

My name is Mel Galbraith. I am a Queer woman who knows and loves the safety and comfort that queer community brings. I am passionate about both bringing queer folks together within community and increasing the expansiveness of Self energy. What a great way to do both, as I embark on this journey to co-create space with other Queer Women to learn IFS and increase our own and our collective Self energy.

Throughout my deep journey with IFS, I have come to know that if I bring a calm, curious, and compassionate stance to all parts and aspects of my inner world, I can find and attend to these parts in a very different way than I might have before. Instead of my protective parts tirelessly trying to avoid uncomfortable thoughts or feelings, I can attend to these parts in a loving and tender way allowing them to be heard, held, and ultimately help them heal what they are holding.

My hope is that as we embark on this journey of teaching and learning together, folks will leave with both the road map to accessing Self energy, and the gift of meeting and connecting with parts inside who are so desperately wanting attention. And on a more professional note, folks will also leave with the skills and competencies to use and integrate the IFS model into the daily work with clients.