

Internal Family Systems Model

Level 3 Training Course

Learning Objectives

(5.00 contact hrs. each of the first 4 days)

1. Cite an in-depth perspective of transference and counter-transference
2. Explain how to work with these concepts from a Self led perspective
3. Explore and practice working with difficult clients
4. Demonstrate a higher level of skill in working with client trigger points
5. Participate in role play and practice working with difficult case scenarios
6. Describe ways to help clients work with parts between sessions
7. Tell of advanced techniques to hold Self- energy in potentially difficult therapeutic situations
8. Participate in exercises that allow opportunities to explore what happens as Self of the client embodies and dis-embodies
9. Identify a number of indices of when the therapist is embodying Self and be able to quickly access Self when not embodied
10. Practice working with difficult clients who don't buy into the Model, who have scary firefighters, highly controlling managers, volatile exiles
11. Explain how to access different aspects of Self leadership (the 8 C's) in different context (i.e., couples, groups)
12. Examine and have opportunities to work with parts of the therapist that interfere accessing Self
13. Practice and role play clients where ongoing direct access is necessary
14. Participate in observing facilitator/trainer work with extreme therapeutic scenarios
15. Explore the use of advanced IFS techniques to support client's ability to expand their vision of life and career goals
16. Using the context of the training group, participate in experiences to enhance the therapists group process skills
17. Practice giving and receiving Self lead feedback
18. Demonstrate skill level by performing practice demonstrations and receiving feedback from peers
19. Examine and assess knowledge of IFS advanced skill sets