

Introduction to IFS for Therapists & Helping Professionals

Course Outline:

This course introduces mental health therapists and other helping professionals to the Internal Family Systems therapeutic model.

Internal Family Systems (IFS) is an evidence-based therapeutic modality that identifies and addresses multiple sub-personalities (parts) or families within each person's mental system. These parts are created in situations to help protect and survive. Parts can conflict with each other and with one's core Self. Self is a concept in IFS that describes the confident, compassionate, whole person that is at the core of every individual. IFS focuses on healing the wounded parts and restoring mental balance and harmony by changing the dynamics that create discord among the sub-personalities and the Self. IFS creates opportunity for internal differentiation and ultimately internal integration and wholeness. In IFS all parts are welcome.

This course provides the opportunity for helping professionals to gain a conceptual framework of IFS through didactic and experiential teachings and learnings. Participants will gain familiarity with their own internal family to help integrate this model beyond the intellect to a somatic knowing and understanding. There will also be opportunity to guide other participants in becoming familiar with their parts and beginning to build Self to part relationships to practice some of the key skills of IFS.

Objectives:

- Cite the main therapeutic goals of IFS therapy.
- Describe the basic assumptions of IFS in regard to non-pathological multiplicity of mind and the concept of Self
- Explain the concept of “unblending”, differentiating sub-personalities from Self as a way to speak for, as opposed to from, reactive affective states or “parts”
- Name the 3 categories of sub-personalities that most often present in therapy
- Cite the IFS concept of Self and explain its role and effectiveness as a leader in the system

- Identify and describe the qualities of Self 8 Cs & 5 Ps (curiosity, compassion, confidence, courage, clarity, creativity, connectedness, calmness, patience, playfulness, perspective, persistence, presence)
- Identify the 6 Fs of the IFS therapeutic model
- Use techniques to provide a direct experience of Self and parts in the system.
- Explain how changes in the internal system will affect changes in the external system of an individual, family, or group.

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Total Hours: 14 hours