



IFS Skills and Competencies Intensive

Goals

The goals for this course are for you:

- to learn and understand the IFS model and be able to apply it to your own systems, your patients/clients and one another
- to be able to ask as many questions as you need and know where to go for further information
- to form ongoing peer support groups so that your practice can continue to evolve
- to develop the confidence, skills and competence to fully integrate the model in your practice
- to be invigorated in your practice and to see remarkable and permanent changes in many of your clients

Assumptions

In order to be able to use the model it is essential that therapists/counsellors have an awareness of their own system of parts. As such you will be expected to explore your own systems in practice groups and if you are the subject in a demonstration.

Time Commitment

- **4 Days:** 10-5

Tuesday, Day 1: The Basics - “Just Ask”

Introduction to the IFS model, with explanations of the 3 types of parts we typically encounter in session. An introduction to the concept of Self energy.

Getting to know your own system through guided meditations and experiential exercises geared to help you start to grasp the model more fully.

We will also do demonstrations so that you can see the model in action, followed by Q&A.

Participants will be encouraged to speak for their own parts throughout.



Wednesday, Day 2: Deepening the Work - “What’s the Worry?”

You will spend some time getting to know your own parts; an effective IFS therapist has to know his/her system in order to stay fully present to their client.

Common concerns of protective manager parts will be named and the teaching will focus on how to address these concerns so that the client’s protective system feels assured as to the safety of the work.

A demonstration with Q&A and supervised small group practice will form part of the day.

Teaching will focus on the Inner Landscape, Exile formation and facilitating “unblending” of protective parts

Day 3: IFS Protocol Review - “Who’s Working?”

The focus for this day will be on your “therapist parts” that may get in the way of the work. The work of the IFS therapist is to hold as much Self-energy as possible (curiosity and compassion) by inviting our own parts to soften back so that we can be a “parts detector” for our clients and thereby help their own Self to facilitate their healing. For many of us this involves unlearning much of what we have been taught.

You will learn how to identify these parts so they can soften back, recognise where you get triggered and learn efficient ways to resolve that in session as well as developing your skills to better identify what is going on for the client.

A demonstration with Q&A and supervised small group practice will form part of the weekend.

Day 4: Bringing your Self to the work - “I’m Here”

The content of this day will include brief demos focusing on ways of getting “unstuck” in the work (Fire Drill Demo, Empathy at play, Therapy Tag)

The didactic portion will focus more explicitly on the necessary Skills and Competencies and there will be the last of the practice opportunities

We will close on the course and consider possible next steps to keep you engaged with the model



Resources

Each participant will be provided with a training manual with handouts for each session, as well as a video set of didactic teachings.

A minimum of 4 video recordings of sessions with clients, annotated to illustrate how the model is being applied, will be provided. These recordings will feature a variety of IFS therapists.

A list of approved IFS therapists available to work with participants will be provided should you wish to deepen your own work.

Required Reading

Internal Family Systems, 2nd Edition by Richard C. Schwartz and Martha Sweezy
Internal Family Systems Skills Training Manual: Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse.

Recommended reading includes: "Many minds, One Self" by Richard Schwartz and Robert Falconer, "Introduction to Internal Family Systems" also by Dick Schwartz and "Parts Work: an Illustrated Guide to your Inner Life" – Tom Holmes.

In addition there are many interesting articles on the [resources page of my site](#) and several will be recommended during the course.

Cost

The cost for the intensive will be CDN \$1,200 (USD \$900)

Please be aware that this course is not affiliated with the IFS Institute and is not considered as one of their Level 1 trainings. If you require certification as an IFS therapist that can only be awarded by the IFS Institute after taking a Level 1 training. For more information on certification: ifs-institute.com