

# **Shamanism and The IFS Therapist: Shamanic Healing, Guides and the IFS Protocol**

When we guide clients inside and healing happens, it takes place in what Carlos Casteneda called “non-ordinary reality”. Michael Harner, a revered shamanic teacher, coined the term “the shamanic state of consciousness” to describe the mindstate shamans enter when they do their work. Some call this the “Dreamtime”. At least one tribe of Australian Aborigines refer to it as “the everywhen”. This imaginal realm has been known to indigenous healers for over 40,000 years...and that's where the healing happens in IFS therapy.

If you do IFS therapy long enough, or you go deep in your own IFS therapy, you will likely encounter energies, problematic entities, Guides and past life parts, along with other experiences that challenge the prevailing cultural worldview. The IFS protocol provides us with an elegant “technology” for how to help. However, this aspect of what happens in IFS therapy is rarely discussed and only taught in the later phases of IFS training....so there is a natural curiosity, even thirst for an opportunity to learn.

Ed Yeats, who trained and practiced as a shamanic practitioner well before he encountered IFS, will be a gentle guide into this magical territory. He could easily see, early in his IFS training, how IFS is a form of shamanic healing, seemingly designed for our current cultural circumstance. So, if your parts allow, on behalf of your clients and your own healing journey, this workshop offers the opportunity to be introduced to shamanism, the shamanic worldview and shamanic healing, as it has been practiced in indigenous cultures all over the world for over 40,000 years.

Through didactic presentation, direct experience, story and song, we will explore this territory in an atmosphere of warmth and respect. We will look into the parallels between IFS therapy and classical shamanic healing methods. With an eye toward application to clinical practice, you will be introduced to compassionate Spirits (aka Guides) in various ways, including examples, based in experience, of how they can be recognized and invited to help at specific points in the IFS protocol as well as between sessions.

This workshop does not require any previous experience or exposure to shamanism beyond your training and experience as an IFS therapist. You are encouraged to come with all your parts, including any skeptical or cynical parts (we all have them)...and with the compassionate heart that drew you to IFS in the first place.

Edward Yeats, Ph.D. is a Clinical Psychologist and a Certified IFS Therapist who enjoys an integrative psychotherapy and consultation practice in Newton Corner, MA., USA. Ed has taught psychotherapy and family therapy at Massachusetts General Hospital, The Cambridge Hospital and in the Greater Boston community for 30+ years. He is Co-Director, with Carin Roberge, Ph.D., of Center of the Circle, an organization that offers programs in shamanism and shamanic healing. A long-time meditator, shamanic practitioner, and integrator of psychotherapy and spiritual practice, he is grateful to have found IFS to be a meeting place for all the streams of his practice.