

Saturday, October 28

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 (#401-413)

2:30 – 5:30 p.m.

Book Signing Event featuring Richard Schwartz

5:45 – 6:30 p.m., IFS Bookstore, 3rd Floor

LifeForce Yoga Meditation

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

IFS Sangha Experience

6:00 – 7:00 p.m., Bristol Room, 3rd Floor

IFS CONFERENCE DANCE PART-Y!

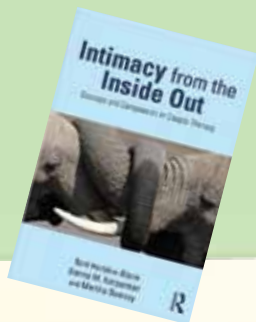
8:00 p.m. – 10:00 p.m.

Narragansett Ballroom, 1st Floor

IFS Conference Bookstore Hours

9:30 a.m. – 6:30 p.m.

Executive Boardroom,
3rd Floor



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

LifeForce Yoga Meditation 30 Minutes of Rest, Relaxation, and Rejuvenation

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

6:00 – 6:30 p.m.

South County Meeting Room, 3rd Floor

IFS 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

Plenary Session

8:00 a.m. – 9:45 a.m.

Opening Remarks

Richard Schwartz, PhD

Founder of the Internal Family Systems Model

Marginal Thinking: All Parts Are Welcome Update Presented by members of the Advisory Committee for Diversity and Inclusion

*Percy Ballard, MD; Julie Honeycutt, MMFT, NCC, LMHC, LPC;
Kate Lingren, LICSW, LMFT; and Grace Anne Stevens, MA*

In 2016, we were honored to share in the experience of six members of the IFS Community who spoke to the power of IFS in the face of marginalization. As a community, we had a powerful conversation exploring “Are All Parts Welcome?” Since then, several of the presenters have come together to form the Advisory Committee for Diversity and Inclusion, a group that started the conversation and has since inspired this year’s theme. Please join Percy, Julie, Kate, and Grace as they introduce to you the work and progress of the committee as well as their future goals. Listen as they share their most important takeaways from the “All Parts Welcome” conversation last year and how it has inspired their work since. As this group kicks off the morning plenary, it is our hope to continue our reflection of “All Parts Welcome” and how welcoming all parts means welcoming those parts with different views from our own and where that can take us as a community.

Healing Racism from the Inside Out: Unburdening Your Parts Affected by Racism and Liberating Your Inner Change Agent

Donna Dallal-Ferne, LMFT; Dorothea Hrossowyc, MS; Ingrid Helander, LMFT; Tyler Haaren, LICSW; and Joya Lonsdale, LICSW

Join us for a panel of IFS therapists who have been experimenting for the past two years with using the IFS Model to heal how our lives are affected and impacted by racism. Listen as each presenter shares what she has learned about how IFS protocols can be used to unburden our racist, prejudiced, or biased parts or to unburden and heal parts hurt through the impact of racism. In sharing their experiences using the Model, we hope to illustrate the possibilities in doing this work in ourselves and how doing this work really does release our inner activists. For today’s presenters, unburdening these parts affected by racism allows their inner change agents to feel more empowered to take action in the world. We invite you to listen to the inspiring work these presenters have done and apply the concepts learned here today to your own inner change agents!

FULL-DAY WORKSHOPS

require full-day attendance

and offer 6 CE hours

Full-Day Workshops

10:00 a.m. – 5:30 p.m.

301/401 Working with Our Shadow Parts and Releasing the Hidden Potential for Connection, Compassion, Curiosity, and Courage by Exploring Issues of Racism, Sexism, Homophobia, and other “Isms”

Chris Burris, LPC, LMFT

In this workshop, we will create a safe environment to explore hidden shadow issues such as racism, sexism, homophobia, and other “isms.”

A key tool in owning our shadow lies in addressing the element of shame. It is shame that keeps these shadow parts hidden and repressed. Not only is this element toxic to our system, but it also breaks down the ultimate (and intimate) connection with our Self. In a safe container, we may discover that these parts are universal and are learned, normalized, or implanted through implicit and explicit experiences. In addition, these hidden burdens color and distort our perception, making it difficult to recognize the undercurrent sustaining this unconscious but fixed view. By establishing that this tendency to separate things and people into good and bad categories is human and universal, we can normalize it, neutralize the shame of it, and work more skillfully to overcome the blocks to connection and community.

We are encouraging people to commit to be there from the beginning and stay until completion. This is a commitment to being on time and commit to being present for the full six hours.

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

302/402 IFS Group Psychotherapy: The Next Generation in Process-Oriented Groups

Sue Richmond, LCSW

Whether you work for an agency or are in private practice, group psychotherapy can be a powerful tool for healing. This workshop will show how to use the IFS model in a group setting. Many groups today use manualized treatment protocols and focus primarily on psychoeducation. IFS group therapy is the next generation of process-oriented groups. As group members begin to develop an inner relationship with their parts, long held beliefs and thought patterns begin to shift. This inner shift inspires participants to innately make healthy behavioral changes on their own. In this workshop you will learn how to introduce members to the concept of Self and parts, how to teach group members to speak for their parts and give Self-led feedback, and how to create a safe space where members can hold Self-energy for others while witnessing a part tell its story or unburden its pain. You will learn how to facilitate group cohesion by introducing members to a common language, group norms, and group format, which can be applied to both closed and open-access groups. Through both didactic and experiential learning, this workshop will help instill confidence in clinicians who would like to apply the IFS model to a group format.

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

Workshop Session **3**

10:00 a.m. – 1:00 p.m.

303 Nourishing Self-Leadership Through Values-Based Education (VbE) and Values-Based Environments

Neil Hawkes, BA, MEd, DPhil (Oxford), FRSA and Jane Hawkes, BSc, MSc, CTA, UKCP

A unique opportunity to join Neil and Jane’s quiet revolution, discovering the life-enhancing power of Values-Based Education (VbE) and the Inner Curriculum (TIC). Participants will be invited to explore how the explicit use of community-inspired values in families, schools, and other environments creates space for Self-leadership to flourish. They will explore how learning about an ethical vocabulary and the Inner Curriculum develops ethical and emotional intelligence. This transformative power has the exciting potential to create a new universal narrative to nourish Self energy in ourselves.

Track: IFS Beyond Psychotherapy
Level: All Levels Welcome

304 Conversations and Explorations on Unburdening

Frances D. Booth, LICSW and Jory Agate, MDiv, MA

In this workshop, we will honestly and thoughtfully examine unburdening. Topics include: therapist parts, client parts, blocks to unburdening, spontaneous unburdening, incomplete unburdening, inner physics, and restoration of Self-leadership. We will explore unburdening as a client and as a therapist. We assume diversity in the unburdening experience. What do you see/feel/experience in the unburdening process? How do you know an unburdening has occurred? We will invite curiosity about the nature, experience, and possibilities of unburdening. Throughout the workshop, we will move between personal reflection, dyad sharing, large-group conversation, and didactic presentation.

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

305 Self-Led Activism: Working with Parts that Get in the Way—A LifeForce Yoga and IFS Workshop

Laura Orth, LICSW

Today’s political world has unleashed the desire of many people to work in expanded ways toward a socially just world. Simultaneously, many of us have parts with extreme reactions to current political issues due to historical, sociocultural, and familial experiences. This workshop will focus on ways to support the ability to heal parts that get in the way of Self-led activism through an integration of LifeForce Yoga practices and IFS work. We will identify practices to help parts release the need to take on extreme roles and encourage parts to become helpers in the system. The goal is to work for change from a place of courage, clarity, confidence, compassion, creativity, connectedness, curiosity, and calm. Self-led activism allows us to intervene in the most effective and empowered way for our own systems, those of our clients, and the larger system.

The practices in this workshop can be done sitting in a chair or standing, requiring no experience with physical yoga practices. Amy Weintraub’s school of LifeForce Yoga highlights empowering yogic practices that can be used to support emotional well-being: practices help parts decrease their level of hopelessness and despair, while others help parts soothe anxiety and trauma reactivity. Practices include: pranayama breathing, body sensing, imagery, non-dual meditation exercises, as well as affirmations that arise from the client’s authentic experience of Self.

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

306 Accessing Self Reveals Motivation for Action

Loch Kelly, M.Div. LCSW

In this workshop, you will learn contemporary versions of ancient wisdom practices related to IFS therapy to access your true Self in order to discover a new source of the motivation for action. In our ongoing journey of unburdening parts, it is very important to distinguish managers and Self-like parts from our Self. Self is grounded in an interconnected, open-hearted awareness, which is different from a detached mindful witness. There are ways of learning a felt sense of Self from which you can find a new motivation for creating and relating. The ground of Self can feel as though 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 workshop is to learn ways to return to Self and remain in Self-leadership while doing therapy and other activities. What is the difference between being motivated from anger or from compassion? We will explore ways of accessing and speaking from our true Self through open-eyed meditations, small shifts of awareness, and partner exercises. These exercises will help distinguish Self-energy from managers, a mindful witness, and Self-like parts.

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

Book-Signing Event

featuring Richard Schwartz

Visit the IFS Bookstore
for a complete list of authors!



5:45 – 6:30 p.m.
Executive Boardroom,
3rd Floor

307 Bringing IFS to the Divorce Recovery Group Process: Healing Through Connection

Carol Shilliday, PsyD and Barbara Bennett, LMFT

Divorce is a time of upheaval and crisis. It can be traumatic—a time when people's parts can get extreme, which can lead to a high-conflict, protracted divorce process. Support is most needed during this difficult life transition.

IFS offers the opportunity to bring the healing power of Self energy to these extreme parts. Through the use of this model, people are given the tools to ground and center through the divorce process. People going through the divorce process often find their support network dwindling, or they may be hesitant to tap into it, feeling as if they are burdening others. However, it is actually a time when support is most needed. The Divorce Recovery Group (DRG) offers a place for people to come together with others going through similar situations in order to get the support they need and offer support to others in need. Bringing IFS to this group process offers the added value of Self. The group becomes a grounding, safe container, providing an external resource of Self. This aids and supports each individual while he or she learns to access a critical mass of Self internally. Bringing the IFS Model to the group process helps people recognize and unblend from extreme parts and learn about polarizations that sustain conflict. This results in turning the divorce crisis into a healing and growth opportunity.

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

308 “What About This Don’t You Get” to “I’d Like to Have a Conversation”: Self-Led Activism

Sarah Stewart and Rina Dubin

As activists, we want to be able to be in relationship with others who may not hold the same views and be able to work toward change. This workshop will help people identify some of their reactive parts that make it difficult to be heard by others. For example, we will help people honor their passion while unblending from righteous energy. We will be using the IFS Model to help participants speak for parts who hold strong opinions, as is often the case when someone is an activist.

Self-led activism is also often driven by deep emotion such as grief or rage. Time will be spent to help participants make an internal connection with those parts so they feel a strong bond with Self energy and can feel held and so each person can have more space in talking with others. The experiential aspects of the workshop as well as the small-group role-play will be structured to help people have a successful experience of greater Self-led activism.

Track: IFS Beyond Psychotherapy
Level: All Levels Welcome

309 Unearthing the “Buried Treasure” of Self-Leadership in Prison Settings: The Case of Jericho

Steven Spitzer, PhD and Michael Corson

Circles case studies and demonstrations in a group context will be utilized to reveal the power and promise of “inner change agents” in bringing about personal and social change. An approach to identifying and excavating these “buried treasures” will be illustrated through a sculpting process and discussion of insights developed over fifteen years in a program working with incarcerated men (The Jericho Circle Project). This workshop will demonstrate how working with protectors can be useful in freeing transformative parts from their burdens and paving the way to genuine change in clients and society.

Track: IFS Beyond Psychotherapy
Level: All Levels Welcome

310 Misery or Mastery: Documenting Medical Necessity and Preventing Legal Nightmares

Beth Rontal, LICSW and Frances Schopick, JD, MSW, LICSW

Clinical documentation is a professional standard of care, but there is little written about what to write or how to write it. IFS clinicians tend to be seasoned professionals yet may be unsure of how to document the good work they provide and may feel at the mercy of insurance companies as they struggle with authorizations and fear or prepare for audits and legal issues that can include sensitive, protected health information. The first part of this workshop will help therapists write treatment plans and session notes with skill and ease so that medical necessity is justified, it is easier to get authorizations, and audits aren't threatening—in a way that represents their work with integrity.

Additionally, therapists may not understand the legal implications of words that may otherwise seem innocent. For example: Who is the client? What are the implications of “advocacy”? What does it mean to offer an “opinion” or “recommendation,” to provide an “evaluation,” and understand how they are documented? Understanding these distinctions can help the therapist inadvertently avoid entering a dual or multiple relationship that may not only compromise the therapeutic alliance but may also put the therapist at risk of board complaints. The second part of this workshop will help therapists learn to identify what is a legal issue and how to document with legal issues in mind.

The more the practice of psychotherapy is scrutinized, the more important good record-keeping becomes. This workshop will help therapists document to meet clinical, legal, and payor requirements that are consistent with compassionate quality care so that you can protect yourself from legal nightmares before they happen.

Track: IFS Beyond Psychotherapy—Ethics
Level: All Levels Welcome

311 Develop Your Self Leadership Through Applied Systems Thinking

Andreas Michael and Niklas Eklund

This workshop aims at bringing an understanding of the need of systems thinking and how applications of the IFS Model can be used to develop this competency in individuals and in groups. We will do this by guiding participants through practical examples, creative exercises, and logical games aimed at broadening your perspective and that of people you work with in order to help participants feel and experience the impact of a systems thinking perspective.

You will learn how to apply the IFS psychotherapeutic modality together with core concepts in systems thinking in various creative and accessible ways. If you have an interest in helping yourself or your community to stronger Self-leadership and Self-led decision-making, this workshop is for you!

Track: IFS Beyond Psychotherapy
Level: All Levels Welcome

312 A@@holes: Engaging the Stubborn, Selfish, Rude, and Hateful People in Your Life and Wider World

Keith Miller

Everywhere you look, it seems, there is an a@@hole waiting to ruin your day. And by the tone of social media—or even your average water-cooler conversation—some people feel strongly that there is an a@@hole in the White House.

Is there really a growing “a@@shole problem” that’s beyond our control? Or is there a role that therapists, healers, and peacemakers can play in our communities and in the larger culture of politics to engage stubborn, selfish, rude, and hateful people?

In this lively and engaging seminar, we will examine how to translate the therapeutic concept of radical acceptance into a practical and safe strategy to bring more peace and stability to ourselves and those we might consider our enemies.

Track: IFS Beyond Psychotherapy
Level: All Levels Welcome

313 When the Therapist Becomes the Medical Patient: Courageously Engaging with Illness and Mortality

Roberta Rachel Omin, LCSW

We have all known therapists who have lived through an acute, chronic, progressive, or terminal illness or have died. Part and parcel of our human experience, this existential crisis permeates our deepest vulnerabilities and fears. What allows a therapist to move through this life-changing experience with integrity and centeredness? As human beings, we owe it to ourselves to compassionately and courageously welcome all our parts and unblend and unburden extreme protectors, reliable managers, and activated exiles, thereby creating spaciousness for a Self-led response in the therapy relationship.

We know that leaving clients without processing their experience and without offering options or termination in a healthy way can often be retraumatizing. When our core mission is to heal,

and when that is also a reason clients come into therapy, how can we “do no harm” when we are in the throes of an illness, with upheaval and uncertainty?

Through experiential exercises, audience dialogue, synthesis of research from many therapist and client interviews, and didactic learning, this workshop will stimulate curiosity, courage, clarity, and confidence for participants to be Self-led when confronted with the unthinkable. As inner change agents, we will embody our personal and professional vulnerability with integrity as we work with Principles of Contextual Self-Led Disclosure and trailheads for both clients and therapists within the therapy relationship.

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

Workshop Session 4
2:30 p.m. – 5:30 p.m.

403 Training Your Mind, Heart, and Brain: Effects of a Nine-Month Contemplative Mental Training Program on Brain Plasticity, Well-Being, Compassion, the Self, and Health

Tania Singer, PhD

At the intersection of the fields of social and contemplative neurosciences, researchers started to investigate the effects of meditation-based mental training on brain, social capacities, well-being, and health. This workshop will introduce the ReSource Project, a large-scale, multi-disciplinary secular mental training study with a duration of nine months aiming at the daily cultivation of multiple wholesome qualities such as: a) mindfulness-attention and interoceptive awareness; b) socio-affective capacities such as empathy, compassion, and prosocial motivation; and c) meta-cognitive skills including perspective taking on others as well as on inner aspects of the Self—the latter being inspired by the framework of IFS. Dr. Singer will show first results revealing that these different types of mental practices can have differential and large effects on brain plasticity, improved attention, compassion, and perspective-taking on aspects of the Self as well as others’ minds. Furthermore, intersubjective dyadic training can reduce social stress on the hormonal level as well as increase social closeness and interconnectedness. Finally, we will discuss the implications of these findings for contemplative and clinical science as well as for society at large.

Track: IFS Beyond Psychotherapy
Level: All Levels Welcome



FREE WIFI

in all workshop spaces

Password: IFS2017

404 The Healing Power of Love: The Oxytocin Hypothesis

Sue Carter, PhD

This workshop will specifically interpret the experiences associated with Internal Family Systems in light of the unique properties of oxytocin. We will discuss the hormonal and neural mechanisms that support the beneficial and healing effects of loving relationships across the life cycle.

Love is deeply biological and has profound effects on our mental and physical state. Without loving relationships, humans fail to flourish, even if all of their other basic needs are met. The neuropeptide oxytocin and related molecules are at the heart of the biological substrates for love and the consequences of the presence or absence of relationships. Oxytocin is central to both the development and expression of social attachments, which in turn are necessary for what humans describe as love.

Evidence will be drawn from both human and animal research to explain the unique capacity of oxytocin to permit the development of attachments and reciprocal relationships. Oxytocin does not work alone. It regulates the functions of the autonomic nervous system, with effects on vagal and sympathetic pathways. Oxytocin also has direct antioxidant and anti-inflammatory consequences for tissues throughout the body, probably normally protecting against traumatic stress. The oxytocin system is influenced by early experience, and our research in prairie voles suggests that oxytocin can epigenetically alter the expression of its own receptors. The capacity of oxytocin to regulate these systems helps to explain the pervasive adaptive consequences of social experiences for emotional and physical health across the lifespan. In conjunction with the related neuropeptide hormone vasopressin, knowledge of oxytocin also helps us understand the adaptive mechanisms through which relationships protect and restore in the face of challenges. Awareness of the pathways through which oxytocin and related molecules act offers a new perspective on the healing power of love and other forms of positive social interactions.

Among the questions that will be discussed is the likelihood that a “sense of safety” with a therapist or other supporting individuals can be understood through knowledge of interactions of oxytocin with other neural and autonomic systems. We will present new empirical data suggesting that “moral elevation” and loving-kindness meditation also reflect increases in oxytocin. Finally, we will examine the possibility that what humans experience as altered states of consciousness, including orgasm and “spirituality,” might be based on actions of oxytocin in ancient parts of the mammalian nervous system.

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

405 Let’s Talk About Touch: Self-Led Touch and Parts-Driven Touch

Larry Rosenberg, PhD and Nathalie Giraud Desforges

Touch is a touchy subject. Touch, “the mother of all senses,” is fundamental to a healthy life, from the polyvagal benefits of touch for self-regulation of infants and adults to the sensual intimacy of erotic touch. Touch can also be violating and abusive, and our professions have strict prohibitions against sexualized and harmful physical contact in psychotherapy. In this workshop, we aim to explore the many dimensions of touch and the distinctions between touch that is primarily Self-led and touch that is primarily parts-driven, with a focus on our parts’ intentions for touching and the meanings of touch for the recipient of bodily contact. The format will be a combination of didactic teaching, a clinical case illustrating beneficial touch with a woman with complex PTSD, and experiential exercises in which participants will be carefully guided to get to know their parts’ motivations and reactions when we touch ourselves through face massage and when we touch and are touched by others through interactive exercises. All parts—those who are curious or eager and those who are reticent, anxious, or ashamed—are welcome!

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

406 IFS in Action: Using Psychodrama and Sociometry with IFS to Empower Agents of Change

Sallie Ingle, MA, LPC-S and Susan Powell, OTR, TEP

Psychodrama and sociometry give the IFS clinician empowering, graceful methods to concretize and explore the relationships of parts to parts and parts to Self. Combining the IFS understanding of the psyche with the action methods of psychodrama can enhance client insight and deepen the understanding of our parts’ interactions and the impact of parts on intrapsychic and interpersonal relationships.

By emphasizing “showing rather than telling,” psychodrama is an ideal modality for clients to witness the intention, impact, and interaction of parts on both internal and external systems, opening the opportunity for increased access to Self. Sociometry informs the exploration and mapping of the inner structure and energetic dynamics within systems and groups. Increasing compassionate awareness of these dynamics increases choice and can deepen empathy, bring clarity, and open the door for curiosity and creativity.

In this highly experiential workshop, the healing power of the group will be used to expand our awareness of parts and increase their access to Self. Participants will be invited to increase awareness of both internal and external dynamics that can block us or move us toward our goals of creating lasting positive change in our worlds. We will work with the group to explore and bring healing to parts that polarize and inhibit our ability to connect and create change in ourselves and our relationships, organizations, and communities.

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

407 The Healing Power of the Compassionate Witness: Embodied Movement as a Portal to Self and Self-Led Activism

Marilyn Unger-Riepe, MA, MSW, LICSW

This somatic workshop provides the IFS practitioner, through Authentic Movement, with the direct experience of attuned nonverbal witnessing to the moving body, discovering how the safety of this embodied witnessing can open the pathway to Self energy and Self-led activism.

The witnessing in Authentic Movement offers parts the direct experience of feeling seen and held through movement, their primary language. The safety in the nonverbal compassionate presence in the Witness/Mover dyad, reminiscent of our most vulnerable exiles' longing, invites the opportunity for healing early attachment wounds. This yearning to be seen and safely held is foundational for connection throughout the life cycle.

The practice of AM/IFS provides an opportunity, during these frightening polarized times, to befriend and embody our "high alert" firefighters and listen to the wisdom they offer while providing our exiles a safe holding to experience a sense of secure inner attachment in these insecure times. Workshop participants will understand how, through embodied connection, AM/IFS creates a path to Self energy and the foundation for Self-led activism.

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

408 The Crucible of Unrest: Self-Led Voices in Times of Change

Marcia Barthelow, MS, MA, LMFT

How do we find our Self-led voices and change agents when we're feeling polarized and hopeless? What if "Us vs. Them" isn't all bad? This workshop explores the value of our unrest and the possible power for transformation in "bringing polarized parts together" during times of change and conflict. You'll be introduced to one way that changes in perspective and development of creative plans for action might be encouraged.

We'll consider Self-leadership as more of a crucible (a vessel that withstands heat and transforms original elements into something new) during times of conflict. You'll be introduced to a process of "bringing polarized parts together": a practice of simultaneously welcoming parts with opposing goals, views, and styles; supporting them in their ability to stay present with "the other"; and exploring their responses to internal and external change.

This workshop will educate us on mindfulness, Dan Siegel's definition of "the mind" (an embodied relational process that regulates the flow of information and energy across time and space), and how we develop new neural pathways. We'll explore how these relate to polarizations and the introduced process. All will be invited to engage in robust conversation and reflection on how the demonstration, exercises, and concepts introduced might relate to personal and global situations of conflict. Questions, insights, observations, disagreements, "what ifs," and new perspectives will all be welcomed!

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

409 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 of facing our fears as clinicians around the topics of suicide and violence. 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 this video with a suicidal part will also be shown. This workshop will also make space for a discussion about how the IFS community might be engaged in advocating for a new conversation among mental health professionals about the topic of suicide and suicidal behaviors based on the IFS Model.

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

410 Introducing IFS to Graduate Psychology Training Sites

Nancy L. Morgan, MS, PhD

What began three years ago as an effort to introduce IFS into a trauma-focused/mindfulness-based graduate psychology training site evolved into a dedicated process of underscoring the IFS Model in the 11-month training curriculum for graduate psychology students.

During the 2015–16 training year, 10 graduate psychology students were introduced to the IFS Model. During the 2016–17 training year, 15 graduate psychology students were introduced to the Model and subsequently received didactics and video trainings of IFS sessions. In addition, parts awareness was introduced during the weekly case-presentation process, during which students reflected on how their parts surfaced during therapy sessions with clients. The 2017–18 training curriculum dedicates nearly half of the training year's curriculum to IFS. The curriculum includes an introduction and an overview of the Model, didactics on the Model's components, 15+ videos featuring demonstrations, and an emphasis during case presentations on students reflecting on how their own parts surface during therapy sessions with clients. It also invites student therapists to utilize opportunities to use IFS in their therapy sessions with clients.

The challenges and benefits associated with incorporating the IFS Model into the training curriculum as well as examples from students' experiences will be shared.

Track: IFS Beyond Psychotherapy
Level: All Levels Welcome

411 Visualizing Change in Organizations: A 3D View Rooted in IFS

Laura Crandall, EdM and Toufic Hakim, PhD

Sustaining change in any organization requires resilience. Any process that seeks to create change and movement from the current state to a future state can benefit from being able to see the change agent from multiple perspectives—from the viewpoints of multiple parts of the group.

In this workshop, we will explore and discuss a new lens for seeing the Self-led qualities that can connect our own and our organizational change agents to the communities, ideas, and actions we hope to change.

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

412 Peacemaking, Legacy, and Social Action: Unpacking Our Legacy to Find Our Unique Call to Action

Marushka Glissen, LICSW and Chip Bradish, LMHC

This workshop is an experiential immersion in understanding our personal and cultural legacies so that we can unlock our potential to be effective peacemakers and feel empowered to make a difference in the world. We will work together to discover the difference we can make when our systems are unburdened. We do this through witnessing our personal stories and those of our ancestors, through discovering how our familial and cultural beliefs created the concept of “other” both internally and externally (and how that allows us to hurt “other”), and through exploring the effects of epigenetics, Native American beliefs and ceremony, and a communal letting go of our burdens.

The goal is to be able to listen and hear our own individual call for action and to feel confident that we can each make a difference in the world.

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

413 Mindfulness Practices to Enhance Unblending: Deepening Vulnerability and Increasing Self Energy for Couples

Nancy Wonder, PhD

In both Internal Family Systems and Intimacy From the Inside Out, the therapist’s role is to keep safety in the room by facilitating U-turns and helping the couples speak for protectors and exiles. This workshop will explore mindfulness practices taken from the Buddhist Vipassana tradition that offer tools to enhance the ability to do a U-turn and facilitate unblending. This presentation will offer specific techniques to help clients unblend, even from their strongest protectors. These adapted techniques enhance awareness of parts and establish a relationship with Self.

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

Sunday, October 29

SUNDAY @ a glance...

Continental Breakfast

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

Workshops: Session 5 (#501-512)

9:00 a.m. – 12:00 p.m.

Lunch Buffet

12:00 p.m. – 1:30 p.m., Narragansett Ballroom, 1st Floor

Post-Conference Institute (#601)

Self-Led Activism: An IFS Community Conversation

1:30 – 4:00 p.m., Providence Ballroom, 3rd Floor

IFS Conference Bookstore Hours

8:30 a.m. – 5:00 p.m.

Executive Boardroom, 3rd Floor



Workshop Session 5

9:00 a.m. – 12:00 p.m.

501 Daily Parts Meditation Practice: A Journey of Embodied Integration for Clients and Therapists

Michelle Glass, BA

Whether for releasing our inner change agents or for life in general, clarity in knowing one’s system is crucial as we navigate the inner terrain in becoming Self-led and bring ourselves into the world. Embodying Self-leadership and the IFS Model is an endeavor that many embark upon and also help facilitate within others.

For IFS therapists and practitioners, knowing your own system as deeply as you are assisting others to know theirs empowers you to courageously and confidently take clients to the places they need to go because you have done so yourself. Learning the tools of the Daily Parts Meditation Practice (DPMP) greatly facilitates your knowledge of your own system and is a set of tools you can use in your practice with clients. When your parts truly trust you (Self) to be with clients, your work becomes joyful and effortless.

For IFS clients, the DPMP tools will be helpful to deepen healing, integration, and coherent narratives with creativity and curiosity.

In this workshop, you will learn how to embody IFS more fully by developing intimate connective relationships with your parts through mapping, cataloguing, externalizing your parts, and developing a Daily Parts Meditation practice.

**Prerequisite: Participants should have at least 5–8 of their own parts they’ve worked with before, preferably unburdened parts.*

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