

Internal Family Systems Level 2 Intensive Training “Deepening and Expanding with IFS”

Learning Objectives

"Following the conclusion of this training, participants will be able to"

Instructional Methodology

Lecture
Demonstration
Audio-visual
Experiential - practice of techniques
Large group discussion

Instructional Hours: 32

Day 1: Review of IFS Model and Polarizations

7 instructional hours

1. Explore the entire sequence of the IFS therapy model
2. Demonstrate increased proficiency with facilitating the IFS process
3. Demonstrate improved skills with helping challenging clients to get started with IFS.
4. Participate in supervised sessions practicing IFS therapy with a client
5. Observe Lead Trainer assisting various clients with challenging “Getting Started with IFS” scenarios
6. Participate in facilitating clients with challenging “Getting Started with IFS” scenarios
7. Identify how polarizations present challenges and explore solutions

Day 2: Working with Dangerous Firefighters and the Nature of Self Energy

7 instructional hours

1. Define "personality firefighters" in the IFS model and give examples
2. Demonstrate increased skills in assessing dangerous firefighters
3. Practice strategies of intervening with dangerous firefighters
4. Explore assessing Self-like parts of the therapist.
5. Explore the Self of the therapist to get to know participants' own parts
6. Explore the Self of the therapist to deepen awareness of one's own Self leadership
7. Participate in an advanced review of the parts of the therapist especially with challenging clients

Day 3: Working with Exiles, Unburdening, Legacy Burdens

7 instructional hours

1. Identify the steps to healing
2. Practice the various forms of unburdening
3. Demonstrate the sequence of unburdening
4. Participate in practice exercises that promote a greater understanding of the body in IFS therapy during the unburdening process
5. Explore and discuss the concept of legacy burdens
6. Explore working with clients with legacy burdens

Day 4: Direct Access and In-sight: Applying Advanced Techniques to Challenging Clients

7 instructional hours

1. Demonstrate increased proficiency with both formal and informal forms of direct access.
2. Increase awareness of the parts of the therapist that may blend and interfere with the ability to utilize direct access
3. Observe demonstrations on the various uses of direct access
4. Practice using direct access in a practice group as therapist and client
5. Give examples of achieving direct access and In-sight with challenging clients
6. Integrate using direct access and insight with these challenging clients

Day 5: Putting It All Together

4 instructional hours

1. Explore common stuck points for IFS therapists
2. Self-evaluate proficiency with the IFS model
3. Participate in group closing and integration