

Friday, October 27

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 2017 Plenary

8:00 a.m. – 9:45 a.m.

Narragansett Ballroom, 1st Floor

Workshops: Session 1 (#101-113)

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 (#201-213)

2:30 p.m. – 5:30 p.m.

IFS Sangha Experience

6:00 p.m. – 7:00 p.m., Waterplace Ballroom 1, 2nd Floor

Evening Yoga with Diana

6:15 – 7:15 p.m., South County, 3rd Floor

Foundation for Self Leadership Community Event

6:30 p.m. – 7:30 p.m., Location TBD

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

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

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; 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.

Waterplace 1, 2nd Floor

Welcome to IFS 2017!

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: An IFS Update

Presented by Members of the

Foundation for Self Leadership Board

Self-Led Activism:

Releasing Our Inner Change Agent

Richard Schwartz, PhD

Founder of the Internal Family Systems Model

Last year, we explored the nature of “All Parts Are Welcome” and the parts of us that keep our hearts closed to those we might judge. 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? How do we become welcoming of all parts, even if they have opposing views? Self wants to bring balance, harmony, and connection to all levels of human systems. This means that the clarity of Self sees injustice (imbalance), and the compassion, courage, and connectedness of Self lead to action to address injustice. This year, let’s go a little deeper and together explore what it means to be Self-led in our activism. The opening plenary is just the first of many conversations we will have this weekend. We invite you to think about the presentations you hear throughout the weekend and relate them to your own personal situation and what might inspire you as a Self-led activist.

Warriors of Compassion:

Contributions of IFS to Self-Led Social Activism

Frank Rogers, PhD

We live in challenging times. Political and religious divides are increasingly polarizing us around competing ideologies; the abuse of power, the legitimization of social othering, and the denigrations of injustice are rampant; and social and relational tensions are rising to frighteningly violent proportions. How could IFS inform an activism that resists the abuses of injustice and promotes personal and social well-being that extends dignity, accountability, and compassion to all people and communities? Through vignettes from the Center for Engaged Compassion, this presentation suggests principles and practices of Self-led activism and the sabotaging dangers of activism driven by parts estranged from the socially transformative power of Self.

Full-Day Workshops

10:00 a.m. – 5:30 p.m.

101/201 Aligning the Inner System: Fundamentals of IFS-Inspired Coaching

Brian Jaudon and Anna Tansi

Anna Tansi and Brian Jaudon, both seasoned executive coaches with extensive training in IFS, are developing an IFS-inspired coaching curricula that teaches core principles of IFS as part of an innovative and transformational coaching methodology called Total Alignment Coaching. This workshop includes foundational pieces from that curricula including the differences between coaching and therapy.

At the heart of this highly experiential workshop is a comprehensive coaching tool called Mapping Your Internal Influences that identifies clients’ most significant drivers of their behavior, communication and decision making. Examples of these influences include beliefs and stories, vows and promises, roles and archetypes, and fears and concerns. All of these influences reside in client parts that are doing their best to create stability and equilibrium in the client system.

This approach is different from most coaching models that often underestimate and even ignore parts of the system that are not aligned and may sabotage the clients’ espoused goals and initiatives. Some methods in the marketplace actually ‘call out the saboteur’ and teach strategies to minimize and even annihilate their voice in the system. This approach honors rather than marginalizes resistant parts, knowing that their participation is required for total alignment.

Workshop participants will learn the influences mapping system and have the opportunity to practice mapping another person’s influences (parts), analyze the results of the mapping, and then learn methods and strategies for working with individual influences (parts) in ways that are congruent with the coaching contract. In addition, participants will practice recognizing and regulating their own “coaching parts” that surface when engaging clients.

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



**Internal
Family
Systems™**

For information on how to support the
Advisory Committee for Diversity and Inclusion:

DiversityandInclusion@selfleadership.org

Thank you,
Percy Ballard, Kate Lingren,
Julie Honeycutt, and Grace Ann Stevens

102/202 Making the Connection: The Application of IFS in Play Therapy, Sand Tray, and Parenting

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 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 session, 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 also learn how to build and establish a safe and trusting relationship with a child, introduce the child to the play room/play therapy, and build and maintain the therapeutic relationship. They 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 their parts. Employing the therapist's parts as a guide and therapeutic tool in the play room will also be explored and practiced.

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

103/203 Intention and Transformation: IFS, Guides, and the Power of the Circle

Edward Yeats, PhD, Whitney Thompson, MSMFT and Lindsa Vallee, LCSW

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 a significant change in their lives for which they desire spiritual help. Participants can choose any intention for inner transformation and will be invited to integrate their work in the Circle with the conference theme of self-led activism, if they wish. 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. 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 the experience.

Track: IFS Beyond Psychotherapy
Level: Intermediate to Advance

Workshop Session **1**

10:00 a.m. – 1:00 p.m.

104 Direct Access: An Essential IFS Skill

Frances D. Booth, LICSW

This workshop is an opportunity to review and practice direct access skills. Seminar format will include didactic presentation, discussion, video, and practice. When stuck with a client, try direct access!

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

105 Contracting with Your Client's Difficult Parts

Michael Elkin, LMFT

We all encounter clients who trigger unhelpful parts. Our hearts close, we feel stupid, we feel judged and incompetent, and we feel like referring them to someone we dislike. This workshop grew out of a popular feature of Level 1 trainings in which we would invite students to role-play their most challenging clients and interview them with the goal of negotiating a viable therapeutic contract, in the course of which we would use the case to teach larger advanced understandings of IFS. Participants are encouraged to bring in their most difficult cases!

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

106 Activism as an Inside Job: Self-Led Practices for the Benefit of Exiles Everywhere

Adrienne Glasser LCSW, RDMT and Nicholas Brüss, LMFT

How are we to be effective activists when anger, fear, shame, and exiles are brought directly to the surface in such difficult times? In this workshop, we will explore the story of our parts and how we show up for them in Self—and how the Self advocating for parts, including exiles, becomes a path of activism in the world. Participants will be guided through innovative embodied meditation practices that foster our connection to Self. We will listen to parts from Self in meditation to learn which ways of showing up for them have been transformative. Participants will learn what kind of advocacy is important to parts by hearing stories of exiles and how they view the Self. The more we can observe these parts by noticing their sensations in the body and their experience of the Self, the easier it is for our inner activist to decide what right actions to take. This is the path of getting to know our inner activist, which can advocate for both our inner needs and the needs of others. Activism in the world will be contemplated through the lens of compassion towards our parts and the parts of others. Only through the Self can we observe our own parts and achieve inner clarity, ultimately leading to being an effective activist in the world.

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

107 Using Your “Clear Voice” to Undertake Difficult Conversations (in Personal, Professional, and Community Contexts)

Suzan Wolpov LMHC, LRC

In these challenging and divisive times, we often encounter conflict with people at all levels of closeness. The need for Self-led conversation is more important than ever. Distress arises for us and for our clients, leading to unsatisfying parts-driven interactions.

We will discuss the process of unblending from our activated parts in order to listen to both the overt concerns and the deeper feelings that are present. The increased clarity and confidence gained will lead to a greater ability to listen with genuine curiosity to the other party and thus create dialogue and increased understanding.

We will explore how this applies to our work with our clients, as well as within ourselves, and with relationships that span both the personal and a broader community. Communicating effectively, using Self-led assertiveness or “clear voice” communication strategies, provides tools that help one’s protectors relax, further improving one’s ability to both listen well and express one’s message. The workshop will include discussion of challenging experiences, a presentation of a “clear voice toolkit,” examples to demonstrate its application, and guided meditation for participants to get firsthand experience to apply to practice exercises, which will then be discussed.

Track: IFS Beyond Psychotherapy
Level: All Levels Welcome

108 Discover and Engage Your Inner Activist

Beth Davenport, LICSW; Paul Neustadt, LICSW; and Corky Becker, PhD

Now, more than ever, we need to be able to discover and engage our inner activist as our nation and the world are facing wars, climate change, income inequality, poverty, and other serious social issues. This is also a time of increased polarization at the local, national, and international levels of government. In order to engage our inner activist, we need to be able to identify and work with our internal parts that can get polarized and block us from actively engaging with a serious social issue. We also need to be able to listen and talk with others in a Self-led way so that our activism can be effective and we can find and work toward common goals. In this workshop, participants will have a chance to learn and experience an approach to dialogue that integrates principles from the IFS Model and the Public Conversations model of dialogue. Participants will choose a social issue that they are concerned about and will have an opportunity to discover and work with parts that can get in the way of engaging their inner activist. This approach, called Reflective Self-Led Dialogue, releases the Self energy of the group, providing the supportive connection that enables us to do our inner work and to feel more empowered through witnessing our commonality with others. Participants will experience the power of listening and sharing in a Self-led way, which is key for activism to be effective.

Track: IFS Beyond Psychotherapy
Level: All Levels Welcome

109 Changing School Culture and Climate with IFS: Using IFS Concepts and Methods as a Means of Promoting Social Emotional Learning in the Schools

Ralph Cohen, PhD and Joanna Curry-Sartori, LMFT

Education is a powerful arena in which we can profoundly influence/support the well-being of children and the culture of our world. Social Emotional Learning (SEL) is spurring a paradigm shift to promote a more positive learning environment for students. We see schools as a space to cultivate/nurture both children and adults as Self-led activists—people who stand in their natural power, connect with clarity and poise, resonate with their innate worth, and take action for the well-being of all. Social Emotional Learning (SEL) is commonly defined as consisting of five core competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making. The presenters will offer an IFS-based approach to SEL as an alternative to the more common social learning and behavioral approaches and will demonstrate that IFS skills can be used as powerful tools in promoting SEL competencies among students, teachers, and administrators. This workshop will combine lecture, demonstrations, and role-plays.

Track: IFS Beyond Psychotherapy
Level: All Levels Welcome

110 Bigotry (or Implicit Bias) From the Outside In

Percy Ballard, MD and Kate Lingren, LICSW

Racism, sexism, classism, homophobia, ableism, sizeism, ageism, religious discrimination—the list goes on. The ways that we categorize, judge, and turn one another into the “other” as human beings is truly remarkable. Though we may strive not to perpetuate bigotry, there is a strong and ever-growing body of evidence that we are all doing this in some way every day, continually, usually outside of our conscious awareness, thus making it all the more influential. Common psychological tools have been developed to study, measure, and prove the existence of implicit bias; however, the way out of these biases has eluded us—until IFS. How can this uniquely non-pathologizing model be used to address the bigotry in ourselves and in those around us? The same way it got there—from the outside in. Please join us in discovering how IFS informs a unique and systematic method of understanding and addressing bigotry with the connection, compassion, and courage of Self-leadership.

Track: IFS Beyond Psychotherapy
Level: Intermediate to Advanced



FREE WIFI
in all workshop spaces

Password: IFS2017

111 Shame in the Adoptee System: The Importance of Breaking Silence Around Adoption as a Trauma

Marta Drachenberg, LMHC

Adoption touches almost all of our lives. Whether you know an adoptive parent, someone who relinquished a child, or an adoptee him- or herself, you may have come in contact with it more than you have realized. Yet the understanding of adoption as a trauma is still unknown, misunderstood, and exiled in our culture.

This workshop will support both personal exploration of parts activated by adoption and increase overall awareness of adoption trauma. IFS is uniquely skilled at supporting this healing. You will leave with a deeper understanding of how to use IFS to support your clients and some common adoption-related burdens you may want to be tracking.

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

112 U-Turn to Return: From Reactivity to Self-Leadership

Cathy Curtis, LCSW and Toni Crossen LMFT

Richard Schwartz coined the phrase “U-turn,” which literally means learning to turn your attention toward yourself and away from the external environment for validation. This workshop is designed to help people understand the multilayered reasons for their reactivity, name the protectors whose job it is to blame other people for feelings of anger and shame, and identify exiles whose pain motivates these protectors. Participants will learn what it truly means to make a U-turn and what it sounds like to make a Self-led return. Through didactic, experiential, and group discussion, we will help you learn how to do this work with yourself and with your clients. We will explore common protectors that work hard to prevent this process, incorporating material from the Intimacy From The Inside Out couples therapy training program. We believe this work is life-changing and will benefit you and your clients immensely.

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

113 All Parts Big and Small: How to Use the IFS Model with Children and Their Parents

Lisa Spiegel, MA, LMHC

Come and explore how to practice IFS with children ages four through adolescence as well as using IFS-informed parent guidance. This workshop will demonstrate how to help children find their parts and use art and play materials to represent them. Learn how to help children develop loving relationships to their protectors and even unburden their exiles. Photographs and video will demonstrate work with my own clients so that participants can see the magic of using IFS with kids. Small- and large-group exercises will help clinicians get a sense of what it is like to be a child working with his or her parts in therapy. Through the use of role-play, the workshop will also show therapists how to work with parents using IFS.

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

Workshop Session 2

2:30 p.m. – 5:30 p.m.

204 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 be loving themselves. 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 a personal and spiritual growth path. We will view IFS as an ideal paradigm for loving our various selves (parts) and demonstrate and practice simple yet powerful practices (derived from both IFS and other practices) that increase greater love into our inner and outer lives.

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

205 Self-Spirituality: Michi's New Views of Self

Michi Rose, LMSW

People often have a problem maintaining Self-leadership. Sometimes clients become Self-led during their work in our offices but lose this sense of Self a few hours later. The question is how to facilitate clients not only to access their Self energy but also to sustain it.

In this didactic session, Michi suggests an answer with her new views on “Self-Spirituality.” She offers creative new ways to broaden the working concept of Self, which has implications for expanding the critical mass of Self within a person. She also discusses new therapeutic approaches that she developed based on her broadened views of Self. These processes provide therapists with new ways to assist clients to access and sustain Self energy.

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

206 Internalized Patriarchy: An IFS Perspective

Kay Gardner, LCPC

This is an in-depth, experiential workshop designed by IFS Lead Trainer Kay Gardner to inform and transform the internalized patriarch ingrained in all of us from family and cultural burdens and even legacy burdens. Using IFS concepts and methods, Kay will discuss what internalized patriarchy means and use exercises to show how it is manifested in our internal processes and behavior. She will then facilitate an inquiry process in dyads to discover what lies within each participant. This will be followed by sculpting of parts, allowing the richness of each participant's internal world

to be enacted. Engaging Self energy and with the support of others in the group, each participant will have an opportunity to heal the wounding beliefs of the patriarchy and then to balance and nurture the Self with the addition of the divine feminine.

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

207 Is My Butt Bigger Than Hers?

Jeanne Catanzaro, PhD and Elizabeth Doyne, PhD

Our culture is rife with burdens around food, body size, and weight that we absorb from birth. In this largely experiential workshop, we will identify and work with parts who carry shame and judgment about the body. We will explore the internal and interpersonal impact of the burdens these parts carry. Finally, we will consider how healing our individual burdens could shift our cultural burdens and the way we approach food, weight, and the body.

Track: IFS Beyond Psychotherapy
Level: Intermediate to Advanced

208 Using IFS with Military Veterans and Families: Helping Parts Find a New Mission

Sharon Cooper, PhD and Kim Corey, PhD

The culture and ethos of the military powerfully shape servicemen's and women's views of themselves and the world in which they live. 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. This workshop will introduce participants to military structure and culture, discuss parts that get reinforced and exiled by military training, and help participants understand how IFS is well suited for treating trauma in the veteran population. Participants will learn how to identify managers, firefighters, and exiles that are commonly reported by veterans, learn common adjustment issues that veterans experience after returning to civilian life, and learn ways to use the IFS Model to treat veterans suffering from PTSD and other mental health issues. This workshop will also highlight some of the challenges that military families experience and will explore therapist parts that come up when working with veterans and their families.

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

209 Self-Led Grieving: A Map to Recovery and Rediscovery After Loss

Janis Clark Johnston, EdD

This experiential workshop builds upon IFS and the Pinwheel Model of Bereavement, based upon the clinical work of Ann Solari-Twadell and her nursing colleagues at Loyola University, Chicago. Subpersonalities, or parts, can hijack a sense of personal balance in grieving. Drawing an IFS Personality Map can highlight a path forward in understanding the pain of loss. A hand-drawn map offers concrete directions for change by providing a simple mirror of "Who am I?" at the crucial turning points in life after a significant loss. Client examples of personality maps, dream journals, and mindful meditation will illustrate a Self-led grieving process.

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

210 Jesus' Ministry: A Model for Self-Led Activism

Molly LaCroix, LMFT

If we envision Self-led activism to be more than a momentary response to a particular injustice—if we want it to be more of a way of life and an ongoing means of interacting in our world—it is helpful to have a model that provides the key elements needed for effective results. Jesus' ministry provides such a model. His approach to activism was guided by a compelling vision, energized by healthy motivation, and carried out in a way that met the needs of both individuals and communities. In this workshop, each element of this model will be examined through the lens of IFS. Important themes such as reconciliation, healing, and effective confrontation of injustice will be explored. The key qualities of Self that are particularly important for each element will be discussed. In addition, the IFS Model will be used in experiential exercises designed to guide participants in developing or refining their own vision, examining their motives for activism and any burdens impacting it, and identifying particular needs that can be a focus of action.

Track: IFS Beyond Psychotherapy
Level: All Levels Welcome

211 Implementing and Integrating IFS in Community Mental Health

Stan Einhorn, PhD and Kathleen Fahmie, LICSW

The task of introducing IFS into a community mental health program requires a combination of strategic planning, training, and integrating IFS into clinical practice. This workshop addresses how IFS is being introduced to the Santa Cruz County Mental Health Department, a community agency of a medium-sized California county that serves severely mentally ill consumers. Stan Einhorn, a psychologist and program manager, discusses the strategy for introducing IFS on an administrative level and to clinical teams. Models for providing in-depth training, a monthly study group, and IFS supervision will be reviewed. Participants will be asked to share their own successes and challenges in bringing IFS to community-based agencies. Kathleen Fahmie, a licensed clinical social worker, shares how she integrates IFS into her individual and group treatment of seriously mentally ill adults. Examples will be given about documentation of IFS that meets requirements for Medicaid billing. Attendees will have the opportunity to participate in a demonstration where IFS is integrated into a group therapy session. A summary of the workshop's discussion and suggestions will be shared with the Foundation for Self-Leadership's IFS in Agencies Workgroup to help develop guidelines for IFS implementation into other community agencies.

Track: IFS Beyond Psychotherapy
Level: All Levels Welcome



FOUNDATION for
SELF LEADERSHIP
Supporting IFS Research, Training & Advocacy

For information on how to support the Foundation,
please visit our website:
Foundation.ifs.org

212 Finding Self in All the Hard Places: Challenges of Boundaries and Values in Therapeutic Relationship, in Social Activism, and Beyond

Einat Avni Bronstein, MSW, LCSW and Ossi Arbel, PhD, LMFT

Issues of boundaries and value conflicts frequently occur in therapy settings, in groups of social activism, and in other forms of organizations. In therapy settings, boundaries are challenged on issues of money, time, and much more, and value conflicts occur when clients present, express, or behave in ways that can deeply contradict our own set of values and beliefs.

For social activists, challenges may include disagreements regarding methods and means to accomplish common goals, or boundary conflicts between “the greater good” and personal needs and considerations.

This experiential workshop will help participants explore the parts that get involved and get activated in these situations, in order to access more Self energy and Self-leadership, which are crucial to the success of these endeavors and to our continued personal growth and empowerment.

The workshop is based on the presenters’ rich experience as IFS therapists and as trainers of mixed and conflicted groups such as secular and ultra-orthodox Jews, and groups of Arabs and Jews.

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

213 Creative Strategies and Exercises to Help Your Clients Unblend

Gail Tomala, PhD, LMFT and Kimberly O'Connor, LMFT

This workshop introduces several different and creative ways to assist clients in the interesting and enlightening process of unblending. Client 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 followed by small-group and whole-group sharing/processing.

Participants will leave with multiple experiential IFS activities for assisting their clients in externalizing their parts in order to gain a perspective on their role, purpose, and positive intent. In the process, all participants will gently experience some of their own parts as well as Self energy.

Conceptually, this workshop places an emphasis on helping clients to learn about their protective parts, to access their Self energy, and to 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

IFS Conference

Dance Party

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



~ All Parts Welcome ~

SATURDAY

8:00 – 10:00 p.m.

Narragansett Ballroom, 1st Floor