

Internal Family Systems Therapy: Embodying the Healing Wisdom

August 4-9, 2019

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 4, 2019

5:30pm-7:00pm – Dinner

7:30pm-9:30pm – Program Session

an overview of the IFS model

Monday, August 5, 2019

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 6, 2019

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 7, 2019

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 8, 2019

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:

- *detect 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 9, 2019

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

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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.

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