IFS Skills and Competencies Training

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
- at year end to have developed 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 Weekends:** Saturdays from 10-6
  Sundays from 9-5

- Participation in a monthly online consultation group for 1 hour. Questions arising from our work, challenges in introducing the model, getting yourself unstuck and working with challenging clients are all topics for this time – as well as any other questions

- Participation in a monthly peer practice/support group: times TBD based on availability. This group will be a practice group, either in person or online.

Derek Scott is the lead trainer. Depending on the number of participants there will be different co-leaders over the time of the course so that participants are exposed to a number of different styles as they develop their own.

Weekend 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.
We will also do demonstrations so that you can see the model in action, followed by Q&A.
You will be invited to begin to practice the model in supervised small groups.
Participants will be encouraged to speak for their own parts throughout.

Peer support groups and consultation groups will be established at this time.

Weekend 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.
By this time you will have been working with one another in your practice groups and possibly with your clients.
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 weekend.

Weekend 3: Recognising and Working with your Therapist Parts - "Who's Working?"

The focus for this weekend 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 (curiousity 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 an efficient way 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.

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Weekend 4: Graduation - "I'm Here"

The content of this weekend will include: working with legacy burdens, exiles holding shame and their protectors, polarities, direct access (implicit/explicit), unattached burdens, non-burdened exiles, compassion and empathic parts and when Unburdening unsticks.

If participants are curious on the applicability of the model to particular populations or subject areas (couples, LGBTQ2I, youth, trauma, grief etc.) these questions can be addressed.

You will have the opportunity to experience peer supported work and will receive your certificate on Sunday.

Please note: if you miss a total of 8 or more weekend program hours you will not be eligible for your certificate.

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 recording 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.
Both are available from Caversham Booksellers in Toronto.
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 top 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.

IFSCA

Cost

The cost for each weekend will be $600 and each facilitated consultation group (6 in total) will be $95 per meeting.

Total cost: $2,970 payable at the beginning of the course unless special arrangements have been made. The fee is non-refundable.

There are a maximum of 15 places.

Please be aware that this training is not affiliated with the Center for Self-Leadership 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 CSL after taking a Level 1 training.
For more information on certification: www.selfleadership.org