

# WORKSHOP SELECTION GUIDE

## Thursday, November 8

### Preconference Institute – 9:00 a.m.–4:30 p.m.

- A. Self-Leadership in Schools, *Cohen, Curry-Sartori, Nelson, Amaral, & Tansi*
- B. Helping Clients and Clinicians Use Expressive Modalities to be Self-Led, *Ferentz*
- C. Change Your Conversation, Change Your Relationship, *Herbine-Blank*
- D. Shame and Worthlessness, *Schwartz*

## Friday, November 9

### Full-Day Workshop, 10:00 a.m.–5:30 p.m.

*\*Full-Day Registration Required*

- 101/201 Intention and Transformation: IFS, Guides, and the Power of the Circle, *Yeats, Vallee, Littlefield & Jaeger*

### Session 1 – 10:00 a.m.–1:00 p.m.

- 102 Improvisation: The Art of the Moment, *Giardella*
- 103 IFS Approaches to Anxiety, Depression, and Shame, *Elkin & Sinko*
- 104 Making IFS User-Friendly, Deep, and Fun for Groups Using Relational Creative Arts, *Glasser*
- 105 Parts, Self, and Sexuality: Courageous Communication for Couples, *Wonder & Prokopis*
- 106 Deepening the Home Group Experience, *Dubin*
- 107 Anchoring to Core Intention, *Hurwich & West*
- 108 Our Voices, Our Selves, *Hosseini*
- 109 Deepening IFS Using Sandtray, *Dawson*
- 110 All Voices Welcome, *Lundeborg*
- 111 Parts in White People Associated with Conversations About Race: Using IFS to Understand White Fragility, *Seewaldt*

### Session 2 – 2:30–5:30 p.m.

- 202 Relationship and the Brain: Neuroscience and IFIO, *Anderson & Herbine-Blank*
- 203 The Power of Parts Art, *Rose*
- 204 Compassionate Mediation®, *Kroll*
- 205 The Gifts of Our Exiles: Reconnecting with Our True Selves, *Neustadt*
- 206 Angels in Disguise, *Stern*
- 207 Looking at Conspiracy Theories through an IFS Lens, *Dallal-Ferne*
- 208 An IFS Community Approach to Integrating IFS into Medical Education, *Lukas*
- 209 Exploring the Story of Stillness, *Dana*
- 210 Memory Reconsolidation: Amplifying the Brain's Own Processes to Heal and Make Whole Through IFS, *d'Orsogna*
- 211 Working with Groups of Parts: What to Do When More Than One Part Shows Up, *Cohen*
- 212 Internal Family Systems & Expressive Art Therapy: Introducing the Journey through Collage & Clay, *Kolodny & Mazero*
- 213 Out of the Shadows, *Young*

## Saturday, November 10

### Full-Day Workshops, 10:00 a.m.–5:30 p.m.

*\*Full-Day Registration Required*

- 301/401 “I can’t believe I just said that!” Finding Self When Encountering Diversity, *Agate*
- 302/402 Aligning the Inner System: Fundamentals of IFS-Inspired Coaching, *Jaudon & Tansi*

### Session 3 – 10:00 a.m.–1:00 p.m.

- 303 From Tears to Transformation: IFS and the Journey of Parenting, *Anderson*
- 304 Creative Strategies and Exercises to Help Your Clients Unblend, *Tomala & O'Connor*
- 305 Deepening Partners' Attachment with Therapeutic Warmth and Self-Led Touching in IFIO Couples Therapy, *Rosenberg & Zoldan*
- 306 Integrating IFS into a 12-Step Process for Long-Lasting Recovery from Addiction, *Nygaard*
- 307 Accessing Self for the Therapist and Clients, *Kelly*
- 308 IFS and EMDR: Synthesizing Two Transformative Modalities, *Medeiros & Jaeger*
- 309 Is Gender a Part? *Wildes*
- 310 Suffering, Straying, or Sanctimonious? How to Identify and Work with Religious Parts in Therapy, *Cook*
- 311 Warning! Reflections in This Mirror May Be Distorted by Your Inner Critic, *Dugan Richards*
- 312 Using IFS in Work with Refugees from the Middle East, *Holmes*
- 313 Navigating Scarcity Mindset in a Culture of Never Enough: Personal and Professional Practices for Wholehearted Living through the Integration of The Daring Way™ & Internal Family Systems, *Ching*

### Session 4 – 2:30–5:30 p.m.

- 403 Befriend and Transcend Your Sexual Story: Welcoming Sex Parts for Increased Self-Energy, Pleasure, and Healing, *Rich*
- 404 Applying IFS to Psychotherapy Groups: Helping Groups Connect and Heal Through the Use of the 6F's and Compassionate Witnessing, *Richmond*
- 405 Internal Collective Unburdening of Complex Trauma, *Einhorn*
- 406 What (the) F Am I Doing? *Sollenberger*
- 407 Documenting Medical Necessity and Preventing Legal Nightmare, *Rontal & Schopick*
- 408 Class Matters: Exploring the Healing Potential of IFS as a Model Serving Those Burdened by Economic Distress, *Knott*
- 409 “I Used to Be Indecisive, Now I’m Not Sure”: Treatment of OCD Using IFS Therapy, *Rox*
- 410 Bringing the Brain into IFS: Integrating Neurofeedback and the IFS Model, *Houy*
- 411 Shapeshifting Our Relationships Through Somatic IFS, *Matarese & Unger Riepe*
- 412 Visioning Personal and Collective Spirituality and Justice with Adult Play in Sand Tray, *Walsh*
- 413 Self-Compassion: A Soft Place to Connect, *Redmond & Mason*

# ATTENDEE REGISTRATION FORM

## REGULAR ATTENDEE Registration

Please use one form per person. Check the appropriate boxes. Complete the two-page registration form in its entirety.

	<i>Early Bird</i>	<i>Postmarked after Sept. 15</i>
<input type="checkbox"/> Preconference	\$255	\$280
<input type="checkbox"/> Friday	\$245	\$265
<input type="checkbox"/> Saturday	\$245	\$265

### BRAND NEW!

#### FULL-CONFERENCE DISCOUNT PACKAGE

<input type="checkbox"/> Thursday–Saturday	\$715	\$780
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#### Special Rates and Discounts Available Online Only

for Full-time Students, Volunteers, 2017–2018 Level 1 Graduates, and IFS Lead and Assistant Trainers

**Registration Fee Total: \$** \_\_\_\_\_

*\*Registration is incomplete without payment*

## Payment

Checks are payable to: **The Center for Self Leadership**  
Payment by credit card (Visa, MasterCard & Discover) is available.

\_\_\_\_\_  
Cardholder's Name

\_\_\_\_\_  
Card Number

\_\_\_\_\_  
Expiration Date

\_\_\_\_\_  
Billing Address

\_\_\_\_\_  
Billing State

\_\_\_\_\_  
**Billing** Postal Code \*Your card will not process without the correct postal code.

\_\_\_\_\_  
Cardholder's Signature

## Workshop Selections

If you are registering after September 15, please select a second-choice workshop. Workshop selections are assigned in the order that registrations are received.

### Thursday, November 8

9:00 a.m.–4:30 p.m.

Workshops #A–D

First Choice \_\_\_\_\_

Second Choice \_\_\_\_\_

### Friday, November 9, Session 1

10:00 a.m.–1:00 p.m.

*\*Please note: Workshop 101 is a FULL-DAY workshop.*

Workshops #101–111

First Choice \_\_\_\_\_

Second Choice \_\_\_\_\_

### Friday, November 9, Session 2

2:30 p.m.–5:30 p.m.

*\*Please note: Workshop 101 above is a FULL-DAY workshop.*

Workshops #202–211

First Choice \_\_\_\_\_

Second Choice \_\_\_\_\_

**Friday evening events are OPEN to all attendees.**

**However, preregistration helps us prepare!**

- IFS Sangha Experience
- A Soothing Moving Meditation
- Foundation Community Event
- Upliftment, Songs & Stories with Anna

### Saturday, November 10, Session 3

10:00 a.m.–1:00 p.m.

*\*Please note: Workshops 301–302 are FULL-DAY workshops.*

Workshops #301–313

First Choice \_\_\_\_\_

Second Choice \_\_\_\_\_

### Saturday, November 10, Session 4

2:30 p.m.–5:30 p.m.

*\*Please note: Workshops 301–302 above are FULL-DAY workshops.*

Workshops #401–413

First Choice \_\_\_\_\_

Second Choice \_\_\_\_\_

**Saturday evening events are OPEN to all attendees.**

**However, preregistration helps us prepare!**

- LifeForce Yoga Meditation
- IFS Sangha Experience
- Special Presentation! Black Therapists Rock
- Dance PART-Y!

# ATTENDEE REGISTRATION FORM

## Special Requests

Please make any special accommodation requests in advance, including any food allergies so the hotel may plan accordingly.

- Gluten-free meals
- Vegetarian meals
- Vegan meals

Find a Ride. Share a Room.

- Please add my name to the room-sharing list.

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## Attendee Information

Name

Address

City, State and Zip

Country

Email Address

Daytime Phone Number

Number of years attending the IFS Conference

First conference? What inspired you to register this year?

## REGISTRATION OPTIONS

*\*Registration is incomplete without payment.*

*Workshops will not be assigned until payment is provided.*

### **Mail this form with payment to:**

The Center for Self Leadership  
ATTN: Ashley Curley  
P.O. Box 3969, Oak Park, IL 60303

### **Fax this form with credit card information to:**

The Center for Self Leadership  
ATTN: Ashley Curley  
708-383-2399

### **Online registration is encouraged:**

Please visit [www.selfleadership.org](http://www.selfleadership.org)

*Online registration is the fastest, guaranteed way to register!*

**REGISTER EARLY and SAVE!**

Early Bird Deadline September 15th



**Registration Confirmation:** You will receive a confirmation email once your registration is processed. If you do not receive an email within 2 weeks, your registration might not have been received. You should contact [Ashley@selfleadership.org](mailto:Ashley@selfleadership.org) to confirm at this time.