

Saturday, November 10

Saturday @ a glance

LifeForce Yoga to Manage Mood

6:30–7:30 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

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

IFS Sangha Experience

6:00–7:00 p.m., Bristol, 3rd Floor

Special Presentation! Black Therapists Rock

6:30–8:30 p.m., Location TBD

IFS CONFERENCE DANCE PART-Y

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

IFS Conference Bookstore Hours

9:30 a.m.–6:30 p.m.

Executive Boardroom, 3rd Floor



LifeForce Yoga to Manage Mood

All Parts Are Welcome!

Laura Orth, LICSW, KYT, and LifeForce Yoga Mentor will lead a gentle morning yoga practice designed to create a compassionate container for all your parts. Come together for a sweet hour of breath, sound, and accessible postures and begin the day feeling refreshed and connected to Self.

6:30–7:30 a.m. South County, 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, 3rd Floor

Self-Guided Wilderness Connections

Led by Ray Mount

We invite you to join us for breakfast to take some time to prepare your parts for a “wilderness hike” and continue to join us (at a scheduled time) so the parts you’ve been “hiking” with can debrief. Participants will get to slow down working with one part and learn the practice of group witnessing and its effects on unblending from and clarifying target parts.

Join us at the table with the green balloons!

**Friday & Saturday during breakfast
Narragansett Ballroom Foyer, 1st Floor**

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

Plenary Session

8:00 a.m. – 9:45 a.m.

Opening Remarks

Richard Schwartz, PhD

Founder of the Internal Family Systems Model

What Can IFS Do with Schizophrenia?

Richard Schwartz, PhD and Dave Medeiros, MSW, LICSW

Through the course of his career, Richard Schwartz used IFS with a number of schizophrenic patients with good success. He found that the “voices” were parts that sounded as though they were coming from outside the person, and the paranoid parts were protectors that had gone very extreme. Until now, however, he had not had a way to illustrate that work. He is so grateful to a young man who is allowing us all to watch a video of several consult sessions that he and Richard had. David Medeiros, this young man’s IFS therapist, will also describe his history and follow-up. We will conclude by discussing the implications for the treatment of this syndrome that has destroyed so many lives.

Full-Day Workshops

10:00 a.m. – 5:30 p.m.

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

301/401 “I can’t believe I just said that!” Finding Self When Encountering Diversity

Jory Agate, MA, LMHC, MDiv

We live in a multicultural/multiethnic world, and encountering individuals different from ourselves can be challenging. This skill-building workshop explores a model of diversity, equity, and inclusion that can help frame our struggles as we navigate differences between age, race, religion, gender identity, sexual orientation, class, ability, language, cultural background, or other traditionally marginalized communities. We will explore legacy burdens, implicit bias, and burdened parts that may block our ability to be Self-led with those who are different. We will look at intercultural conflict styles and how those styles can impact our ability to successfully unblend from parts to find Self. We will explore Mitchell Hammer’s model of intercultural sensitivity through an IFS lens. The interface of IFS and Hammer’s model provides a unique opportunity to explore parts with bias; decrease fear, shame, anger, and guilt; and facilitate unblending while deepening compassion for oneself and those who are different from us. The workshop aims to facilitate greater understanding of parts and Self vis-à-vis difference while creating a safe space that welcomes all of our parts who may react in intercultural interactions.

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

302/402 Aligning the Inner System: Fundamentals of IFS-Inspired Coaching

Brian Jaudon and Anna Tansi

Seasoned executive coaches Brian Jaudon and Anna Tansi have developed an IFS-inspired coaching curriculum that incorporates the core principles of IFS as part of an innovative and transformational coaching methodology called Total Alignment Coaching. This workshop will include foundational pieces such as the differences between therapy and coaching as well as opportunities to build coaching skills utilizing IFS-inspired approaches.

Many coaching models focus on desired outcomes and client aspirations without fully recognizing and engaging parts that are not aligned with stated desired goals and may even unwittingly sabotage attempts to change the status quo. Ignoring or trying to exile these disengaged/burdened parts can actually reinforce internal resistance to forward progress. The approach taught in this highly interactive and experiential workshop will help participants learn how to engage their clients by working directly with the parts that could prevent sustainable change in an efficient yet honoring and transformational way.

At the core of the workshop is an innovative coaching methodology that identifies the internal influences of one’s behaviors, communication, and decision-making. Workshop participants will have the opportunity to practice mapping another person’s internal influences (parts), identify trailheads based on the mapping results, and apply a coaching (not therapeutic) approach for working with a burdened part or a polarization of parts. While the mapping system remains the core of this workshop, these deeper-dive approaches are a new element in this year’s offering. This workshop is for seasoned coaches looking to incorporate an IFS-inspired approach as well as therapists who are curious about coaching as an alternate way of working with clients.

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

The Advisory Committee for Diversity & Inclusion

For more information on how to support the Advisory Committee for Diversity and Inclusion:

DiversityandInclusionTeam@selfleadership.org

Thank you,
Percy Ballard, Kate Lingren,
Julie Honeycutt,
Jon Schwartz, & Ashley Curley



Morning Workshops

Workshop Session 3

10:00 a.m. – 1:00 p.m.

303 From Tears to Transformation: IFS and the Journey of Parenting

Frank Anderson, MD

For many of us, parenting is one of the most challenging experiences we go through in life. It can range from frustrating to joyful, from enabling to loving, and from humbling to amazing. This workshop explores the journey of parenthood from the initial hopes and expectations, to the day-to-day struggles through each developmental stage, to the gifts as well as the burdens passed down from the family of origin.

We will discuss how to incorporate “a part of me” language in the family and explore the moments when parents are not at their best. By understanding the roots and origins of reactive parts and explaining the “triggering agreement,” parents will discover healthy ways to co-parent and respond to their kids, thus minimizing the negative impact of their protectors and exiles. We show how healing parental wounds will allow parents to lead from a place of power, fostering love while still being able to set limits and deliver consequences. The parenting journey can be one of our greatest gifts, allowing parents and children to grow together, teach each other, and become the loving, nurturing family we all desire.

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

304 Creative Strategies and Exercises to Help Your Clients Unblend

Gail Tomala, PhD, LMFT and Kimberly O'Connor, LMFT

This workshop introduces several creative ways to assist clients in the process of unblending. Client drawings, journal entries, and video clips demonstrating parts work and Self-led energy will be combined with participant role-play, drawings, and work with manipulatives. So, you will be actively engaged in this session! Small-group and/or whole-group sharing and processing will also be included.

Participants will leave with multiple experiential IFS strategies for assisting clients in externalizing their parts in order to gain a perspective on their role, purpose, and positive intent. In the process, all participants will gently experience some of their own parts and also tap into their Self energy.

Because all exercises are adaptable for adults, couples, families, and children, all workshop participants will leave with new strategies and ideas for immediate use. A packet of handouts that complements the examples, and exercises will also be provided.

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

305 Deepening Partners’ Attachment with Therapeutic Warmth and Self-Led Touching in IFIO Couples Therapy

Larry Rosenberg, PhD and Judi Zoldan, LICSW

This lively workshop will help couple therapists—and anyone who is in a relationship—to develop their skills with therapeutic warmth and to teach couples to deepen their safety and intimacy through Self-led touching. Research has shown that when the therapist expresses warmth, the couple’s parts experience a relational softening, and that healthy touch helps regulate the autonomic nervous systems for the one who is touching and the one who is receiving touch, bringing both partners into the stable “window of tolerance.” We will weave the principles of Intimacy From the Inside Out couples therapy through our guided experiential exercises, didactic teaching, and case illustrations. You will learn specific ways to convey warmth to clients verbally and nonverbally; to explore your parts who might block the expression of therapeutic warmth, particularly in reaction to clients whose parts trigger your protective parts; and to help clients introduce safe and paced touching into their relationship, which involves unblending from parts in order to stay present with one’s own internal experience while maintaining physical contact with one’s partner.

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

306 Integrating IFS into a 12-Step Process for Long-Lasting Recovery from Addiction

Naomi Nygaard, ADMP

Since the common defining experience of addiction is one of isolation from both others and our own Self energy, this workshop aims to highlight the immense value and power of 12-Step fellowships and processes while showing how it can be a complete healing experience for anyone struggling with addiction when viewed through an IFS lens. We will learn IFS practices that are helpful to incorporate into and supplement a journey through the 12 Steps in order to bring about the replenishable unburdening experiences that offer a lasting recovery from addiction.

*Track: Addiction
Level: Intermediate to Advanced*



FOUNDATION *for*
SELF LEADERSHIP
Supporting IFS Research, Training & Advocacy

For more information on how to support the Foundation, please visit Foundation.ifs.org

307 Accessing Self for the Therapist and Clients*Loch Kelly, M.Div., LCSW*

In this workshop, you will learn contemporary versions of ancient wisdom practices related to IFS therapy. In our ongoing journey of unburdening parts, it is very important to distinguish managers and Self-like parts from our Self. Self is discovered as an interconnected, openhearted awareness that is different from a detached mindful witness. The ground of Self can feel as if 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. 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

308 IFS and EMDR: Synthesizing Two Transformative Modalities*Dave Medeiros, MSW, LICSW and Ken Jaeger, LICSW, CGP*

This workshop offers two conceptual frameworks for integrating IFS and EMDR. IFS and EMDR are similar in that both modalities offer the capacity for transformational healing. However, in clinical practice, IFS and EMDR are strikingly different. Because both modalities offer transformational capacity, many IFS therapists are interested in EMDR and vice versa, but the integration of the two warrants thought. The first framework we will describe is to use IFS as the primary modality, with EMDR practices introduced in support of fostering Self-to-part connection and healing. The second framework places EMDR as the primary modality, with IFS employed to work with extreme protective parts or overwhelming exiles so that the EMDR adaptive information processing can proceed. We will offer hands-on experiences, brief didactics, and videos of sessions as well as encouraging lots of discussion.

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

309 Is Gender a Part?*Nic Wildes, LMHC*

Messages about gender are internalized from the moment the doctor declares a newborn to be either a boy or a girl. The ways one is socialized, perceived, and related to are all directly impacted by this gender designation and the dominant culture's beliefs about what it means to be a particular gender. How does this relate to a person's internal sense of who they are since an individual's experience of gender is often a core aspect of their identity? What does it mean when a person experiences their gender as different from what was assigned to them at birth? Furthermore, how does

a core aspect of one's identity fit into the IFS Model of Self and parts? This workshop will allow participants to begin to discover and learn more about each of their unique experiences of gender. We will talk about the basic concepts of gender identity, which includes learning about those who identify as transgender or non-binary. Through this process, we will begin to explore and discuss how we can better understand gender identity within the IFS framework.

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

310 Suffering, Straying, or Sanctimonious? How to Identify and Work with Religious Parts in Therapy*Alison Cook, MA, PhD*

This workshop teaches participants how to identify and work with religious protectors, firefighters, and exiles, especially with clients who have been influenced by various forms of Christianity. Participants will learn how to use resources from within the Christian tradition to help clients gain access to the Self. They will also learn how to help clients identify and gain access to religious guides that can help facilitate their process of internal healing. Attendees will be given the opportunity to identify and work with their own religious parts and explore together how these parts influence the process of therapy. Participants of all faith backgrounds are encouraged to attend this lively discussion about the role of religious parts in therapy.

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

311 Warning! Reflections in This Mirror May Be Distorted by Your Inner Critic*Diana Dugan Richards, RDN, LDN*

Care to get a glimpse of how your inner food system pulses? Meet defiant, scheming, rebellious, hurting, and angry food parts that deflate your self-esteem. Validate their tireless efforts and unrelenting ability to show up. Repair broken relationships within. Unload vats of frustration and helplessness that long for comfort through food. Yoga gets you in touch with your abandoned body; experience sensation as parts communicating with you. Meditation creates a deeper connection to inner wisdom and Self energy. With experiential eating meditation, you'll dissolve into the taste, texture, and aroma of chocolate. Intuitive group listening nudges awake Self-compassion.

Your relationship with food is inherently dependent on a loving, compassionate relationship with all your parts. Unblending and unburdening parts leads to clarity about what's really right for you and shifts your relationship with food and body. *Wear comfortable clothes for yoga and bring a mat if you have one. No yoga experience needed!*

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

312 Using IFS in Work with Refugees from the Middle East

Tom Holmes MSW, PhD

This workshop will focus on my work using IFS with people working with refugee populations in Jordan and its relevance for work in the USA. This will include the development of a model that integrates IFS with Islamic psychology. I will also share my work using IFS to help prevent secondary trauma and burnout of therapists and translators working with traumatized refugees. Research shows that at least 20 percent of those translating for refugees experience secondary trauma and develop PTSD symptoms. The second half of this workshop will offer participants a chance to develop ideas and plans for how the IFS community might work to support refugees in the USA. Participation in this workshop helps support the efforts of the presenter in conjunction with the Foundation for Self Leadership.


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

313 Navigating Scarcity Mindset in a Culture of Never Enough: Personal and Professional Practices for Wholehearted Living Through the Integration of The Daring Way™ + IFS

Rebecca Ching, LMFT

Our personal IFS and shame-resilience practices support us in living an integrated life instead of a parts-led life fueled by scarcity and shame. Through didactic and experiential components, along with demos and videos, participants will develop a practical foundation for how to integrate Internal Family Systems and The Daring Way™ and Rising Strong™ methodologies—based on the research of Brené Brown, PhD—with a special focus on the compassion/empathy connection, the power of not rushing through the reckoning with the stories our parts are telling, scarcity mindset, the failure-perfectionism polarization, curiosity, offloading hurts (protectors), boundaries, worthiness, and the superpower of the You-turn. We will also discuss where these methodologies differ and how to build a bridge between these differences while integrating these two approaches.

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



Internal Family Systems™

A special thank-you to our Online Circle and Continuity Program Presenters who are also presenting this weekend!

Toni Herbine-Blank, Pamela Krause, Loch Kelly, Michael Elkin, Ann Sinko, Brian Jaudon & Anna Tansi

New programs and new presenters coming soon!

Afternoon Workshops

Workshop 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

Patricia Rich, LCSW, CST

IFS tells us that all parts are welcome, but many of us have difficulty welcoming parts associated with sexuality—in ourselves and in our clients. Even those who have relatively unburdened sexual systems get little opportunity to find, befriend, and witness the stories of their sexual parts. This matters not only for our own healing, pleasure, and connection with partners, but also because we may overreact or underreact to client material, which can limit the Self energy in the room and possibly perpetuate experiences of exiling or shaming of sexual parts. As sexual norms become increasingly complex due to technological and social change, therapists are called upon to grow and adapt, which may add to the challenges faced by some of our parts. This workshop seeks to help therapists become curious about internal sexual systems and safely engage in exploration using meditation, body mapping, gentle movement, and other guided experience. Case material will be provided from the presenter’s experience of using IFS to treat a wide range of sexual problems in her practice.

All ages, LGBTQIA, sexually active or inactive, and partnered and solo participants are welcome, and privacy is respected.

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

Book Signing Event!


featuring

Richard Schwartz, PhD

and select IFS Conference presenters

*Stop by the bookstore
to find out who!*

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



404 Applying IFS to Psychotherapy Groups: Helping Groups Connect and Heal Through the Use of the 6 F's and Compassionate Witnessing

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: Mind, Body & Spirit

Level: All Levels Welcome

405 Internal Collective Unburdening of Complex Trauma

Stan Einhorn, PhD

This workshop explores the concept of complex trauma as related to multiple critical memories. The process of Internal Collective Unburdening (ICU) will be introduced as a technique in which multiple exiles come together in a ritualized unburdening process. This process is a unique combination of aspects of the do-over, retrieval of exiles, unburdening, and the ritualized healing process used with legacy burdens to help individuals experience the unburdening of multiple exiles at one time. Clients familiar with the process of IFS are often surprised by the intensity of release experienced during the Internal Collective Unburdening. A video of an ICU session will offer a clinical example of the technique, and a live demonstration will deepen the learning experience.

Track: Trauma

Level: Intermediate to Advanced

406 What (the) F Am I Doing?

Tammy Sollenberger, LCMHC

Have you just finished IFS Level 1 and find yourself frustrated that you're not doing the F's in sessions as much as you like? This workshop will provide strategies to help you move from blankly staring at your patients, wondering, "What in the world do I say now?" to starting the F's—the IFS protocol for assessing and

eliciting Self energy. We will focus on ideas to get you using the material you spent a lot of money and time learning. We will practice integrating phrases, questions, and statements to help you learn ways to transform your sessions from chatting about the week and the current problem into an IFS session. You will also learn about your own parts who may get in the way of doing the IFS protocol and discover ways to help them relax. Finally, you will notice what it feels like to perform differently in the session, from being in your head in an analyzer/teacher role to being in your heart and in your Self.

Track: Mind, Body & Spirit

Level: Introductory

407 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 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. This workshop will help therapists write treatment plans and session notes with skill and ease in a way that represents their work with integrity so that medical necessity is justified, it is easier to get authorizations, and audits aren't threatening.

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 therapists avoid inadvertently entering a relationship that may compromise the therapeutic alliance or put them at risk of board complaints. The second part of this workshop will help therapists learn to identify legal issues and how to document with legal issues in mind.

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

Level: All Levels Welcome

408 Class Matters: Exploring the Healing Potential of IFS as a Model Serving Clients Burdened by Economic Distress

Jennie Knott, LICSW

Who do we include in our perception of the healing potential of IFS? How do we define clinical work? Who do we include as being capable of engaging in clinical work? How do we define transformation, and who do we think of when we think about

a person capable of transformation? What parts of us arise when we think about providing services to people living on the margins? When we talk about diversity—in our offices and in our larger IFS community—what are we doing to represent class differences? In this workshop, we will make space to witness ways in which IFS has been utilized to work with people experiencing homelessness and other forms of complex marginalization, and we will begin a mutual, Self-led exploration of what parts of us get activated when we think about continuing to expand the healing potential of the IFS Model to include working with people living and, at times, thriving within such extreme conditions.

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

409 “I Used to Be Indecisive, Now I’m Not Sure”: Treatment of OCD Using IFS Therapy

Robert Rox, LMHC

OCD can be a challenging condition to treat in therapy. It can also be a debilitating condition to live with. As an individual who has experienced this condition on “both sides of the couch,” there is much to share about how it truly is—living with it and also helping successfully those who suffer with it. The IFS Model offers promising treatment in a very different manner from ERP, which has for years been the “gold standard.” Come learn how these entrenched protectors are doing their job to keep clients from being overwhelmed, much as most IFS firefighter distractors do.

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

410 Bringing the Brain into IFS: Integrating Neurofeedback and the IFS Model

Sarah Houy, MA, LPC, RYT, BCN

Working with survivors of complex trauma can often include lengthy treatment timelines. In an effort to reduce the length of treatment, integrating multiple trauma treatment approaches provides specific advantages. Utilizing state-of-the-art neurofeedback technology allows for the possibility of faster treatment progress and greater treatment outcomes. Utilizing neurofeedback to help facilitate a regulated brain promotes the ability of clients to arrive at a faster understanding and awareness of Self and the experience of parts, as clients are able to see, in real time, neuroelectric state changes that can correlate with parts and Self. Likewise, the IFS Model informs neurofeedback, as tools of unblending and unburdening are used to create neuroelectric state changes in the brain, offering greater overall neural regulation.

*Track: Trauma
Level: Advanced*

411 Shapeshifting Our Relationships Through Somatic IFS

Maura Matarese, MA, LMHC, RYT and Marilyn Unger Riepe, MA, MSW, LICSW

Shapeshifting refers to the mythological transformation from one being to another—an ancient privilege reserved for shamans, deities, and a few select heroic mortals. If we view shapeshifting as a metaphor for the powerful transformative changes that occur when one connects to one’s own Self energy rather than an externalized force only available to a select few, shapeshifting is something everyone can do should they so desire. It can change the relationship one has with Self and, in turn, change interactions with others from being parts-led to being Self-led. This workshop will use creative movement and theater games to help people access their Self energy. Participants may unblend from, befriend, and establish a Self-to-parts connection with their protective parts while allowing their exiles to connect somatically to their Self energy, thus paving the way for unburdening, systemic reorganization and becoming more Self-led.

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

412 Visioning Personal & Collective Spirituality and Justice with Adult Play in Sand Tray

Rev. Dr. Michelle Walsh, PhD, LICSW

Come spend a few relaxing hours playing in and learning about an approach to sand tray with miniature objects for adults that is compatible with the concepts and processes of Internal Family Systems. Ample direct experiential opportunities will be provided for personal spiritual exploration with your own tray as well an opportunity to engage in a collective tray for group visioning of justice in these challenging times. We will open with a brief didactic segment offering an overview of the history of developments in sand tray and sand play and some core concepts in Internal Family Systems.

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

413 Self-Compassion—A Soft Place to Connect

Anne Redmond, LCPC and Susan Mason, LCSW

As therapists, we’ve practiced at extending compassion to our clients and others. In this workshop, we will focus on providing this loving energy of compassion to ourselves. We will review the current research of Kristin Neff, Christopher Germer, and Tania Singer, and go on to distinguish between compassion and self-compassion. Didactic material will be presented, including ways to create self-compassion and what blocks it, specifically exploring the concept of shame. Guided meditations will allow for the identification of parts in one’s own system and a process to move toward more self-compassion and Self energy.

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

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