded parts (in-sight). Historically, IFS practitioners have viewed the development of the TR as a step that precedes the actual IFS therapy, leaving some clinicians at a loss about how and when to utilize IFS. However, the development of the TR is actually a form of implicit direct access, and it can be helpful to view it in this way.

From the beginning of treatment, the IFS clinician seeks to be Self-led and create an atmosphere where all the client’s parts feel respected and welcomed. If the clinician is Self-led, the client’s parts are actually developing a relationship with the

clinician's Self. So, while it may not be named, the clinician is using a form of direct access (implicit direct access) because it is the Self of the clinician communicating directly with the parts of the client.

This workshop will describe how the therapeutic relationship and direct access are related and will help participants use this awareness to guide clients to in-sight more quickly. The workshop includes an interactive lecture, short demonstrations, and experiences that will increase participants' awareness of their own parts that impact their ability to be Self-led..

**Track: Trauma**

**Level: Intermediate to Advanced**

### **303/403 Cultivating Inner Team Leadership**

*Mark Hurwich, MBA and Drew Dougherty, MBA*

#### **Part 1: Anchoring to Core Intention: Positive Trailheads to Supercharge Client Work (303)**

Would you like an easy way to deepen your therapy or coaching work? Anchoring to Core Intention viscerally connects clients to their gifts and essential purpose in a way that resonates in heart, body, and spirit (not just the head). As a result, it's a powerful catalyst for growth and uncovers "positive trailheads" that open new doors. In this experiential workshop, you will learn how to reconnect to your own core intention by working on a specific challenge. You'll have an actual experience of the outcomes you want and will develop a gesture/phrase to recall that state.

#### **Part 2: Inside-Out Leadership: Translating IFS for Use by Leaders and Aspiring Leaders in a Non-Therapeutic Setting (403)**

"Emotional intelligence," "self-awareness," and "executive presence" have become mainstream requirements for successful leadership in corporate and organizational settings today. Yet methods to develop and master those competencies remain elusive. Through presentation, experiential exercises, demonstration, and practice, we will provide participants with an approach for using the IFS Model to help leaders lead their "inside team" (parts) so they can most effectively and powerfully lead and influence others (their "outside team") as well as accomplish their personal aspirations. The framework for "inside-out leadership" parallels the framework leaders are familiar with to lead their outside teams: (1) establish team purpose/intention, (2) facilitate alignment and healthy, productive team dynamics, and (3) create practices that maintain alignment for results over time. Thus, having "on-demand" ways to effectively lead your inside team will improve your facility in leading the outside team, and vice versa. We will focus on ways to make the central concepts, practices, and results of IFS readily accessible to practical leaders and managers in the context of their results-focused, time-pressured environments. If you would like to increase your capability and comfort with explaining the IFS Model in the day-to-day setting, working with leaders and aspiring leaders, and accomplishing your own vision, this workshop is for you.

**Track: IFS Beyond Psychotherapy**

**Level: All Levels Welcome**

### **304 Creative Unblending as an Important and Innovative Step Toward Dialogue and Peace in the Middle East**

*Nitsan Joy Gordon, MA and Efrat Ashiri, MA*

One of the reasons we have not been able to reach a peace settlement in the Middle East is that people on both sides are so blended with their parts: angry, unforgiving, distancing, fearful, prejudiced, guilty, hopeless parts, and so on. When these parts take over and act out of the pain they are holding, they cause more pain and destruction, which in turn triggers similar parts for people on the other side of the conflict. This workshop will enable participants to experience and take home a bag of tools from Playback Theatre, Theatre of the Oppressed, Creative Movement and Dance, IFS Noncompetitive Games, and Listening Partnerships that support the IFS process of unblending and strengthening the leadership of the Self in situations of conflict.

**Track: IFS Beyond Psychotherapy**

**Level: All Levels Welcome**

## **Workshop Session 3**

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



#### **303 Anchoring to Core Intention: Positive Trailheads to Supercharge Client Work**

*Mark Hurwich, MBA with Drew Dougherty, MBA*

Would you like an easy way to deepen your therapy or coaching work? Anchoring to Core Intention viscerally connects clients to their gifts and essential purpose in a way that resonates in heart, body, and spirit (not just the head). As a result, it's a powerful catalyst for growth and uncovers "positive trailheads" that open new doors. In this experiential workshop, you will learn how to reconnect to your own core intention by working on a specific challenge. You'll have an actual experience of the outcomes you want and will develop a gesture/phrase to recall that state. Note: Participants interested in deepening work on parts surfaced in this workshop can continue to do so in "Inside-Out Leadership."

*\*This workshop is paired with workshop 403 for anyone interested in attending a full-day workshop for a deeper learning experience. Attendees are welcome to attend/register for either session or both.*

**Track: IFS Beyond Psychotherapy**

**Level: All Levels Welcome**

**305 Listening to the Voices of the Group***Tracy MacNab, PhD, CGP*

This workshop is an immersion in IFS group process. My aim is to demonstrate the usefulness of IFS in group therapy. Our material will be parts of ourselves and our group that spontaneously arise in an experiential “fishbowl” group witnessed by an outer circle. Participants may choose to be in the inner circle or to take on the role of witnessing and containing the experience. Within the safety of this sacred space, we will see what we can learn and how we might authentically connect with one another. There will be a brief didactic presentation as well as time for processing and sharing at the end of the group.

**Track: Mind, Body & Spirit****Level: Intermediate to Advanced****306 Turning Toward Ourselves and Our Parts with the Help of Mindful Self-Compassion***Kristy Arbon*

This workshop will introduce participants to some of the core concepts and skills of Mindful Self-Compassion (MSC), the program developed by Chris Germer and Kristin Neff. We will explore ways that cultivating a mindful self-compassion practice can help when working with parts. We can use the same tools that are collected when cultivating self-compassion in relating to each of our parts. This practice can be especially useful when Self energy is hard to find—a tangible method of inviting in some of the learned qualities of Self energy (loving, connected presence) when working with parts.

Mindfulness and self-compassion can be used by both parties in a therapeutic relationship. Cultivating mindfulness can help a therapist remain present and connected with a client, and cultivating self-compassion can assist in managing caregiving fatigue and remaining embodied as a compassionate presence.

**Track: IFS Beyond Psychotherapy****Level: All Levels Welcome****307 Imagery for Self Reflection***Monique Lang, LCSW*

Explore your known and unknown parts through the ancient practices of mirror gazing, mindfulness, mandala making, and writing. Although ancient, they provide us with a new path into Self-discovery. As you leave this workshop, you take with you a deeper awareness of your Self and how to live from your Self.

**Track: Mind, Body & Spirit****Level: All Levels Welcome****308 Healing from Affairs in IFS Couples Therapy***Mona Barbera, PhD*

IFS couples therapy helps partners release Self energy and access Self qualities (creativity, confidence, connection, calm, clarity, curiosity, compassion, and courage). Once they have access to these innate qualities, they have the resources they need to solve their relationship problems. These principles apply when there has been an affair, but special circumstances require careful navigation and awareness of pitfalls. When participants learn the six steps for healing from an affair, they will be able to assess different kinds of affairs, know how to treat each one, and be able to guide partners on a respectful, realistic path from raw affair to resolution. We’ll use case examples, role-play, lecture, and guided meditations to understand the steps and the therapist parts that might get in the way of being of service to partners when there has been an affair.

**Track: Couples, Family, Parenting & Children****Level: Intermediate to Advanced****309 Good Violence vs. Bad Violence: Exploring the Legacy Burdens Created by American Violence and Aggression***Stan Einhorn, PhD*

IFS considers legacy burdens to be pain and suffering placed upon an individual by familial, ethnic, or cultural traumas. In America, there are many legacy burdens related to historical atrocities such as slavery, the decimation of Native Americans, and Japanese internment as well as to cultural issues such as anti-Semitism, harsh treatment of immigrants, poverty, and the draft. There is also an ethos of responding to “bad violence” with justifiable “good violence.” This three-hour workshop will offer participants a safe opportunity to explore and work on legacy burdens created by American historical or cultural experiences. Small-group exercises will allow participants to gain a better understanding of how internal parts hold and respond to issues such as racism, socioeconomic differences, and immigration. Participants may investigate how their own cultural or ethnic legacies have been impacted by the American experience. A goal of the workshop is to help transform legacy burdens into legacy heirlooms.

**Track: Trauma****Level: All Levels Welcome****310 How to Access and Live from Self***Loch Kelly, MDiv, LCSW*

In this workshop, you will learn contemporary versions of ancient wisdom practices to access and live from your true Self, which you will be able to share with your clients. In our ongoing journey of unburdening parts, it is very important to distinguish Self-like parts from our Self. There are ways of learning a felt sense of non-conceptual knowing when Self is grounded in an openhearted awareness, which is beyond mindfulness. This can feel as if you are simultaneously boundless and embodied, free and interconnected, joyful and supported, surrendered and empowered, unconditionally loving and naturally welcoming of all parts. The focus of this



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

**Sign up for a Foundation Interest Group**

Topic: IFS Research Group

@ Saturday's Lunch

Jenn Matheson, PhD, LMFT

*Stop by the 3rd Floor Info Table to sign up!*

workshop is to learn ways to return to Self and remain in Self-leadership in the midst of your day. We will explore ways of accessing and abiding as our true Self through open-eyed meditations, small shifts of awareness, and partner exercises.

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

**311 Integrating LifeForce Yoga and IFS with Yoga Nidra: A Sweet Portal to Self**

*Laura Orth, LICSW, LFYP-2, & Liz Brenner, LICSW, LFYP-2*

Enjoy a deeply relaxing experience of Self-led awareness. Learn more about Yoga Nidra, the ancient practice of conscious sleep. Yoga Nidra has been researched by the Department of Defense for use with veterans and qualifies as an effective complementary and alternative medicine practice. It is a meditative and deeply relaxing mind-body experience that requires no physical movement or exertion. Learn how to bring this practice to clients. You will experience how this non-dual practice increases compassion toward parts and facilitates access to Self.

*\*Please bring shawls or layers to stay warm when relaxing your body and a yoga mat if you can. Towels will be provided for lying on the floor.*

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

**312 Living and Loving Deeply: Moving from Dysregulation to Connection**

*Nancy Sowell, LICSW*

This workshop will examine the impact of neglect and relational failures on vitality and the will to live fully. We will explore the mechanisms by which lack of attunement and unmet core needs impact the internal system, development, self-regulation, health, and the will to live and love deeply. This workshop will thoughtfully discuss an IFS understanding of the process of healing from neglect, abandonment, and internal betrayals required of many children for survival. We will discuss some of the research on developmental trauma and various treatment models through an IFS lens. The conclusion will be a heartening approach to IFS treatment of physical and psychic dysregulation, influenced by research and diverse models of understanding, and illustrated by clinical material, experiential exercises, and years of anecdotal experience.

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



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

**Foundation's Silent Auction**

*Winners will be announced at lunch!*

**313 Breaking the Wall of Silence: Facing Our Fears of Violence and Suicide in Clients and Family Members**

*Katie Winikates, PsyD and Cheryl Dielman, LCSW, LPC, CEDS*

The topic of violence and suicide can trigger parts in therapists: fear, vulnerability, or guilt that can be exiled. As therapists, we don't always know how to get the support we need or how to support other clinicians. Come join this discussion about facing our fears as clinicians around the topics of suicide and violence. Be a part of the healing circle of sharing stories and connecting with others. As we bring Self energy to the process, our parts will know they are not alone, and we can begin to unload the burdens we carry from vicarious trauma and the fear of vicarious trauma. Resources will be shared, including a demo of a suicide assessment that is collaborative and Self-led, ways to connect with a clinician survivor network, and transcripts of Richard Schwartz's work with a suicidal part. Clips of a video with a suicidal part will also be shown.

**Track: Trauma**  
**Level: All Levels Welcome**

## Workshop Session 4

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



**401 How to Love Yourself**

*Charlie Verge, PhD*

The idea of loving ourselves is prevalent in both the therapy world and the culture at large we all live in. And yet it is very common to hear that someone doesn't have the first notion of what that really means and what it would look like to love him- or herself. After several decades in the field, I have so often heard from my clients who are therapists themselves that they know they need to love themselves more, but upon further inquiry they either don't know how to practice it or have parts that prevent (protect) them from doing it in a variety of ways. And yet so many therapy and life issues can and do change or soften with just a bit more Self love in the system.

In this workshop, we will explore the notion of loving oneself and its profound value as both a therapy practice and as personal and spiritual growth. We will view IFS as an ideal paradigm for loving our various selves (parts) and demonstrate and practice simple yet powerful practices (some derived from IFS and some from other practices) that introduce greater love into our inner and outer lives.

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

### **402 Lions and Bears and Bees ... Oh My! Clarifying Sexual Styles and Improving Your Sexual Relationship**

*Sandra Scantling, PsyD, MSN, CST*

Couples frequently come to a sex therapist believing that something needs to change in their partner before they can have better sex. Heated battles (or icy stalemates) about who is right and who is wrong replace passion. As one partner waits for something to change in the other, the result may be ISD (Inhibited Sexual Desire) or some other sexual dysfunction and absent or infrequent sexual connections. Less intimacy leads to less intimacy in a spiral of diminishing returns... this certainly makes sense... why bother doing something that ends so badly? A different intimacy outcome depends upon a willingness in both partners to look at how they each contribute to their "stuckness" and a curiosity about how things might be different.

I've found that using animal metaphors in combination with IFS therapy is a simple and non-pathologizing way to bring attention to couples' sexual styles. After listening to hundreds of couples describe their various parts that become activated before, during, or after a sexual encounter, they naturally fit with four animal models: the Lion—energizer, the Bear—stabilizer, the Bee—worker, and the Otter—player. (Models often overlap.)

This workshop will present an easy assessment tool and scoring method to identify and track partners' individual sexual styles before, during, and after therapy. As more Self energy is accessed, couples learn to make their unconscious conscious, challenge their security zones, find the fresh in the familiar, and focus on "pleasure, not measure."

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

### **403 Inside-Out Leadership: Translating IFS for Use by Leaders and Aspiring Leaders in a Non-Therapeutic Setting**

*Drew Dougherty, MBA with Mark Hurwich, MBA*

"Emotional intelligence," "self-awareness," and "executive presence" have become mainstream requirements for successful leadership in corporate and organizational settings today. Yet methods to develop and master those competencies remain elusive. Through presentation, experiential exercises, demonstration, and practice, we will provide participants with an approach for using the IFS Model to help leaders lead their "inside team" (parts) so they can most effectively and powerfully lead and influence others (their "outside team") as well as accomplish their personal aspirations. The framework for "inside-out leadership" parallels the framework leaders are familiar with to lead their outside teams: (1) establish team purpose/intention, (2) facilitate alignment and healthy, productive team dynamics, and (3) create practices that maintain alignment for results over time. Thus, having "on-demand" ways to effectively lead your inside team will improve your facility in leading the outside team, and vice

versa. We will focus on ways to make the central concepts, practices, and results of IFS readily accessible to practical leaders and managers in the context of their results-focused, time-pressured environments. If you would like to increase your capability and comfort with explaining the IFS Model in the day-to-day setting, working with leaders and aspiring leaders, and accomplishing your own vision, this workshop is for you.

*\*This workshop is paired with workshop 303 for anyone interested in attending a full-day workshop for a deeper learning experience. Attendees are welcome to attend/register for either session or both.*

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

### **404 Circuitries and Software: Parts as Apps Running on the Brain, Self as Potential Properties of the Operating System**

*James Hopper, PhD*

As more clinicians embrace IFS and more people understand themselves with the IFS Model, there is a need for integration of the experiential knowledge of IFS with the knowledge of modern neuroscience and the wisdom of ancient contemplative traditions. This presentation provides a framework for understanding the IFS Model in terms of fundamentals of neuroscience and Buddhist psychology. Central elements of the framework are understanding parts as "software" or "apps" that "run on" key brain circuitries, with exiles, managers, and firefighters tending to run on some circuitries but not others; and the Self and Self energy as universal spiritual capacities that can transform the brain's "operating system" by altering the functioning of key brain circuitries, including those of fear, seeking, executive functioning, and interoception. The presentation will include experiential exercises and discussion of how this framework might help integrate the IFS Model—both conceptually and practically—with the knowledge of neuroscience and the wisdom and practices of contemplative traditions.

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

### **405 The Interpersonal Checklist: A Tool for Mapping Parts and Creating an Empirically Based IFS Treatment Plan**

*Ralph Cohen, PhD*

With IFS recently being designated as "evidence based" by the U.S. government, there is a need to further demonstrate the effectiveness of the Model in therapy. The purpose of this workshop is to present for clinical practice an easy-to-use, well-researched personality instrument to map out parts in the form of a "parts profile" that can be used to validate the idea of multiplicity to clients, set treatment goals, measure progress, and demonstrate outcomes based on changes in the client's profile over time. It is particularly helpful in couples therapy. In this workshop, participants will be introduced to

the instrument; will learn how to administer, score, interpret the results, and use it for planning treatment; and will gain practice using it.

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

## 406 Introducing the IFS Model to Linear-Thinking Rationalists Who Think IFS Is Nonsense

*Ken Jaeger, LICSW, CGP*

This workshop will offer a series of ways to continue introducing IFS to patients even when the initial introduction falls flat. We will focus in particular on linear-thinking people, for example, scientists, engineers, or lawyers for whom IFS frequently makes no sense at first. This workshop will offer Plans B, C, and so on for how to follow up after the initial introduction flops. These follow-up conversations offer ideas for staying attuned to the patient's experience and allowing the therapeutic alliance to continue to build while also speaking confidently for the possibilities that IFS can offer them. The five conversations could be labeled: 1) a neuroscience of multiplicity and the unitary fallacy, 2) honoring the validity of a unitary person's experience while still holding the invitation to parts work, 3) recognizing that most unitary people have some experiences that can make sense in the parts frame, 4) befriending a predominant manager part, and 5) direct access with a predominant manager part. Ken will present his own approach and then move into discussion, paired practice, and demonstration.

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

## 407 From Rage to Suicide and Panic to Shame: Mastering the Extremes of Trauma and Dissociation

*Frank G. Anderson, MD*

Some of the most challenging cases therapists encounter in their clinical practice are clients who suffer from Complex Trauma, Disorganized Attachment or Dissociative Identity Disorder (DID). Working with the extreme reactions associated with these diagnoses—such as rage, cutting, suicide, panic, numbing, dissociation, and shame—can often derail treatment and leave therapists feeling stuck, frustrated, confused, and at times totally helpless.

This workshop will look at the neurobiology of acute trauma and dissociation and show how most extreme symptoms fit into one of two categories: sympathetic hyperarousal or parasympathetic withdrawal. By assessing the physiological state of a client and applying IFS techniques, participants will be able to bring clients from activation or disconnect to calmness and curiosity. We will show how neuroscience is “not just an interesting explanation for psychotherapy,” but rather how hard science actually informs our clinical interventions for the treatment of trauma. Therapists will walk away with a tool box of techniques, based in neuroscience knowledge, to help their clients move from overwhelm or detachment to safety and healing.

**Track: Trauma**  
**Level: All Levels Welcome**

## 408 Parts of Us Are Gay: A Father and Daughter Unpack Generational Legacy Burdens of Trauma and Sexuality

*Vince Sperduto, PhD and Mary Kate Sperduto, BA*

This workshop will include an overview of trauma and sexual orientation and the impact on individuals and their families through the stories of one father and his youngest daughter. We will unpack the effects of legacy burdens of trauma and sexual identity confusion on the internal family system and how this is extrapolated to families. As Dick points out, “We generate in our children the burdened parts that dominate us, as well as the ones we demonize” (Schwartz, 1995). As a father, my childhood sexual abuse (CSA) impacted my parenting. Research shows that survivors of CSA experience long-term effects. These lasting effects include depression, identity confusion, self-blame, and interpersonal and intimacy problems, to name a few. We will show how the children and spouse of the survivor were all impacted by these parts.

**Track: Trauma**  
**Level: All Levels Welcome**

## 409 A Part of Me Is Fat: Make Peace with Food with Yoga, Mindfulness, and Healing Inner Dialogue

*Diana Cullum-Dugan, RDN LDN RYT*

“There’s a part of me that’s fat. It’s not all of me!” It’s freeing to know your weight, body shape, and eating habits are not targets for moral judgment. Rather, your desires to shift and change are invitations to befriend the parts of you that use food to soothe emotions, overeat compulsively, fixate on binges, restrict calories, and over-exercise. It’s a chance to see these as behaviors your parts exhibit to help you as you move through life.

Gain access to what gets in your way. Reconnect to that which does support you in your decisions around food. Release the meaning that parts placed on negative events that established their role. Creating a healing inner dialogue with your parts.

Shift compulsion to choice! Take ownership of your choices versus reaching to an external fix. Explore impulses, urges, and old behaviors around food! Renew your relationship with food by clearing out old habits, patterns, and beliefs!

Mindfully explore, play, pause, and begin to feel at home in your body. Interactive discussion, safe group sharing, and IFS-informed meditations, activities, and journaling support paying attention to all the parts of you intertwined in your relationship with food. Connect to the inner healing of Self to regain an energetic balance in your system.

*\*No yoga experience needed. Please bring a yoga mat if you have one.*

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



**410** The “Conference Table” Technique

Michi Rose, PhD, MAT, LMSW

The “Conference Table” is a technique that Michi learned in an energy healing school that she adapted to parts work. This is a systems approach to working with parts; rather than targeting one part, it establishes an “eco-map” of the internal system of parts around an issue.

An analysis of relationships among parts at the Conference Table reveals internal conflicts, alliances, exile-protector polarizations, key exiles, and legacy issues. This technique identifies the parts that people need to unburden to resolve their internal issues and bring about their desired vision.

This technique has many applications. It can assist in decision-making, pre-post assessments, predictors of outcome, getting unstuck, and the realization of personal visions. It is well suited for people who are new to working with their parts as well as those experienced in inner work.



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

### 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

## BOOK-SIGNING EVENT!

Join us for our biggest  
book-signing event yet.



*Visit the Bookstore for a complete list of authors!*

**5:45-6:30 p.m.**  
Narragansett Ballroom Foyer

## SUNDAY, NOVEMBER 13

### SUNDAY @ a Glance ...

#### Continental Breakfast

8:00 a.m. - 9:00 a.m.  
Narragansett Ballroom, 1st Floor

#### Workshops: Session 5 (#501-513)

9:00 a.m. - 12:00 p.m.

#### Lunch Buffet

12:00 p.m. - 1:00 p.m.  
Narragansett Ballroom, 1st Floor

#### Post-Conference Institute (#601)

Reflections on “All Parts Are Welcome”  
1:30-4:00 p.m.  
Providence Ballroom, 3rd Floor

#### IFS Conference Bookstore Hours

9:00 a.m. - 5:00 p.m.  
Executive Boardroom,  
3rd Floor



## Workshop Session 5

9:00 a.m. - 12:00 p.m.



### 501 Body Mine: An IFS Road Map to Improving Your Relationship with Your Body

Ann Sinko, LMFT

Are you ready to love your body more? Ever wonder why it is hard to listen to your body? Are you surprised by what you learn when you do listen to your body? If you answered yes to any of these questions, come attend this experiential workshop. We will begin by exploring our parts' feelings and beliefs about our bodies and highlight the ones that limit a Self-to-body relationship. An IFS road map will be applied to unblend, befriend, and unburden our bodies. Cultural burdens and polarizations will be explored. Guided meditations, demonstrations, and experiential exercises will aid participants' learning.

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