

Friday, November 9

Friday @ a glance

Morning Yoga with Diana

7:00–8:00 a.m., Location TBD

Registration and Continental Breakfast

7:00–8:00 a.m., Narragansett Ballroom, 1st Floor

Welcome to IFS 2018 Plenary

8:00–9:45 a.m., Narragansett Ballroom, 1st Floor

Workshops: Session 1 (#101–111)

10:00 a.m.–1:00 p.m.

Lunch Buffet

1:00–2:30 p.m., Narragansett Ballroom, 1st Floor

Workshops: Session 2 (#201–211)

2:30–5:30 p.m.

Foundation for Self Leadership Community Event

5:45–6:45 p.m.

Narragansett Ballroom Foyer, 1st Floor

IFS Sangha Experience

6:00–7:00 p.m., Location TBD

A Soothing Moving Meditation

6:15–7:15 p.m., Location TBD

Upliftment, Songs, and Stories with Anna

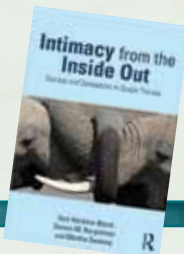
7:00–8:00 p.m., Narragansett Ballroom, 1st Floor

IFS Conference

Bookstore Hours

9:30 a.m.–6:30 p.m.

Executive Boardroom, 3rd Floor



FOUNDATION for
SELF LEADERSHIP
Supporting IFS Research, Training & Advocacy

Community Reception & Gallery Walk

Engage with us and learn about what the Foundation is doing to advance IFS Research, Advocacy, Education & Community Connections

Surprise announcement to follow!

“Giving the Gift of Self-discovery”

www.FoundationIFS.org

5:45–6:45 p.m.

Narragansett Ballroom Foyer, 1st Floor

(Cash bar available)

Morning Yoga with Diana

Diana Dugan Richards, 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. 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. Location TBD

IFS Sangha: A Meditation Circle for Exploring Self and Parts

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. Location TBD

All are welcome! IFS CEs available

A Soothing Moving Meditation

Restore your energy, unblend from tired and tense parts, and dip your toes into Authentic Movement/Internal Family Systems.

Marilyn Unger-Riepe, MA, LICSW, and founder of “Move into Self Compassion,” is offering an opportunity for you to discover how a nonjudgmental, compassionate witness facilitates a deepened connection to your body, which nourishes a deepened connection to Self and each other.

No prior Authentic Movement experience needed.

- Welcome to all and to all your parts -

6:15–7:15 p.m. Location TBD

Welcome to IFS 2018!

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

IFS Goes to School: Supporting Self-Led Teachers to Welcome All Their Students' Parts

Ralph Cohen, PhD, Joanna Curry-Sartori, LMFT,

Jody Nelson, LMFT, and Anna Tansi

Over the past several years, many IFS-trained helping professionals have been inspired to apply the transformative power of the IFS Model to work in classrooms and schools. Workshops and other plenary presentations at the annual IFS Conference have focused on new and developing efforts to bring the principles and practices of IFS to work in schools. This plenary presentation spotlights three such efforts that represent people and teams who have developed models and projects with an eye toward research, replication, and sustainability.

- A team from Central Connecticut State University—Ralph Cohen, Anna Tansi, and Joanna Curry-Sartori—have developed and are beginning to implement the Self Leadership School model in school districts in Connecticut. Their work embeds IFS in the broader context of social/emotional learning.
- Supported by a research grant from the Foundation for Self Leadership, Jody Nelson has designed, implemented, and evaluated the Inner Lives of Teachers project: 16 Minneapolis middle-school teachers trained in IFS over a 10-month period. Teachers plan and implement action research projects using IFS in school and in the classroom.
- Neil and Jane Hawkes, from England, will join us through video to share Values-based Education, a program they have developed that supports schools in creating authentic values-based cultures that promote well-being and resilience for all.

Full-Day Workshop

10:00 a.m. – 5:30 p.m.

**Full-day workshops offer 6 CE Hours and require full-day attendance*

IOI/2OI Intention and Transformation: IFS, Guides, and the Power of the Circle

Ed Yeats, PhD; Lindsa Vallee, LCSW, Susan Littlefield, LMHC, and Ken Jaeger, LICSW, CGP

A new horizon often dawns when the work of IFS therapy eases the suffering of protective parts and exiles, allowing us the possibility of connecting more and more deeply with our spirituality (regardless of the specific tradition).

This workshop offers participants an opportunity for deepening spiritual connection through an experience of healing and transformation combining IFS and shamanic practices.

Participants come with an intention for a significant change in their lives and are invited to use this opportunity to work deeply and safely with any issue, theme, or burden. Using a series of guided inner journeys, reflective exercises, group ritual, ceremony, and song, we will connect with our Guides and cocreate a Circle of Self Energy. Supported by this holding environment, we will befriend protectors who have been working hard to hold back change and potentially release the burdens they carry and heal the exiles they protect. Most of this experience will be internal; however, participants will have the voluntary opportunity to share landmarks in the journey with the Circle. In this way, privacy and choice will be respected while each step of the process is witnessed and supported.

Our program is intended for those who feel some confidence in working with their own parts. The Intention and Transformation Leadership Team will reach out in advance by email to assist the process of cocreation and help participants prepare for the gathering at the Conference. Early registration is encouraged and allows time to prepare.

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

An Evening of Upliftment, Songs, and Stories with Anna Huckabee Tull

At the special request of Dick Schwartz, award-winning author and singer-songwriter Anna Huckabee Tull offers up a rare and special evening—a collection of powerful stories of healing and inner spaciousness brought to life through words and song. Anna, along and her musical partner, Mickey Zibello, will be performing songs from her new album *The Days of Your Opening* and sharing insights from the wild ride of her new IFS-friendly book *Living the Deeper YES*, which Dick has called, “poetically evocative,” “skillful” and “highly recommended.” *Come finish out your day in a restorative, uplifting, and centering environment with music that soothes and inspires, and stories that invite you to remember that more is possible and all is well.*

7:00 – 8:00 p.m. Narragansett Ballroom, 1st Floor

Morning Workshops

Workshop Session 1

10:00 a.m. – 1:00 p.m.

102 Improvisation: The Art of the Moment

Daena Giardella, MLA

This unique experiential workshop, specially designed for the IFS community, offers an opportunity to learn and practice the skills of improvisation to expand your repertoire of creative choices and gain greater access to your passion, confidence, and spontaneity, both personally and professionally. You'll develop your ability to get into the moment, take risks, express yourself freely, listen, and respond to others with generosity. Daena helps participants explore the cast of inner and outer characters who emerge through dynamic improvisational movement, scenes, monologues, and music. From an IFS perspective, the skills of improvisation offer the therapist a rich experience of navigating, exploring, and embodying in a three-dimensional way the various parts that arise as you improvise. Daena's workshops provide a safe and supportive container to discover new dimensions of yourself. Be assured of plenty of fun and humor in a safe, supportive atmosphere!

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

103 IFS Approaches to Anxiety, Depression, and Shame

Michael Elkin, LMFT and Ann Sinko, LMFT

Anxiety and depression are the most commonly presented symptoms of people seeking psychotherapy. This workshop, presented by IFS senior trainers, will show how anxiety and depression are both driven by shame and how IFS engages them. It will also demonstrate how the IFS understanding of these phenomena differs from that of other models and will highlight the inner dynamics that generate symptoms. Shame—the engine that drives these dynamics—will be explored in detail. The presentation will include lecture, discussion, experiential exercises, and role-played demos.

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

104 Making IFS User-Friendly, Deep, and Fun for Groups Using Relational Creative Arts

Adrienne Glasser, LCSW, RDMT, Life Coach

IFS groups can be tricky to negotiate. Have fun with them by accessing your creative Self!

Creative ways of starting groups, marketing groups, and making IFS language easy to digest are only a few of the many things that make running groups a fulfilling experience. Participants will experience ways to work with groups that make IFS accessible through movement, role-play, and the creative arts. Becoming

clear on the intention of the group and specific themes or cultural considerations can guide which experiential activities to use. Special focus will be on similarities and differences in working in treatment settings with addictive behaviors versus general workshop settings.

Participants will learn practices to more easily access their inner creative healer. In addition, we will experience interpersonal parts meditations to inspire group cohesion, compassion, and movement, even in those who identify as non-movers.

Mapping—traditionally called “sculpting” or role-play—will be demonstrated, with special focus on how to externalize connections to Self. Through experiential exercises, we'll explore present-moment closing rituals that can be applied to group settings.

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

105 Parts, Self, and Sexuality: Courageous Communication for Couples

Nancy Wonder, PhD and Andrew Prokopis, PsyD

This workshop will explore working with ordinary sexual issues that emerge in couples' therapy and how therapists react to these topics. Participants will be given a contained, safe space to explore their parts that get activated when the topic of sex arises between the members of a couple. We will also learn how to set up the Intimacy From the Inside Out protocol “Courageous Communication” with couples who need to talk about their sex life. **This workshop is not meant for sex therapists but rather general couples therapists.*

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

106 Deepening the Home Group Experience: Building Confidence and Competence in Helping Others Speak for Their Parts

Rina Dubin, EdD

What was your experience of Home Group? As an IFS Assistant Trainer, I have found that Home Group has the most variation in satisfaction and the most confusion as to its purpose. Participants frequently question the intention of Home Group, and PAs frequently struggle with their own understanding. The most important task of Home Group is to help participants speak for their parts. Facilitating this skill requires that PAs create structure, which includes many interventions that trigger participants. Confidence and skill in interrupting, slowing down, and helping participants unblend and get in relationship with their part are required. There is often no time to offer preparation to PAs. This workshop will teach skills using practice and demonstration to help PAs feel ready to hold and help guide participants into this practice. It will also be of great benefit for those who want a deeper immersion into getting the Model inside their own systems.

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

**107 Anchoring to Core Intention:
A Way to Create Positive Trailheads**

Mark Hurwich, MBA and Gale West, MA, MFA, IFSPC
Wouldn't it be great if we could create positive trailheads that can energize our clients and their work? Core Intention viscerally connects us to our gifts and calling in a way that resonates in heart, body, and spirit (not just the head). This highly experiential workshop will help you reconnect to your own core intention. You will create an actual experience of the outcomes you want, developing a gesture/phrase to recall energy and clarity when most needed.

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

108 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 voices, we can undermine our intention. When we are not aware of our clients' voices, we can miss important cues. 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*

109 Deepening IFS Using Sandtray: Unblending and Unburdening Parts of Parts with Miniatures

Peg Hurley Dawson, LMHC, CST
Sand tray is a modality that effectively uses IFS by allowing clients to express themselves and their parts through the use of miniatures placed within a tray of sand.

This workshop will be didactic and will utilize videos showing the exact process of working an IFS session in the sand tray. It clearly displays how to access parts, utilize direct access, use clients' negative beliefs about themselves in finding a protector, ask parts to step back and parts of a part to step back, discover young parts that are frequently protectors to an exile (not actually the exile), unburden exiles, and support parts in taking new roles after they unburden. If time allows, we will explore working with polarizations, legacy unburdenings, dissociation, and sexual issues.

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

Self-Guided Wilderness Connections

Led by Ray Mount

Join us at breakfast on Friday & Saturday

See page 15 for details!

110 All Voices Welcome: Accessing Creativity and Connection through Community Singing and Reflective Writing

Kirsten Lundeberg, LPC, LMFT
This workshop invites participants to come together in community to reclaim our inherent creativity through the process of singing and writing in a safe, nonjudgmental way. This will be a highly experiential workshop with the goal of allowing participants to have a felt sense of Self energy through the process of singing and writing and through being witnessed and witnessing others in these pursuits. In this nonjudgmental space of singing together in community, participants will be able to reclaim the joy of creativity. This workshop is for nonsingers and nonwriters because all of us (yes, you!) can sing and express ourselves in these ways.

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

111 Parts in White People Associated with Conversations About Race: Using IFS to Understand White Fragility

Virginia Seewaldt
Most white people in North America can live their entire lives without having to confront issues of race. Because they are so insulated, "racial stress" can be triggered when these racial issues disrupt assumptions or expectations. Even the slightest amount of racial stress can be intolerable to many white people, triggering a range of defensive moves known collectively as "white fragility." These moves include the outward display of emotions such as anger, fear, guilt, and shame as well as behaviors such as argumentation, silence, and leaving the stress-inducing situation. These feelings and behaviors can cause interruption in, and even completely halt, important dialogues about race. They also result in centering conversations on white people and their feelings rather than the issues people of color are facing. The feelings and behaviors associated with white fragility can be viewed as parts that get triggered by racial stress that block compassion for people of color. Like all parts, they can be met with compassion and understood, paving the way for deeper, Self-led engagement with racial issues. In this workshop, we will explore white fragility through the lens of IFS. Robin DiAngelo's concept of "white fragility" will be described. We'll learn an overview of the phenomenon, including what commonly triggers it and why; the thoughts, feelings, and behaviors involved; and how to understand the phenomenon from a parts perspective.

White participants will have an opportunity to become more familiar with their own parts associated with racial stress and white fragility. Participants who are people of color will have the opportunity to become more familiar with their parts that have reactions to expressions of white fragility.

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

Afternoon Workshops

Workshop Session 2

2:30–5:30 p.m.

202 Relationship and the Brain: Neuroscience and IFSO

Frank Anderson, MD and Toni Herbine-Blank, MS, RN, Cs-P

Frank Anderson and Toni Herbine-Blank have joined forces to create a new and exciting workshop that combines neuroscience and relationship. We'll look at how brain development relates to the origins of our early experiences with caregivers and describe the science behind our protectors' adaptations. We'll explore Self energy and unblending as they intersect with the different dimensions of empathy, compassion, and our brain's capacity for neuroplasticity. We'll demonstrate the healing power of IFS through internal and external connection and how, when we rewire our relational template, we are able to bring more joy, love, and freedom to ourselves and others.

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

203 The Power of Parts Art

Michi Rose, PhD, LMSW

In this experiential workshop, Michi teaches different ways to use drawings in therapy. These include clients drawing their own treatment plan, heart's desire, and parts before and after healing. Participants will learn through doing their own drawings.

Because drawing taps into right-brain information, parts art is a powerful way to make the unconscious conscious. Drawings can provide insightful perspectives on problems, identify key target parts, and anchor positive changes.

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

204 Compassionate Mediation®—A Transformation Process for Conflict Resolution for Therapists (and Coaches, Clergy, Mediators, and Attorneys)

Linda Kroll, JD, LCPC

Compassionate Mediation® offers your individual and couples clients a new paradigm for conflict resolution that educates, empowers, and enlightens. Techniques in Compassionate Mediation will be shared, as well as scripts for discussing all relevant issues—financial, emotional, legal, and parental. If you have taken this workshop in the past, new information will be provided this year. You can offer your clients emotional and spiritual healing (along with financial and legal information) to help them add passion to their marriage or compassion to their divorce. **Please bring your challenging clients for role-play and feedback.*

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

205 The Gifts of Our Exiles: Reconnecting with Our True Selves

Paul Neustadt, LICSW

For most people, the prospect of approaching exiles is frightening. Our protectors tend to see our exiles as dangerous, shameful, or fragile. They are unable to see beyond the exiles' burdens, and even the exiles often think they are a burden. When we help clients and their parts recognize exiles' gifts, it can ease clients' resistance to connecting with and healing their exiles.

This workshop will describe the different kinds of gifts that exiles give us. Perhaps the most important gift is that when exiles are unburdened, they enable us to connect with our True Self and the unique qualities and gifts we have to offer the world. Our aliveness, our joy, our passion, and many other qualities are brought back to us when we reintegrate our exiles. Awareness of exiles' gifts adds to the power of the healing steps and strengthens the integration of the unburdened exiles.

This workshop will include case examples and a demo to show how we can integrate this work into the IFS healing steps as well as dyad exercises that will enable participants to experience this work for themselves. We will also discuss how the concept of the True Self, which is unique to each individual, fits with the concept of Self and parts.

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

206 Angels in Disguise: Exploring a Spiritual Framework from Which to Understand and Access the Mystical Nature of Parts

David Stern, PsyD

Religious and spiritual cosmologies are descriptions of reality seen through many minds' eyes that have been immersed in rigorous spiritual practice. These cosmologies, the product of spiritual research across many cultures over many millennia, provide maps that can guide, widen, and inform our own mind's eye as we develop a relationship with our parts. When we allow this widening of our mind's eye, our parts cannot but reveal the many flavors of their spiritual essence. The relational field becomes more luminous, luscious, and saturated with love, and the healing process is deepened and quickened.

In this workshop, we will briefly explore maps drawn from Eastern and Western wisdom traditions and use these to guide and widen our own body-mind's eye as we explore the spiritual dimensions of our own parts. We will discuss the benefits and implications of this kind of deepening for ourselves and our clients. This workshop will balance didactic and experiential modes of learning.

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

207 Looking at Conspiracy Theories Through an IFS Lens

Donna Dallal-Ferne, LMFT

Conspiracy theories conjure up a notion of illegitimacy, untruth, fantasy, paranoia, or other means of dismissing an idea or thought process. This workshop will look at the polarizations around conspiracy theories in an effort to understand the commonality between an onlooker’s dismissal and a conspirator’s assertion of a conspiracy theory. We will look at how racism, classism, religious biases, and internalized oppression contribute to these differing perspectives. How can Self-leadership and the witnessing of our parts facilitate negotiations and deeper understandings between peoples coexisting within unbalanced power differentials? This experiential workshop will give participants the opportunity to role-play parts and explore the polarizations associated with conspiracy theories. Participants will be challenged to think about Self-leadership and parts in the context of global issues, local communities, national politics, and world peace.

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

208 An IFS Community Approach to Integrating IFS into Medical Education

Lou Lukas, MD

Every day, thousands of patients present to medical practitioners with floridly unbalanced systems that contribute to or are caused by symptoms of illness. These range from the cancer patient who is unable to make decisions about her life-threatening disease to the “objectively healthy” patient who presents with myriad symptoms and no physical pathology. Lacking the theoretical lens and self-awareness of IFS, practitioners fail to recognize the problem, compensate by overutilizing medical intervention, and ultimately become frustrated or angry because of the lack of progress. This workshop is a call to seasoned IFS practitioners who are professional educators or who work primarily with medical illness or medical professionals to share their experience and to collaborate to develop pragmatic tools and curricula that introduce IFS theories and methods to all levels of medical learners, from medical students to staff physicians. As a group, we will review the literature from members of our own community—Sowell, Livingstone and Gaffney, and Schwartz. We’ll use three common clinical scenarios to focus group efforts to identify or create appropriate teaching tools.

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

209 Exploring the Story of Stillness

Deb Dana, LCSW

Have you touched an experience of stillness? Do you wonder what new stories an experience of being safely still might bring? For many of us, stillness is the place our protectors desperately and courageously work to keep us away from and where our exiles are hidden. It is Self energy that allows us to find safety in stillness and join with our protectors and exiles in quiet connection. Biologically, stillness is a blend of autonomic states dependent on the actions of the vagus—a complicated and challenging physiological process. The vagus can bring us alive in joy, passion, ease, and calm or take us into a survival state of dissociation, numbing, and collapse. It is only when these two vagal pathways—the ancient energy of immobilization and the new energy of connection—join together that we can experience stillness without fear. Knowing safety in stillness is the experience that allows us to be comfortable with silence, attune with another person and meet them in wordless connection, gather information from self-reflection, have restful sleep, and be present to the joy of intimate experiences. Together, the vagal platform and Self energy create the conditions necessary to become safely still.

In this experiential workshop, we will explore the neurophysiological basis for, and the autonomic challenges of, stillness and will experiment with ways in which the actions of the vagus work with Self to create the ability to sit quietly with parts. This workshop will offer you a personal experience of creating safety in stillness and an understanding of the process that you can bring into your work with clients. We will explore ways to safely sequence from movement to rest using the actions of the vagus in combination with the active presence of Self. We will experiment with words, images, breath, movement, and guided meditation using individual and partner practices to discover a moment of quiet and create a safe pathway to stillness.

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

210 Memory Reconsolidation: Amplifying the Brain’s Own Processes to Heal and Make Whole Through IFS

Simon d’Orsogna, MA

Memory reconsolidation (MR) is increasingly understood as the brain’s innate way to protect, review, and shift implicit emotional truths. Ecker’s 2012 *Unlocking the Emotional Brain* outlines the key steps and tips to evoking MR. IFS aligns powerfully with these necessary movements to create neurogenesis. In this workshop, you will relearn the steps of IFS through the lens of MR and will learn tips and techniques to elicit meaning making and search out “mismatches.” You will see how IFS aligns with the phases of Memory Reconsolidation and how and when to direct Self energy through specific moments of the process.

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

**Stay Connected
at the IFS Conference!**

WiFi password: IFS2018

Facebook: <https://www.facebook.com/InternalFamilySystems/>

211 Working with Groups of Parts: What to Do When More Than One Part Shows Up

Ralph Cohen, PhD

One place where IFS therapists often become stuck is when many parts “jump in” during the therapy process, sometimes overwhelming both the client and the therapist. Often, several extreme parts, usually protectors, are organized around protecting or exiling another part in alliances, coalitions, and polarizations much like what occurs among members of a family. By inviting all concerned parts to convene together and express their concerns, the client has an opportunity to establish Self-leadership by mediating conflicts among the various parts.

Techniques borrowed from group, couple, and family therapies and mediation are used to depolarize the various factions of parts in service of fostering Self-leadership and moving toward and healing exiled parts who are at the center of the internal conflict. In this workshop, the presenter will describe various techniques and will demonstrate how they work. Participants will have an opportunity to practice key techniques.

Track: Trauma

Level: Intermediate to Advanced

212 Internal Family Systems & Expressive Art Therapy: Introducing the Journey Through Collage and Clay

Peggy Kolodny, MA ATR-BC & Salicia Mazero, MA, ATR, LPC

In this highly experiential three-hour workshop, we will explore the integration of art therapy principles with IFS in virtually any clinical setting. Ethical guidelines for appropriate use in creative interventions with non-art therapists will be addressed. Art is used in treatment as an effective form of expression to depict the healing journey and to enhance both the client's experience and the clinician's work. The workshop will review case material that demonstrates how expressive arts have been applied to the IFS process effectively with individuals and groups. Participants will be able to experience collage and clay activities to explore their own internal parts and Self, and will learn how this process can enhance emotional and clinical development. We will practice dialoguing, unblending, and utilizing the six F's to allow for a somatic understanding of the concepts. Bring your curiosity to explore your creative self. *No art skills required!*

Track: Trauma

Level: All Levels Welcome

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213 Out of the Shadows

Deran Young, LCSW

Last year, Deran co-led a workshop on Shadow parts (parts that have been buried in shame and are often associated with topics surrounding bias and prejudice). Since that time, Deran has intentionally continued her IFS journey, seeking to gain personal wisdom around her parts that have been impacted by oppression and how to best move forward in her life as a Self-led single parent and a Black woman raising a Black son. She has gained some significant insight from the IFS Model regarding her own unburdenings and hopes to empower others to explore their parts that might often go unspoken, around diversity, race, class, gender, and privilege. Through Self-led dialogue, exercises, and didactic learning, workshop participants will explore potential trailheads to further discover parts that may create barriers to authentic connection with individuals from diverse backgrounds.

Track: IFS Beyond Psychotherapy

Level: All Levels Welcome

**“I’m Black,
AND...”**



*Deran Young, LCSW, Founder & President of
Black Therapists Rock, and Tamala Floyd,
Black Therapists Rock's new IFS Consultant*

Please join us with Deran Young and Tamala Floyd, along with a few of their colleagues from Black Therapists Rock, for a panel discussion exploring parts, duality, and intersectionality as it pertains to navigating the world with multiple layers of diversity. If you joined us in 2017, you'll remember that this group's presentation was one of the most memorable, emotional, and transformative segments of the conference, and you won't want to miss this year's conversation!

Saturday, 6:30–8:30 p.m., Location TBD

IFS Conference

Dance Party

Join us as we celebrate the end of another great conference together, and our last in Providence.

Let's dance the night away!

~ All Parts Welcome ~

Saturday, 8:00–10:00 p.m., Narragansett Ballroom, 1st Floor