

# **Internal Family Systems Therapy: Embodying the Healing Wisdom**

August 2-7, 2020

Presenters: Richard Schwartz and Sarah Stewart

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA.

## **Program**

Are you ready to help your patients/clients create emotional, mental, and spiritual change? Internal Family Systems therapy (IFS) provides a groundbreaking model for mental health professionals to learn about transformation, taking an effective and compassionate approach to the parts of their patients/clients that are stuck in reactive patterns and holding them back from living their best life.

Developed by Richard Schwartz, PhD, IFS draws on systems thinking with the view that the mind is made up of relatively discrete subpersonalities, each with its own viewpoint and qualities. Importantly, IFS also sees people as being whole underneath this collection of parts, the true Self.

The target professional audience is for therapists experienced with IFS, psychologists and social workers of all levels, and those new to the model.

(This is no conflict of interest or commercial support for this program)

## **AGENDA**

### **Sunday, August 2, 2020**

5:30pm-7:00pm – Dinner

#### **7:30pm-9:30pm – Program Session**

*an overview of the IFS model*

### **Monday, August 3, 2020**

7:00am-8:30am – Breakfast

#### **8:30am-10:00am – Program Session**

Getting to know a part that interferes in their lives

*Learning Objectives:*

- *state the history and development of the Internal Family Systems model of therapy.*
- *Indicate the basic assumptions of IFS in regard to non-pathological multiplicity of mind and the concept of “SELF”.*

10:00am-10:15am – Break

#### **10:15am-11:30am – Program Session**

Getting to know a part that interferes in their lives (cont'd)

*Learning Objective:*

- *List the goals of IFS therapy.*

11:30am-1:30pm – Lunch

### **1:45pm-3:45pm – Program Session**

Parts Mapping Exercise

Practice getting to know parts with a partner

*Learning Objectives:*

- *explain the IFS concept of SELF and its role and effectiveness as a leader in the system*
- *rank the qualities of SELF: curiosity, compassion, confidence, courage, clarity, creativity, connectedness.*

5:30pm-7:00pm - Dinner

## **Tuesday, August 4, 2020**

7:00am-8:30am – Breakfast

### **8:30am-10:00am – Program Session**

What is the Self and how to access it quickly

*Learning Objectives:*

- *analyze what is Part.*
- *analyze what is Self.*

10:00am-10:15am – Break

### **10:15am-11:30am – Program Session**

Bringing more Self leadership to your everyday life

*Learning Objective:*

- *appraise the concepts of Protectors and Exiles.*

11:30am-1:30pm – Lunch

### **1:45pm-3:45pm – Program Session**

Maintaining Self leadership in the face of challenges

Self-led visioning

*Learning Objectives:*

- *utilize techniques to provide a direct experience of Self in the system.*
- *Tell the concept of “UNBLENDING”; differentiating sub personalities from “SELF” as a means to speak for, as opposed to from reactive affective states.*

5:30pm-7:00pm – Dinner

### **7:30pm-9:30pm – Program Session**

IFS as a daily practice

*Learning Objective:*

- *diagram IFS at work and recognize the above points in action when doing therapy.*
- *summarize how an IFS therapist interacts helps a client unblend to Self*
- *describe how an IFS therapist helps a client relate from their Self to their parts.*

## **Wednesday, August 5, 2020**

7:00am-8:30am – Breakfast

### **8:30am-10:00am – Program Session**

How to use IFS for identifying and engaging with the various parts of yourself

- explain the qualities of SELF: curiosity, compassion, confidence, courage, clarity, creativity, connectedness.
- describe two different kinds of protectors- "managers" and "firefighters"

10:00am-10:15am – Break

### **10:15am-11:30am – Program Session**

How to use IFS for identifying and engaging with the various parts of yourself (cont'd)

*Learning Objective:*

- *identify and engage with the various parts of yourself*

11:30am-1:30pm - Lunch

### **1:45pm-3:45pm – Program Session**

How and why these parts swing into action in ways that prevent mental health professionals from experiencing the happiness and fulfillment they seek

*Learning Objectives:*

- *explain the IFS belief that all parts, even those that manifest with extreme behavior, carry a positive intention for the system.*
- *explain how managers and firefighters are forced into their extreme roles in an attempt to protect and defend the system from pain.*

5:30pm-7:00pm – Dinner

## **Thursday, August 6, 2020**

7:00am-8:30am – Breakfast

### **8:30am-10:00am – Program Session**

To lead your life from the Self, an inner essence of calm, clarity, curiosity, courage, and connectedness.

*Learning Objectives:*

- *identify aspects of the personality that interact in specific sequences and patterns.*
- *explain the dynamics of protectors in relation to when other people become reactive to each other.*

10:00am-10:15am – Break

### **10:15am-11:30am – Program Session**

To lead your life from the Self, an inner essence of calm, clarity, curiosity, courage, and connectedness (cont'd)

*Learning Objective:*

- *critique the IFS concept of the U-Turn.*

11:30am-1:30pm – Lunch

### **1:45-3:45pm – Program Session**

Discover the new possibilities available to practitioners as they free up energy trapped in parts of themselves with other agendas.

*Learning Objectives:*

- *Trace how therapists and lay people can hold this Self state of loving-kindness in the face of the other's reactivity.*
- *formulate the IFS way of speaking for needs, making requests and setting a self-led boundary.*

5:30pm-7:00pm – Dinner

## **Friday, August 7, 2020**

7:00am-8:30am – Breakfast

### **9:00am-11:00am – Program Session**

Review of workshop

Overview & wrap up

*Learning Objectives:*

- *identify the basic theory and principles of Internal Family Systems therapy*
- *apply IFS principles to transference and counter-transference*

### **Presenter(s) Bio**

Richard C. Schwartz, PhD, LMFT, faculty member of the Harvard Medical School psychology department, is a licensed marriage and family therapist, fellow of the American Association for Marriage and Family Therapy, and creator of the Internal Family Systems model. He was associated with the Institute for Juvenile Research at the University of Illinois at Chicago, and more recently with the Family Institute at Northwestern University. He is author of *Internal Family Systems Therapy* and *Introduction to the Internal Family Systems Model*, and coauthor of *Family Therapy: Concepts and Methods*, the most widely read family therapy textbook. As a teacher, he is known for his warmth, sensitivity, and clarity

Sarah B. Stewart, PsyD, is a nationally recognized expert in trauma and addiction with a unique interest in nature and the interconnectedness of all sentient beings. In the practice and teaching of the Internal Family Systems model, Sarah is focused on people transforming their sense of connection from an external hunger to an internal center of comfort and self-connection. This shift inherently alters the addictive cycle, moving people into loving relationships with themselves and the world. Sarah is a former faculty member at The Trauma Center, former clinical instructor at both Harvard and Boston Medical Schools, and maintains a clinical practice in Watertown, Massachusetts.

### **Program Costs and Registration**

Please visit [www.kripalu.org](http://www.kripalu.org)

### **Cancellation Policy**

Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

### **Grievance Policy**

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at [cec@kripalu.org](mailto:cec@kripalu.org) or 413.448.3127.

## **Certificate Issuance**

You will receive your certificate, via email, within 6–8 weeks of your program's end date.

### **Psychology - 25 CE Hours**

R. Cassidy Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program and its content. 25 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed in and out each day, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in or out each day will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

The CE application can be obtained at the front desk of Kripalu. R. Cassidy Seminars will email a program evaluation to the participant. Once completed, a CE certificate will be generated.

### **Social Work – 25 CE Credits**

Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

Participants must have paid tuition fee and CE fee to Kripalu, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

The CE application and evaluation can be obtained at Kripalu's front desk upon arrival.

*For additional CE information, please visit <https://kripalu.org/continuing-education-credits>*