

## Thursday, November 8

### 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.  
Please refer to your attendee schedule.

#### IFS Conference Bookstore – GRAND OPENING!

10:00 a.m.–5:30 p.m.  
Executive Boardroom, 3rd Floor

#### Lunch

12:00–1:00 p.m.  
Waterplace Ballroom, 3rd Floor

#### IFS Sangha – All Are Welcome!

5:00–6:00 p.m., Location TBD

#### Evening Yoga with Diana

5:00–6:00 p.m., Location TBD

### Evening 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. During this one-hour session, prepare to release, let go, and dive into hip openers, seated twists, and forward folds, all designed to allow your body and mind to rest after the conference day comes to a close.

**5:00–6:00 p.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.

**5:00–6:00 p.m. Location TBD**

*All are welcome!*

### Continuing Education Information

CE credit from boards can vary for some workshops.

For more information, see page 4

or [www.selfleadership.org](http://www.selfleadership.org)

for the most up-to-date details.

### Stay Connected!

Complimentary Meeting Space Wifi

Password: IFS2018

<http://www.facebook.com/Internalfamilysystems/>



**PRECONFERENCE INSTITUTE ~ 9:00 a.m. – 4:30 p.m.**

All the workshops featured in our Preconference Institute are designed for all levels of experience, from practitioners new to the IFS Model to those well versed in the Model.

**A. Self-Leadership in Schools: Exploring the Integration of IFS for the Whole School Community**

*Ralph Cohen, PhD; Joanna Curry-Sartori, LMFT; Jody Nelson, LMFT; Timothy Amaral; Anna Tansi*

Our school communities are seeing ever-increasing symptoms of disconnection from Self: there is a rise in anxiety, depression, bullying, school avoidance, distraction, disregard for authority, and violence to self and other. With this, there is a widespread recognition that our educational systems need a new paradigm to nurture authentic connection to Self and compassionate connections with others. Recognizing the profound gift that IFS can provide, numerous individuals in the global IFS community have been actively exploring how best to introduce and integrate IFS in schools. In this workshop, participants will hear from some of these individuals as they share their current visions, objectives, and approaches to introducing IFS in schools. Participants will also have the opportunity to experience select exercises currently being used in schools and contribute to discussions of ways we can collaborate, refine, and expand possibilities to most effectively introduce IFS in schools.



*Track: IFS Beyond Psychotherapy*

**B. Helping Clients and Clinicians Use Expressive Modalities to Be Self-Led**

*Lisa Ferentz, LCSW-C, DAPA*

IFS therapists understand the importance of being Self-led in their work. They also understand how beneficial it is for clients when they can access their wisdom, clarity, compassion, and creativity both in and out of therapy sessions. In this highly experiential workshop, participants will learn how to use expressive modalities to access and strengthen the wise, creative, and compassionate qualities of Self. Embodiment, physical gestures, guided imagery and visualization, art techniques, and writing prompts will all be explored. These strategies will allow for a deeper and more spontaneous connection to Self. Participants will discover how using expressive modalities encourages clients and clinicians to acknowledge and appreciate their inherent strengths, including their ability to be compassionate toward themselves and others while helping them stay more grounded and present in therapy as well as in their daily lives.



*Track: Mind, Body & Spirit*

**C. Change Your Conversation, Change Your Relationship:  
Moving from Hard, Painful Interactions to Courageous Communication**

*Toni Herbine-Blank, MS, RN, Cs-P*

This workshop will explore how to help couples (people in relationship) move from hard and painful discourse to safe, courageous conversations. We will address how a couple therapist knows when the timing is right to challenge protectors to remain unblended and allow couples to consciously change their conversations. We will explore how to help each individual unblend to a state of optimal regulation, understand the fiction in their story of their protectors, and speak responsibly, letting go of shaming, blaming statements.



*Track: Couples, Family, Parenting & Children*

**D. Shame and Worthlessness: The Drivers of Our Parts' Extremes**

*Richard C. Schwartz, PhD*

When a person's parts take on a lot of worthlessness, they are left with a constant fear of not surviving, which in turn fuels frantic and severe manager and firefighter activities. Whether these activities involve hypo-arousal—such as depression, dissociation, or despair—or hyper-arousal—such as rage, anxiety, or drug addiction—beneath them is the constant sense that the person is unlovable and therefore alone. Consequently, the unburdening of shame and worthlessness is a crucial aspect of successful IFS therapy. Through experiential exercises, demos, and videos, this workshop will explore this important topic.



*Track: Mind, Body & Spirit*