

Negotiating Relationships with IFS: Self-Leadership for Healing

Dates: March 8-13, 2020

Presenters: Richard Schwartz, PhD, LMFT; and Sarah Stewart, PsyD

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

Program

Internal Family Systems (IFS) is a highly effective way of guiding people to a sense of Self, a state of inner clarity and compassion from which they can see their reactivity to others as based in their own history. From the Self, one can calm and transform troubling inner voices and feelings of vulnerability, inadequacy, and overwhelm. By utilizing IFS, therapists and lay people can hold this Self state of loving-kindness—allowing you to work with your own experience and thus maintain a center from which to engage with others and help them heal.

Learn how to remain steady, centered, and openhearted in the face of your own and other's reactivity in this program that offers:

An introduction to the IFS model of psychotherapy

Tools to apply IFS to relationships

New ways to work with counter-transference with clients.

For therapists, Self-leadership in the face of a client's extreme emotions or predicaments is central to therapeutic effectiveness. Return home ready to work with your side of the dynamic and hold space for others to do the same.

Recommended reading/listening/viewing Richard C. Schwartz, Internal Family Systems Therapy; The Mosaic Mind: Empowering the Tormented Selves of Child Abuse Survivors; and Introduction to the Internal Family Systems Model

The target audience is for all levels: Introductory, intermediate and advanced mental health professionals.

AGENDA:

Sunday, March 8, 2020

5:30pm-7:00pm - Dinner

7:30pm-9:30pm – Program Session

- Welcome
- Introductions and group cohesion exercises.

Monday, March 9, 2020

7:00am-8:30am – Breakfast

8:30-11:30am – Program Session

- History and development of Internal Family Systems model of therapy.
- IFS and non-pathological multiplicity of mind and the concept of "SELF".
- IFS therapy goals.

11:30am-1:30pm - Lunch

1:45-3:45pm – Program Session

- IFS concept of SELF

- Qualities of SELF: curiosity, compassion, confidence, courage, clarity, creativity, connectedness.

5:30pm-7:00pm – Dinner

Tuesday, March 10, 2020

7:00am-8:30am – Breakfast

8:30-11:30am – Program Session

- What is Part.
- The practice of Self.
- Concepts of Protectors and Exiles.

11:30am-1:30pm - Lunch

1:45pm-3:45 pm – Program Session

- Techniques providing a direct experience of Self in the system.
- “UNBLENDING”; differentiating sub personalities from “SELF” as a means to speak for, as opposed to from reactive affective states.

5:30pm-7:00pm – Dinner

7:30-9:30pm – Program Session

- IFS at work in therapy.
- IFS therapist interactions with clients
- IFS therapist helping clients relating from SELF to their parts.

Wednesday, March 11, 2020

7:00am-8:30am – Breakfast

8:30am-11:30am – Program Session

- Qualities of SELF: curiosity, compassion, confidence, courage, clarity, creativity, connectedness (cont'd).
- Kind of protectors- "managers" and "firefighters"
Speaking for Parts and listening from Self.

11:30am-1:30pm - Lunch

1:45pm-3:45pm – Program Session

- IFS belief that all parts carry a positive intention for the system.
- Protecting and defending the system from pain

5:30pm-7:00pm – Dinner

Thursday, March 12, 2020

7:00am-8:30am – Breakfast

8:30am-11:30am – Program Session

- Aspects of the personality that interact in specific sequences and patterns.
- The dynamics of protectors.
- IFS concept of the U-Turn.

11:30am-1:00pm - Lunch

1:45pm-3:45pm – Program Session

- Loving-kindness in the face of the other's reactivity.
- IFS way of speaking for needs, making requests and setting a self-led boundary.

5:30pm-7:00pm – Dinner

Friday, March 13, 2020

7:00am-8:30am – Breakfast

9:00am-11:00am – Program Session

- Basic theory and principles of Internal Family Systems therapy
- IFS principles to transference and counter-transference

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".
- list the goals of IFS therapy.
- 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.
- analyze what is Part.
- analyze what is Self.
- appraise the concepts of Protectors and Exiles.
- 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.
- diagram IFS at work and recognize the above points in action when doing therapy.
- summarize how an IFS therapist interacts helps a client un-blend to Self
- describe how an IFS therapist helps a client relate from their Self to their parts.
- explain the qualities of SELF: curiosity, compassion, confidence, courage, clarity, creativity, connectedness.
- describe two different kinds of protectors- "managers" and "firefighters"
- evaluate the concept of speaking for Parts and listening from Self.
- 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.
- detect aspects of the personality that interact in specific sequences and patterns.
- examine the dynamics of protectors in relation to when other people become reactive to each other.
- critique the IFS concept of the U-Turn.
- 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.
- 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.
www.selfleadership.org

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

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Programs indicating the availability of psychology CE credits have been reviewed to be free of any potential conflict of interest and/or commercial support unless otherwise noted.

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Certificate Issuance

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Psychology – 21 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. 21 CE Hours.

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