

Thursday, October 26

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., Providence Ballroom, 3rd Floor

2017 Annual Presenters' Dinner

6:00 p.m., Waterplace Ballroom, 2nd 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, ACSW

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. Treating the Cycle of Self-Destructive Behaviors: Working Collaboratively with Parts

Lisa Ferentz, LCSW-C, DAPA

In this workshop, we'll explore the function of exiles, managers, and firefighters in self-destructive behaviors, including eating disorders, addictions, and acts of self-harm. We will then process a cycle of self-harm that incorporates parts' responses to triggers, negative affect and cognitions, anxiety, dissociation, and shaming. Participants will learn and have opportunities to practice a variety of creative and effective treatment strategies designed to increase internal safety, promote communication between parts, and help clients self-soothe in healthier ways so self-destructive behaviors are eventually extinguished. Artwork, collaging, breathwork, guided imagery, somatic resourcing, and journaling exercises will be explored. We will discuss the importance of being Self-led when working with clients' self-destructive behaviors and how to avoid the power struggles and increased self-harm that often accompany ineffective "safety contracts" by processing a more effective alternative contract called CARESS. Clinical case examples, clients' writings, and powerful artwork will be incorporated into the workshop and processed throughout the training.



Track: Trauma ♦ Level: All Levels Welcome

C. Claiming Your Blocks to Action

Ann Sinko, LMFT

Our polarized times are beckoning us to advance our understanding, own our beliefs, and do our part in bringing back balance and harmony. Our blocks are there for a reason—some known, some unknown. Come join us as we uncover our cultural, legacy, and personal burdens that obstruct our natural flow to action. Using IFS as our guiding map, we will respectfully embark on an inquiry process to identify, explore, honor, and transform our blocks to agency. Lecture, guided meditations, and experiential exercises will be used to enrich our experience.



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

D. One Couple, Four Protocols: Some Basics of Intimacy From the Inside Out

Kate Lingren, LICSW; Ann Drouilhet, LMFT, LICSW; Judi Zoldan, LICSW; and John Palmer, LCSW

Intimacy From the Inside Out is the application of IFS to couples therapy. In this workshop, we present four of the basic protocols of IFIO and demonstrate each with a couple. Participants will gain an overview of IFIO and learn how to get started with a couple using this model. We will then teach and demonstrate tracking sequences, courageous communication, and how to work with one member of the couple more deeply in the presence of the other. This workshop is both a solid introduction to IFIO and a review for those who have had the basic training.



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

♦ Full-Day Preconference Workshops Offer 6 CE Hours ♦

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INFORMATION**

Please refer to our website
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.

