

Introduction to the IFS Model: a 6 session workshop for Mental health professionals

Agenda:

Session 1 (2 hours)

- 30 min: Introductions, Guidelines, how to speak for the part (group discussion)
- 30 min: Individual experiential exercise “Parts in the Body”
- 15 min: Sharing experiences of the exercise in the small groups
- 40 min: Didactic + Discussion: Main concepts of IFS
- 5 min: closing

Session 2 (2 hours)

- 20 min: Meditation and its discussion in the parts’ language (practicing skills of unblending; exploring therapist’s system)
- 30 min: Didactic: How to systematize client’s system. How to start IFS work?
Mapping as an instrument (Didactic)
- 20 min: Live Demonstration by a presenter with a volunteer from the group: Starting session
- 10 min: Discussion of the demonstration. Questions and Answers
- 25 min: Small group practice of starting IFS session with the client (1 round)
- 10 min: Large group discussion of small group practice + closing

Session 3 (2 hours)

- 20 min: Meditation and its discussion in the parts’ language (practicing skills of unblending; exploring therapist’s system)
- 40 min: Small group practice of starting IFS session with the client (2 rounds)
- 30 min: Didactic: Different types of interventions in IFS: In-Sight, Direct Access, Externalization. Protocol of working with protective part (6Fs)
- 20 min: Live Demonstration by a presenter with a volunteer from the group: Protocol of working with protective part
- 10 min: Large group discussion of a demo+ closing

Session 4 (2 hours)

- 20 min: Meditation and its discussion in the parts’ language (practicing skills of unblending; exploring therapist’s system)
- 40 min: Small group practice of using 6Fs protocol with the client (2 rounds)
- 20 min: Didactic: Seven main fears of protective parts and ways to address them
- 30 min: Experiential Exercise: addressing protector fears
- 10 min: Discussion of the session + closing

Session 5 (2 hours)

20 min: Meditation and its discussion in the parts' language (practicing skills of unblending; exploring therapist's system)

20 min: Small group practice of using 6Fs protocol with the client (1 round)

15 min: Big group discussion of the practices and 6Fs protocol applications

30 min: Didactic: Working with vulnerable and wounded parts including Unburdening protocol

25 min: watch a segment of an unburdening session

10 min: Discussion of the unburdening protocol and video; closing

Session 6 (2 hours)

20 min: Meditation and its discussion in the parts' language (practicing skills of unblending; exploring therapist's system)

45 min: Live demonstration of working with the therapists' parts (one participant – protagonist and four or five will participate in sculpting of the parts)

10 min: group discussion of the demo

15 min: Didactic on therapists' parts

30 min: Closing big group discussion

Course Objectives:

Participants will be able to:

1. Define and examine major concepts of IFS, including multiplicity of mind, parts, Self
2. Describe internal relationships among parts in the system, including alliances, hierarchies, and polarizations
3. Identify three major types of interventions in IFS including In-Sight, Direct Access, and Externalization
4. Describe 6 steps in the basic technique/protocol of 6Fs or working with protective part
5. Utilize 6Fs protocol with a client
6. Explain what is unblending
7. Describe different ways of unblending Self from a part
8. Identify and discuss 7 most common protector fears and ways to address them
9. Identify and Discuss major goals of IFS therapy
10. Discuss basic assumptions of IFS, including multiplicity of mind, parts' positive intentions, importance of welcoming all parts of the system
11. Describe steps of healing wounded parts (Unburdening protocol)
12. Identify and explore their own parts that get activated by clinical work