

**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*

### **502 Navigating the Storms of Conflict: “Blending” and the Self-leadership of Parts**

*Marcia Barthelow, MS, MA, LMFT*

This workshop explores conflict and parts that obscure objectivity, or “blend,” as possible resources for growth. In times of turbulence, we instinctively seek “smooth sailing.” We value escaping the maelstrom of flooding, agitated parts that block us from our goal. We manage our conflicts and “work with” these parts, inviting them to step back and give us space for Self, striving to “speak for” not “from” them from the trustworthy, compassionate, and unflappable “I” of the storm. While this is a crucial process, is “speaking from” our blended parts during conflicts ever useful? What exactly do we mean when we say “blended parts”? Are there times when these blustery, uncomfortable states can also be trusted?

This workshop is for all who grapple with navigating the storms of conflict. We’ll consider John Welwood’s “unconditional presence” and Dan Siegel’s definition of “the mind” and “complex systems” as they relate to these questions. Participants will be invited to engage in experiential exercises and a vigorous interactive conversation circle where we’ll reflect on the dynamics of change, the posed questions, and introduced concepts and exercises as they relate to personal and/or global situations of conflict. Questions, insights, stories, observations, disagreements, and new perspectives are encouraged. All parts are welcome!

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

### **503 Coaching with the “Inner Team Model” (developed by Dr. F. Schulz von Thun)**

*Isabel d’Arenberg*

Would you like to use IFS outside of the psychotherapy field? Would you like to use a model that functions like a Polaroid camera and gives you an instant picture of your inner state, allowing you to communicate clearly and show up with the appropriate behavior? If so, this workshop is for you, as it will introduce the Inner Team Model (developed by Dr. F. Schulz von Thun) that is already being used for individual and business coaching. Participants will use the Inner Team Model to gain instant clarity on a personal issue. They will learn how to draw upon team members that carry resources and that will support their personal and professional growth. Furthermore, this workshop will address how to set up a fruitful board meeting of all team members and how to facilitate a mutual agreement between them. Last but not least, participants will understand how their team members feed a conflictual interaction and learn how to hire new team members in order to have the best possible inner team constellation for a given situation.

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

### **504 Unkind Gifts: Flowing from Trauma to Integration**

*Ellen Ranney, PhD*

IFS is more than just a treatment approach—it is a developmental theory. Working with complex trauma and loss requires an understanding of how parts cope with developmental disruptions. Using findings from current brain research, including IPNB, SE, and Polyvagal Theory, as well as ancient practices of mindful awareness and holistic healing, Dr. Ranney will set forth a model for exploring of these nervous system disruptions (known as burdens) and will suggest options for creative expression as interventions that can allow trauma-based burdens to integrate within the bodymind.

**Track: Trauma**  
**Level: Intermediate to Advanced**

### **505 IFS and Christian Spirituality: The Impact of Protector-Led Spiritual Communities**

*Molly Lacroix, LMFT*

This presentation will provide an overview of the compatibility of IFS and Christian spirituality: the system of relationships, the seeds of relationship dysfunction, and the goal of healing/transformation. With this foundation, the impact of “protector-led” Christian churches/spiritual communities will be examined, in contrast to the vision for the church set out in the New Testament. Finally, we will look at issues presented by clients currently or formerly involved with protector-led spiritual communities, including such things as distorted views of self and God, legacy burdens, disconnection (in both internal and external relationships), and shame associated with an emphasis on worth tied to behavior versus the worth that is inherent in each individual. Case studies with specific presenting issues and treatment with IFS will be presented.

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

### **506 The Courage to Accept Acceptance**

*Paul McCormick, PhD*

Self energy is not always welcome to some parts! Not only are there protectors for exiles, but there also seem to be some protectors who resist the entry of Self energy and presence. The powerful, poignant qualities of compassion, forgiveness, calm, oneness, and acceptance can feel like a takeover to some exile and manager parts and thus to be avoided. Both therapist and client can feel (and collude) in such avoidance and resistance. If you have ever felt this reluctance and seek to accept the acceptance, this workshop will offer you a change to meet, greet, soften, and/or befriend those parts reluctant about Self experience. It will offer a blend of presentation, client examples, and citations from spiritual writers, personal meditation, journal work, and conversation.

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

**507 Caring for Ourselves While Caring for Others: Using IFS Sculpting, Restorative Yoga, and Storytelling for Greater Balance**

*Alison Muyskens, MDiv, LICSW*

This experiential workshop will be an exploration of the use of IFS sculpting, restorative yoga poses, and creative exercises to promote personal healing and transformation. Participants will increase both personal and therapeutic access to Self energy as they identify those stressors associated with caring for others (clients, parents, children, spouses, and so on). Through personal reflection assisted by meditations, creative drawing and writing, restorative yoga poses, and IFS sculpting exercises, participants will deepen their understanding of those “parts” within that are triggered by caring for others. Insights gained will enhance parts’ healing and help participants support those for whom they care.

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

**508 ArtIFS: A Structured Framework Using the Arts to Further Enhance the Benefits and Healing of IFS**

*Andreas Michael, JG and Nadine Menezes, BSc*

ArtIFS is a new and exciting framework that merges creative expression and the Internal Family Systems Model. In this workshop, you will discover a complementary way of providing and enhancing the benefits of classical IFS work. We will learn to use accessible, hands-on drawing exercises that anyone can apply in their own personal work or with individuals and groups. ArtIFS works well with all steps of the IFS process, from discovering parts of ourselves to unburdening. Mastering this method requires NO artistic ability, and the exercises are beneficial to people without any understanding of IFS.

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

**509 What Do I Say?!? Using IFS to Navigate Difficult Conversations**

*Suzan Wolpow, LMHC, LRC*

We all face challenging conversations, and certainly we assist our clients in managing these difficult interactions. Although the IFS process of unblending is invaluable for improving clarity and accessing confidence, having tools to apply when facing these moments is enormously helpful. We will learn how to be Self-led and clear in the midst of difficult conversations, such as expressing a request or concern, and learn tools and structures to apply in doing so. This workshop will include an experiential component to provide some firsthand experience.

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

**510 Healing Racism from the Inside Out: Self-Leadership and Unburdening Our Parts Around Race**

*Dorothea Hrossowyc, MS; Ingrid Helander, LMFT; Tyler Haaren, LICSW; and Paula Shulman, LMFT, MA, MS.Ed*

*\*All parts are welcome, including our racist, biased, or prejudiced parts, confused parts, conditioned parts, and parts that have been hurt by racism.*

In this workshop, you will hear from a panel of IFS therapists/coaches who have been experimenting using the Model to learn and heal how our lives are affected and impacted by racism, whether cultural, structural/institutional, interpersonal, or internal. This includes how racism creates a larger social context for painful conditioning and how the IFS practice protocols can unburden our racist, prejudiced, or biased parts as well as parts hurt by the impact of racism. Panelists will share how effective IFS protocols have been in this important work. They will share ideas about what works well and concrete, relevant resources about racism and dismantling it, including videos, literature, and a bibliography that will be supplemented by participants’ suggestions. Participants will have a block of time to work together in small groups with suggested best practices, with the framework of the ground rules of IFS to create safety, and will then come back to share their own experiences. We will also allow time for discussion about addressing the challenges when our parts come up as therapists in working with people of diverse backgrounds or with people who have heavily racist parts. All levels and all people from all diverse backgrounds are welcome to participate, learn, and share how powerful and effective the IFS Model can be in providing a safe framework within which to do anti-racism work for ourselves as individuals and as therapists, as well as for use in the wide world outside of psychotherapy.

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

**511 The Healing Power of the Compassionate Witness-Embodied Movement as a Portal to Self**  
*Marilyn Unger-Riepe, MA, MSW, LICSW*

*“It had to be we, not me alone . . . we needed each other in order to stumble toward embodied wholeness within ourselves as individuals, within our relationship to the divine.” —Janet Adler*

This somatic workshop offers IFS practitioners the direct experience of attuned witnessing to the moving body. This nonjudgmental, compassionate presence creates a safe holding environment for the mover to explore and embody parts, inviting an embodied connection to Self.

Authentic Movement, a practice rooted in Jungian Psychology, provides a rich tool that naturally complements the IFS Model. A centerpiece of this form is the relationship between the Mover and the Witness. The Witness, in Authentic Movement, as described by Janet Adler, “. . . is not looking at the person moving, she is witnessing, listening-bringing a specific quality

of attention or presence to the experience of the mover.” It is this presence that generates Self Compassion.

The experiential portion of the workshop will begin by clearly establishing the boundaries that support compassionate witnessing, followed by a segment in which the Mover and Witness are gently guided through the meditative practice of attending to their body’s feelings and sensations. Each participant will have the opportunity to discover the Self energy inherent in being both Mover and Witness, to see and be seen, to be deeply present to Self and to the other. The most essential portion of the workshop will be allowing enough space for participants to discover the joy of an embodied practice and to share their experiences of moving and witnessing in the Mover/Witness dyad and, if they choose, with the group. The workshop will conclude with a demonstration and discussion of how to integrate Authentic Movement’s embodied witnessing into an IFS therapy session.

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

### **512** Parts Are Angels in Disguise: A Theoretical and Experiential Exploration of the Spiritual Dimension of Our Parts and the Ways This Can Enrich Our Being in the World

*David Stern, PsyD*

Religious and spiritual cosmologies are descriptions of reality seen through many minds’ eyes that have been immersed in rigorous spiritual practice. These cosmologies, the product of spiritual research across many cultures over many millennia, provide maps that can guide, widen, and inform our own mind’s eye as we develop a relationship with our parts. It has been my experience that when we allow this widening of the mind’s eye, our parts reveal the many flavors of their spiritual essence, and the relational field becomes more luminous, luscious, and saturated with love.

In this workshop, we will briefly explore elements of Buddhist, Jewish, and Christian cosmologies and use these to guide and widen our own body-mind’s eye as we explore the spiritual dimensions of our own parts. We will discuss the benefits and implications of this kind of deepening for ourselves and our clients.

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

### **513** The Reason I Need You

*Elena Corral, LISW-CP and Amy M. Starkey, COTA/L*

The connection between the children and the parents is the holding in which children’s emotional growth is facilitated. IFS is the model that facilitates inner attachments. Participants will be introduced to a brief evolution of the attachment theory, how the attachment theory integrates with IFS, and how the two translate together to bring about optimal emotional growth and inner confidence in the little ones. Participants will also learn how to assist the parents to become aware and soothe their parts, which in turn will allow them to be present when the children need them the most.

Participants will familiarize themselves with art projects, puppets, yoga postures, and other body-sculpting poses, similar to Virginia Satir’s model, and movements in order to assist with externalizing parents’ and children’s parts and strengthen the relationship between children and their parents. Participants will be introduced to yoga breaths, poses, games, props, and visualizations that parents can learn to use with their children for effective soothing of the nervous system and emotional nurturing of the child. Emphasis will also be placed on different sensory challenges and how to help parents recognize them, as oftentimes caregivers judge these challenges as misbehavior. Frequently, we will see a fight/flight/freeze response to an overly stimulating environment/situation that translates into the mingling of children’s exiles and protectors. Participants will learn sensory-based techniques that can be used to teach parents to assist their child to unblend, in other words, to prevent and/or recover from sensory overload so that the children access their Self energy.

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

## Post-Conference Institute

1:30 p.m. - 4:00 p.m.



### **601** Reflections on “All Parts Are Welcome”

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

Given the power and camaraderie of the Annual IFS Conference in any given year, combined with the challenging and insightful exploration of “all parts are welcome,” the Center for Self Leadership invites and encourages your attendance at this year’s Post-Conference Institute. Please join us for our final session, where you will hear from each of this weekend’s plenary speakers as they reflect personally and dialogue about what it was like to share and listen to each other. In addition, you will be invited to explore the parts of you that arose during the conference and what intentions or visions come to you for creating a world and an IFS community in which all parts are *truly* welcome.

Providence Ballroom, 3rd Floor