

Susan McConnell, MA, CIFST, CHT, senior trainer for the IFS Institute, has taught Internal Family Systems in the US and internationally since 1997. She is the founder and developer of Somatic IFS--the culmination of her experience and teaching of various bodywork, movement, spiritual, and psychotherapeutic modalities. The Somatic IFS practices of awareness, breath, resonance, movement and touch facilitate the embodiment of the internal family—the subpersonalities as well as the essential core Self—to bring compassionate witnessing to the implicit body stories of our individual hurts and societal burdens. She offers retreats, workshops and trainings in Somatic IFS to participants throughout the world and enjoys rest and play along the shores of Lake Michigan in Chicago and the Indiana dunes with her family and friends.