

## Biography:

Michelle Glass runs a private practice as an alternative counselor out of Eugene, Oregon and sees clients remotely around the world. She is a Certified Level 3 Internal Family Systems (IFS) practitioner with over 15 years of experience with the Model. She provides workshops on the DPMP for both clinicians and clients. Additionally, she is the Editor of the Foundation for Self Leadership's magazine, *OUTLOOK*.

She received her bachelor's degree in psychology from Metropolitan State College of Denver. She has spent over twenty years studying in the psycho-spiritual realms and has a strong base in being Self-led. She is a SoulCollage® facilitator and enjoys melding it with IFS as a creative integration of our parts.

She used IFS to heal from a traumatic childhood and is now an enthusiastic Hope Merchant. She wants to help everyone experience that same healing. She is the proud mother of two incredible grown daughters.

She invites you to contact her through [www.thelisten3r.net](http://www.thelisten3r.net) or on the IFS Daily Parts Meditation Practice Facebook private and public group pages.

## DPMP Testimonials:

"I lacked the tools to give clients to help them organize this process or inspire their creativity in it. Enter Michelle Glass... As I travel around the world teaching IFS, I hear frequently from IFS clients who have been using the DPMP and loving it. I also hear from IFS therapists that they not only are having good results when their clients use it, but that they are finding it helpful for their own parts work. This book will deeply enhance your journey toward being Self-led."—Richard Schwartz, PhD

"In this creative volume, Michelle Glass teaches a method of deeply integrating the seemingly disharmonious voices within, by firmly establishing secure relationships between Self and hitherto isolated and fragmented parts."—Gabor Maté M.D., Author, *In the Realm of Hungry Ghosts: Close Encounters with Addiction*

"With this book, you can trust both the message and the messenger implicitly. In IFS, we hold true the message: 'all parts are welcome,' but sometimes we accidentally neglect parts after unburdening. The Daily Parts Meditation Practice will go a long way to prevent that from happening, while also strengthening the parts' gifts uncovered along the way. With these practices, transformation is a journey, not a destination. It is deeply honoring and so clearly presented. To experience the wisdom of this book is to experience the dedication and generosity of Michelle Glass and all her parts. Her commitment to her own life and, therefore her healing, has led to incredibly powerful transformations that she offers here in an abundance of creative examples."—Mariel Pastor, LMFT, IFS Lead Trainer, Creator of Character Mapping

"Daily Parts Meditation Practice provides inspiration and tools for those interested in an IFS practice for working with their inner life. Through her own deep and thorough practice, Michelle offers clear and engaging examples of how we can apply this work to our own lives. I can't imagine a better person to guide us on this journey than Michelle Glass."—Paul Ginter, Licensed Psychologist, IFS Lead Trainer

"Michelle dives right into the deep end in her artistic, soulful and poetic exploration of the inner world. Using her personal journey as well as a fictional case study, Michelle offers clear, hands-on templates for identifying each part's unique story and for building strong, loving internal connections. If you want to

deepen your own IFS or meditation practice, or just further expand your inner journey, this book offers a compassionate, creative and inspiring invitation.”—Cece Sykes, LCSW, Psychotherapist and Senior IFS Trainer

“Michelle’s book offers clear, helpful guidance for how to use IFS as a daily psycho-spiritual practice. She provides several tools and pathways for people to choose from and she shares her own inspiring journey of self-exploration and healing. Her manual will empower you to do this work on your own or help you get the most out of your work with a therapist. And, therapists can benefit as much as clients.”—Paul Neustadt, MSS, IFS Co-Lead Trainer

“This manual provides a unique opportunity for everyone—clients and therapists, to bring greater healing with hope and confidence. Michelle Glass uses her own journey to illustrate a process that is clear and easily adaptable to the specific needs of each person. She brings great care and detail to help create maximum benefit for people who want to be more in alignment. It will bring great value for those who want to read her story and follow her process; and will also be very useful as a resource where people can pick and choose her ideas or use them to help support creating their own.”—Rina Dubin, Licensed Psychologist, IFS Assistant Trainer

“Michelle Glass' DPMP is a deeply respectful way of getting to know the parts of one's internal system that moves beyond cursory awareness to the development of deep and evolving relationships with and between one's parts. Her approach provides a roadmap for establishing a daily practice that makes sure no part is forgotten or overlooked.”—Jeanne Catanzaro, Ph.D., Licensed Clinical Psychologist and Certified IFS Therapist

“Michelle has created a wonderful resource for the IFS community with her book, Daily Parts Meditation Practice. She offers clear, creative ways to identify, get to know, unblend from, stay connected with and integrate our parts and the system with which they live. The sharing of her personal journey is yet another example of the benefits of Self-connection and the healing power of IFS. Bravo!”—Frank Anderson, M.D., Executive Director, The Foundation for Self Leadership

“As a Senior Lead Trainer in the Internal Family Systems model of psychotherapy, I highly recommend Michelle Glass’s book, Daily Parts Meditation and Practice. I am frequently asked how to develop the internal system and have more Self-energy. IFS is a model where when parts relax from being in more extreme roles and they embody their essential qualities and function within the system, “Self-energy” like compassion, curiously, calmness, and courage naturally emerges as a more central felt state.

Michelle’s book is an excellent companion for this process. She outlines what she found as crucial in her own journey of healing and provides tools that are instinctual, practical, and helpful. I find her writing to be accurate and in alignment with the essential primacies of the Model.

The book can also be a valuable asset for therapists using the model for themselves as well as their clients. The skill of mapping is extremely valuable for both therapist and client. Michelle does an excellent job both in describing and illustrating this process. The description and examples of different systems can be

helpful identifying various parts and recording how they interface with one another.

The title of the book represents the importance of a daily practice and is more than a workbook, with outlined daily tasks to be completed. Chapter seven beautifully describes how to establish a daily meditation which I have come to believe is essential for healing and changing life long survival patterns.”— Chris Burris, LPC and LMFT, IFS Senior Lead Trainer

“Michelle Glass has written a compelling book for anyone who has wondered how to keep track of their parts or who has felt overwhelmed by the process of learning about them. She offers a conversation about and choices within a Daily Parts Meditation Practice, which have both a structure and guidance for alternatives in the personal creative process for each person. This is a lovely addition to the IFS field.” — Joanne Gaffney, RN, LICSW, Certified IFS Therapist

### DPMP Participant Testimonials

"I'm so very glad to have participated in your workshop as what I learned then and from your book are doing wonders for building further trust with and providing support to my parts on a daily basis." — Shoko Tomita, participant, Melbourne, Australia

“Michelle provides such a compelling and informative presentation. Her words of wisdom on the IFS topic were inspiring and will be implemented into my healing journey. Her time given was very much appreciated and impacted the want to unblend my parts and find ‘true Self.’” — A.H., NY

"Michelle is a kind, respectful and humble presenter. It was a privilege to be taught and guided by her over the course of two days. It has benefitted me both personally and professionally." — Gail Kenny, Psychologist in Brisbane, Australia

“It was a pleasure to have had the opportunity to hear and participate in Michelle’s enlightening presentation. It was a privilege to have had her insight and wisdom on the topic during my journey. I’m looking forward to implementing this approach into my healing journey and finding my true Self.” — D.B., NY

“I originally purchased this book to enrich my own personal journey, and have since introduced the DPMP to my own clients. DPMP is now an integral part of my trauma informed PHP, helping so many in developing and maintaining relationships with their own parts!" — Clare Brown, LPC, LCAT, LFYP, Director of SolStone: Upstate New York Eating Disorder Service, Elmira, NY

“Creating the chain of my parts was helpful, as my husband could see all the parts of my life.” — Cathy, participant, New York

“The PCCs are perfect. They help me stay with it (part/s) and integrate them. I see it and can instantly feel the part.” — Client

### General Testimonials:

"We are all very fortunate to have Michelle bringing her unique range of skills to this deep work. She brings a quiet wisdom that comes from her own journey of healing. Her openness and receptivity combine with a keen ability to be present for the other that invites much safety and acceptance. Her integrity is consistent in every step." ~ Rina Dubin, Ed.D, IFS Assistant Trainer, Boston, MA

"Michelle brought a warmth and compassion to our work that set all of me at ease from the outset – I felt welcomed. She skillfully helped me to open a gentle conversation with concealed parts of me, to hear their story, to begin their healing. I have worked with a number of IFS practitioners, and some have the intuitive feel of the art of IFS, and some do not. Michelle has this." ~ Steve R., Miami, FL

"I highly recommend Michelle's work based on my own experience of her deep capacity to listen and support her client's needs and motivations. I would add that Michelle has experience with people who are going through their own "spiritual crises and awakenings" by reclaiming their childhood ordeals." ~ Roberto Ziemer, São Paulo, Brazil

"Michelle has a compassionate and calm presence that creates safety and an atmosphere for deep healing. Her attunement and tracking are remarkable. Michelle is a highly skilled IFS practitioner and I have great confidence in recommending her." ~ Marilyn Hunt, MS, LMFT, IFS Program Assistant, Lafayette, CA

"From my first meeting Michelle a few months ago, she has been one of the most inspiring, connected people I have met in my life. She has a presence and receptive quality that few are gifted with." ~ Clare M Brown, LPC, LCAT, LFYP, Elmira, NY

### Website:

[www.thelisten3r.net](http://www.thelisten3r.net)