

THURSDAY, NOVEMBER 10

THURSDAY @ a Glance ...

Registration and Continental Breakfast
8:00-9:00 a.m., Providence Ballroom Foyer, 3rd Floor

Preconference Institute (#A-D)
9:00 a.m. - 4:30 p.m.

Lunch Buffet
12:00-1:00 p.m., Waterplace Ballroom, 3rd Floor

Presenters' Dinner
6:00 p.m., Waterplace Ballroom, 3rd Floor

IFS Conference Bookstore Hours

10:00 a.m. - 5:30 p.m.
Executive Boardroom,
3rd Floor



PRECONFERENCE INSTITUTE ✦ 9:00 a.m. – 4:30 p.m.

A. IFS and the Addictive Process: Recognizing the Voice of Addiction

Mary Kruger, MS, LMFT and Cece Sykes, LCSW

Many of our clients, particularly those with trauma history, suffer with more than one addiction. This may not be readily evident to the client or the therapist. In this workshop, participants will learn how to identify the addictive process and how to clearly differentiate and track the many voices (parts) that help maintain self-destructive behavior. Treatment of substance abuse, disordered eating, sexual acting out, spending issues, and other types of impulsive/compulsive behavior will be addressed. We will redefine addiction from the IFS perspective, explore the dynamics of the addictive cycle, and offer various types of compassionate interventions to utilize with these entrenched systems. The importance of the therapeutic relationship will also be discussed. Lecture, discussion, experiential exercises, and demonstrations will be included.

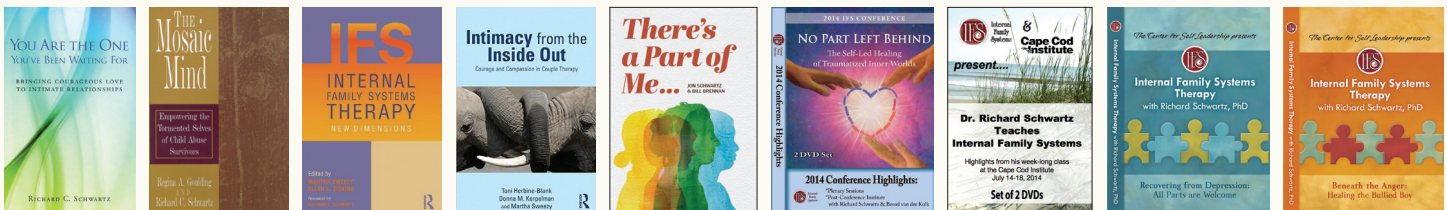
Track: Addiction ✦ Level: All Levels Welcome

B. The Intersubjective Matrix of We: Making the Implicit Attachment Theory of IFS Explicit to Heal Developmental Trauma within the Therapeutic Relationship

Dierdre Fay, MSW

This experiential workshop is designed to invite participants into a cocreated dialogue exploring the energetic language and flow that operates fluidly between people at all times, everywhere. Making this explicit in therapy helps those with attachment wounds feel seen, heard, and responded to. Combining the intrapsychic, Self-led approach of IFS with a dynamic interpersonal attachment perspective benefits those with developmental trauma. The continuous cocreated energetic dialogue of therapist and client provides a vehicle for exiles to communicate regardless of protectors. Doing this while supporting the Self/Other differentiation creates a container in which the exiles' unmet relational needs can be more easily digested.

Track: Trauma ✦ Level: Intermediate to Advanced



C. Letting the Selves of Children and Their Parents Lead: Using Internal Family Systems in the Healing of Attachment and Trauma-Based Wounds

Lois Ehrmann, PhD, LPC, NCC

This workshop is designed to help those who are interested in using the IFS Model with families. Through the use of lecture, demonstration, and recently taped video clips of actual sessions, participants will be invited to view and experience methods/strategies that assist children and their parents understand, work with, and heal their own parts within the contexts of their families.

We will first look at the teaching of parts work to children and their families. Various techniques such as artwork, puppetry, and other creative ways will be discussed and presented. Next, the use of parts work with parents who are dealing with traumatized children will be discussed. Methods used in the Self-Led Parenting Group program will be explored, and session tapes of parents working with their own parts related to their parenting will be shown. Lastly, the use of IFS in attachment-focused family therapy sessions will be presented showing the use of Tom Holmes Z-Process and how to work with that within family relationships. A family psychotherapy session using these concepts and processes will be shared.

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

D. Re-Storying Trauma: An Embodied Exploration

Susan McConnell, MA, CHT and Deb Dana, LCSW

The story of trauma is written in the body—in an altered nervous system, in tissues and cells, and in chronic diseases. Traumatized parts are frozen in the physiology, imprisoned by the nervous system's adaptive responses to the trauma. Moving into connection with these parts requires a shift from a clinical emphasis on the parts' verbal narrative. We begin by restoring a "neuroception" of safety and inviting an embodied blending with the parts as we listen to their somatic stories.

This workshop offers a unique collaboration of Polyvagal Theory and Somatic IFS, which will assist us as we explore ways to influence our own and others' neurobiology. This approach provides a solid foundation from which trauma recovery can inherently unfold. Trauma survivors learn to reclaim their capacity to experience safety and to reestablish flexibility in their somatic response patterns, and their internal systems learn to experience Embodied Self.

Track: Trauma ✧ *Level: Intermediate to Advanced*

✧ **Full-Day Preconference Workshops Offer 6 CE Hours** ✧



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www.selfleadership.org
for the most up-to-date conference details.

If you have any further questions
regarding the IFS Conference,
please contact the Center for Self Leadership
by email at Ashley@selfleadership.org
or by calling 401.601.0445.