

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*

502 Healing the Ties That Bind: A Journey into the Wounds and Stories of the Collective

Gale West, IFSCP, CMMS, CH

Our ancestral and collective legacy wounds create the narrative by which we define our reality, both individually and culturally. Recent world events have brought to the surface deep-seated traumas that seem to ache for acknowledgment and healing. We will identify various wounds, such as gender, race, privilege, class, religion, and money. Through externalizing legacy burdens onto life-sized body maps, group healing techniques, and the power of story, this highly interactive, experiential workshop will bring the potential of a new narrative into the timeline of the collective field.

Track: IFS Beyond Psychotherapy
Level: All Levels Welcome

503 The Exiled Child: IFS with Adoptees

Kathy Mackechney, LCSW

People who were adopted can be overrepresented in clinical treatment settings and need people who “get it.” This workshop will help you do that. Come first to the film *Father Unknown* the evening before the workshop for an intimate portrayal of one family’s legacy burdens of secrecy and disconnection that inspire a search for truth and connection. Then attend this workshop to deepen your understanding of the common adoptee experience. Learn to recognize adoptees as a marginalized group, understand the distinction between relinquishment and adoption, identify common adoptee parts as well as polarizations and legacy burdens, and become the compassionate, informed advocate every adoptee needs. Leave feeling more empowered to work more effectively with adoptees of all ages as well as adoptive parents. Presented by an adoptee-therapist who gets it from both a personal and professional perspective, this workshop will include experiential exercises and case examples with presenting issues and parts.

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

504 Herding the Inner Cats: IFS and ADHD

Michel Fitos, AAC

IFS opens up enormous possibilities in working with people with ADHD, particularly in combination with Buddhist psychology. Many other approaches clearly name the protectors and burdens that may be present in our clients’ systems, but they don’t address the possibility of healing or transformation. Our clients’ systems are often burdened with enormous amounts of shame and helplessness, and enormous amounts of energy are tied up in powerful, invisible polarities. Working with them to help them turn inward, unblend from their parts, and unburden their systems frees up much-needed inner space and energy. Offering managers (and entire systems!) the gift of Self-leadership transforms clients’ relationship to their symptoms from a shame-based relationship to one of acceptance and compassion. In this workshop, we will discuss some common constellations of parts that show up in people with ADHD, look at some parts maps, and create our own maps.

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

505 Our Voices, Our Selves

Naaz Hosseini, LP

Voice is an integral part of the therapeutic process. When we, as therapists, are not aware of our own voice, we can undermine our intention. When we are not aware of our clients’ voices, we can miss important cues.

As the manifestation of breath vibrating, voice is a direct current—an expression of Self and parts. The voice of Self is open, unobstructed, resonant, and dropped down in the body. Voices of parts will be shaped and constrained in direct connection with the physical habitation of the part. When a part is activated, it will be reflected in the quality, pitch, speed, and inflections of voice. Changes in voice reveal shifts in attention or state. At the same time, voice is a vehicle for accessing and inhabiting self.

Through lecture, practice, and experimentation, we will explore how our voices carry Self energy and parts energy and ways to attune to voice as it reveals, informs, and helps guide our work with our clients and ourselves.

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

506 Bringing the Inside Out: Using Trauma-Focused Experiential Techniques with Internal Family Systems

David Adamusko, LMFT

In his book on trauma, *The Body Keeps the Score*, Bessel van der Kolk describes the powerful way in which action methods (psychodrama, etc.) can be used in integrated healing from traumatic wounding. “Traditional” IFS psychotherapy is typically administered using an intrapsychic guided-imagery-like process that often starts with the instruction to “go inside.” Bringing the body into the work adds an additional and complementary level to IFS that allows clients to integrate traumatic wounding. This can be especially powerful for clients who manifest trauma with protective parts that have difficulty “being in their body” and “going inside.” It also brings a dynamic (even fun) aspect to individual and especially group psychotherapy. The popularity of the movie *Inside Out* illustrates how easily this model lends itself to “being shown” externally as well as internally. The movie brought to life Reily’s parts. In a similar, and deeper, way, this work provides a dynamic experience for all participants.

Track: Trauma
Level: All Levels Welcome



FREE WIFI

in all workshop spaces

Password: IFS2017

507 Courage and Confidence for Getting Your Patient Started in IFS

Ken Jaeger, LICSW, CGP

In this workshop, we will help IFS therapists make the shift into IFS therapy more confidently with their patients. We will start with a review of the standard IFS introduction approach. Then we will workshop the specific fears that participants have about making the shift into IFS therapy with their patients. One common fear we will work on is that shifting into IFS from a more “normal” therapy conversation is going to create a disruption and may result in the loss of a patient. We will honor the parts that are having this fear, work to understand them, and try to offer them what they need. Examples of what we will practice include befriending a “super-manager” part that is heavily invested in maintaining its sense of being the person’s only personality as well as meditations to support individuals who struggle with finding their way inside.

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

508 Waking Up Through Our Planetary Predicament: IFS as Catalyst

Linda Padgett, LMFT, PhD

Our planetary trajectory of increasingly frequent natural disasters is creating distress: depression, PTSD, anxiety, grief, relationship strains, and substance abuse. Nonetheless, both therapists and clients have difficulty thinking about, talking about, uniting around, and responding to our ecological decline.

The IFS Model provides a framework for understanding why. Moreover, the spiritual wisdom of IFS offers a healing path toward grounded, authentic responses to these unprecedented challenges. We will review recent research on common managers, firefighters, and exiles that contribute to making our current predicament so complex or “wicked.” And we will spend over half of the allotted time engaging in experiential exercises designed to: 1) foster seeing through the apparent boundaries of our connectedness—our Self; and 2) expand both therapists’ and clients’ spiritual and emotional capacities for engaged, empowered responsiveness—our Self energy. This workshop is inspired by Buddhist Eco-Philosopher Joanna Macy, PhD, and her insights into three narratives that dominate our time: Business as Usual, The Great Unraveling, and The Great Turning.

Track: IFS Beyond Psychotherapy
Level: All Levels Welcome

509 Cultivating Qualities of the True Self: A Daily Five-Step Practice

Wende Birtch, LMHC, RYT

Have you ever been really inspired by an IFS conference or training, and you leave with enthusiastic determination to “work with your parts” and express more Self energy? Then you return home or to your office and get blended again? A part gets triggered, and there goes your curiosity or your courage! This workshop offers time for you to take a deeper look at your sense of Self energy and what invokes it. You will then be introduced to

some quick strategies, included in a simple five-step process, that help you focus on specific qualities of your True Self, befriend manager parts, and strengthen your resolve to be more Self-led day by day. This workshop combines didactic presentation, group discussion, and experiential activities, including a specifically designed meditation.

Track: IFS Beyond Psychotherapy
Level: Intermediate to Advanced

510 Loving Bullying Parts and Why It Matters

Jim Andralis, LCAT

Some may argue that our most recent presidential election has resulted in the endorsement and emboldening of a very extreme brand of bullying. Many of us are tending to the terror and hopelessness flooding many of our clients, often while navigating our own internal response to extreme, rage-filled polarizations in our country. This workshop will encourage a rigorous exploration of our own internal worlds as a way of extending compassion to even the most triggering parts.

This workshop will invite participants to consider that the often destructive, perpetrating energy inside our clients (and ourselves) may be in most need of compassion due to the tremendous amount of shame that burdens these parts of us. The simple, often counterintuitive act of turning toward these parts of our clients with curiosity and openness can detoxify that shame and foster more compassion internally and among one another.

Track: Trauma
Level: Intermediate to Advanced

511 Therapist’s Guide to KidsWorld: Using a Board Game for Healing Children, Inside and Out

Art Mones, PhD, ABPP

This workshop will use the therapy board game KidsWorld: Inside and Out as a focal point and microcosm for understanding and healing children while having fun! Participants will have a hands-on experience for applying the IFS Model to help children with the entire array of symptoms, including anxiety, depression, autism, ADHD, anger issues, withdrawn behavior, and so on. The game guides kids to celebrate Self and enhances their mindfulness so they can appreciate their protectors and safely find and unburden their exiles. An IFS-informed model for conceptualizing and strategizing family therapy will be addressed. Ample time will be provided for questions about challenging aspects of working with kids and their families as well as networking among IFS therapists who work with children, teens, and their families.

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

512 Journaling for Higher Self

Heather Leavesley, MA, IFSCP, CJT

This workshop presents a series of journaling exercises based on therapeutic journaling principles integrated with the IFS Model. The intention for these exercises is to give participants the experience of:

- Unblending from Parts
- Observing parts and fostering the 6 F's of the IFS Model through writing about, from, and for parts
- Accessing the 8 C qualities of Self and bringing these qualities to parts and internal system dynamics

In addition, the workshop will discuss options for using these journaling exercises as a personal practice, with clients, and in a workshop format.

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

Post-Conference Institute
1:30 p.m. – 4:00 p.m.

601 Self-Led Activism: An IFS Community Conversation

*Richard Schwartz, PhD, with the
2017 IFS Conference Plenary Presenters*

The Center for Self Leadership and this year's plenary presenters invite you back for our final session of the 2017 IFS Conference for an "All Parts Welcome" conversation and exploration of the importance of Self-led activism in our world today. As a community, we will reflect on last year's conference and the important connections to this year's conference theme: "Self Led Activism: Releasing Your Inner Change Agent" and where we need to go from here. You will have the opportunity to hear a little more from the plenary presenters on the inspiring work they are doing in an effort to bring more Self to the world, and we invite each of you to wholeheartedly take part in this conversation and share your experiences from the weekend and how you might be inspired as the conference comes to a close.

Providence Ballroom, 3rd Floor

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

The Center for Self Leadership Staff

Are you looking to connect with the CSL staff after the Conference? Here's how to reach us:

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