

Internal Family Systems
Level 2 Intensive Training Program
Shame, Anxiety and Depression: An Internal Family Systems Approach
Learning Objectives
(6-day schedule)

Instructional Methodology

Lecture
Demonstration
Audio-visual
Experiential exercises, to gain a “felt sense” of training content
Practice of skills and techniques in supervised sessions
Large group discussion
Small group process

Instructional Hours: 32

Day 1

5.5 Instructional Hours

Basic Review: Concepts, Skills and Goals of IFS Therapy; Applying Systems Thinking to Internal Processes; The IFS Paradigm of Shame, Anxiety and Depression

- Describe the comprehensive theoretical components of the IFS Model
- Demonstrate increased proficiency with facilitation of the IFS process
- Identify the constellation of Parts surrounding an issue when working internally with a systemic focus
- Compare and contrast IFS with other models in addressing shame, anxiety and depression
- Use role play to practice utilization of IFS therapy with clients in addressing shame, anxiety, and depression
- Describe how shame organizes Parts’ behaviors, with examples

Day 2

5.5 Instructional Hours

Shame and Shaming: The Relational Aspect of Shame and the Inner Critic

- Differentiate between guilt and shame with examples of each
- Identify how shame and shaming is a relational process, internally and externally
- Demonstrate techniques to work with shame and inner critics
- Identify strategies for releasing shame
- Describe the process of identifying and befriending an inner critic
- Use role play to practice IFS therapy with a client
- Explain the “rules of shame” and how they organized shame-based systems

Day 3

5.5 Instructional Hours

The IFS Perspective on Addictions and Compulsive Behaviors and Polarizations

- Describe the IFS understanding of addiction and compulsive behaviors
- Identify at least 2 skills to assess and intervene with dangerous Firefighters
- Observe demonstrations addressing working with polarizations
- Use role play to practice IFS therapy in working with polarizations
- Demonstrate an increased awareness of the Parts of the therapist that get triggered while working with the extreme behaviors of Parts
- Identify techniques and strategies for successfully working with challenging scenarios

Day 4

5.5 Instructional Hours

Direct Access and Working with Despair

- The continuum of Direct Access
- Use demonstrations that identify the various uses of Direct Access
- Use role play to demonstrate the practice of Direct Access as therapist and client
- Describe how protective Parts can use despair as a resource/coping mechanism and how to identify and address this with a client
- Identify therapist Parts that get triggered when working with despair

Day 5

5.5 Instructional Hours

Legacy and Cultural Burdens: The Difference Between Depression and Grief

- Explain the concepts of legacy burdens and the multi-generational transmission process of legacy burdens
- Describe the protector fears and concerns of working with legacy burdens and the therapist responses to specific protector fears and concerns
- Practice unburdening legacy and cultural burdens using an IFS protocol in supervised sessions
- Demonstrate techniques of working with legacy burdens
- Differentiate depression and grief and describe how each is assessed and treated therapeutically
- Identify therapist Parts that get triggered when working with depression, anxiety and grief

Day 6

4.5 Instructional Hours

Integration and Advanced Techniques

- Identify and work with a phobic reaction in a client
- Practice using the phobia protocol in supervised role play
- Demonstrate increased proficiency with the IFS Model dealing with shame, anxiety and depressive symptoms
- Participate in group closing, integration and graduation