

# 2011 Internal Family Systems Conference



Internal  
Family  
Systems<sup>SM</sup>

## **Internal Family Systems: Bringing Peace to Inner and Outer Worlds**

*Friday, October 14, 2011 - Sunday, October 16, 2011*  
*Pre-Conference Institute: Thursday, October 13, 2011*

**Hyatt Harborside  
101 Harborside Drive  
Boston, MA 02128**

**[www.selfleadership.org](http://www.selfleadership.org)**

Dear IFS Community Member,

What if it were possible to bring wisdom about Self-leadership to our country's legal and educational systems, to international and intragroup conflicts, to individual and group contemplative practices? This year's conference represents a milestone in the history of the IFS conference—we are moving outside the zone of the familiar, both literally and figuratively. It is our first time taking the conference outside of its original home in the Chicago area to the great city of Boston, where IFS is thriving. It is also the first time we have so prominently featured the work of people who are taking IFS beyond the psychotherapy world and applying it in such diverse areas as conflict resolution, mediation, peace efforts, and spirituality. I am thrilled with the momentum that is building for bringing IFS to these and other fields. I am also glad that many of the key figures involved in these endeavors will present their innovations to our community as well as having the opportunity to network with one another.



When I first discovered the exciting truth that Self is accessible in everyone, I had visions of such applications, but I also had parts that doubted and that questioned whether such thinking was grandiose. It is incredibly gratifying now to see how IFS is moving into the larger world. People everywhere long for peace—in their lives, in their relationships, in their communities, in their nations, and in the world. IFS and all of us who practice Self-leadership have something important to contribute to this process and this vision.

IFS still remains primarily a psychotherapy and, as always, we are fortunate to have many exceptional workshop leaders at this year's conference who will present on all aspects of using the Model in clinical and personal practice. We will always stay true to our commitment to balancing opportunities for personal exploration and healing with highly practical therapy techniques for professionals.

I hope you'll join me and the IFS community in what promises to be a wonderful conference in Boston. I look forward to seeing you there!

Dick

## Thursday, October 13

**8:00 a.m. - 9:00 a.m.** Registration

**9:00 a.m. - 4:30 p.m.** Pre-Conference Institute

## Friday, October 14

**6:00 a.m. - 7:00 a.m.**

Rest & Recreation Activity: Yoga

**7:00 a.m. - 8:00 a.m.**

Registration and Continental Breakfast

**8:00 a.m. - 9:40 a.m.**

Conference Opening and Plenary Session

**10:00 a.m. - 1:00 p.m.**

Workshops

**1:15 p.m. - 2:15 p.m.**

Lunch

Discussion Topic: "Welcome All Parts"

**2:30 p.m. - 5:30 p.m.**

Workshops

**5:45 p.m. - 6:45 p.m.**

Rest & Recreation Activity: Meditation

**5:45 p.m. - 6:45 p.m.**

CSL Town Hall Meeting

**6:45 p.m. - 8:45 p.m.**

Dinner on Your Own

**8:45 p.m. - 10:30 p.m.**

Second Annual IFS Conference Talent Show

*IFS Bookstore will be open in the Registration Area from 9:30 a.m. - 6:00 p.m.*

## Saturday, October 15

**6:00 a.m. - 7:00 a.m.**

Rest & Recreation Activity: Yoga

**7:00 a.m. - 8:00 a.m.**

Continental Breakfast

**8:00 a.m. - 9:40 a.m.**

Plenary Session

**10:00 a.m. - 11:30 a.m.**

Workshops

**12:00 p.m. - 1:30 p.m.**

Workshops

**1:45 p.m. - 2:30 p.m.**

Lunch

**2:45 p.m. - 5:45 p.m.**

Workshops

**6:00 p.m. - 7:30 p.m.**

Dinner on Your Own

Dinner Option: IFS Coaching:

An Informal Dialogue & Visioning

**7:30 p.m. - 10:00 p.m.**

Improvisation Performance: "Part of the Story"

*IFS Bookstore will be open in the Registration Area from 9:30 a.m. - 6:30 p.m.*

## Sunday, October 16

**9:00 a.m. - 9:45 a.m.**

Continental Breakfast

**10:00 a.m. - 1:00 p.m.**

Workshops

**1:15 p.m. - 2:00 p.m.**

Lunch

**2:15 p.m. - 3:00 p.m.**

Closing Session

*IFS Bookstore will be open in the Registration Area from 9:00 a.m. - 2:00 p.m.*

### **"Welcome All Parts" Luncheon! ~ Friday, October 14th, 1:15 p.m.**

Is this your first IFS conference? Are you looking forward to seeing old friends and meeting new ones? Do you have shy parts? Do you have parts that don't know quite what to do when you see someone standing or eating alone?

Newcomers and seasoned attendees are all welcome to this luncheon, hosted by IFS New England. Please stop by the IFSNE table, where new attendees may attach a green dot to their conference badges to be recognized as Newcomers and old-timers who would like to actively welcome newcomers may attach a purple dot to their badges to be recognized as Welcomers.

Our intention is to help newcomers feel included early on in the conference so that everyone will have a comfortable and wonderful time!

## INFORMATION ABOUT THE CONFERENCE

The IFS Conference attracts about 250 participants—seasoned IFS practitioners as well as non-therapists—interested in learning about or expanding their knowledge of IFS. Held over four days, the 2011 Conference features 48 workshops in four tracks: Trauma, Couples (including work with families and children), Addiction, and Mind, Body, and Spirit. Workshops are designed for several levels of experience, from practitioners new to the IFS Model to seasoned therapists well-versed in the Model.

Past attendees have revealed that connections they initially made at the conference have led to long-term friendships and professional collaborations. Discover new relationships, cultivate connections, grow your Self and your practice, and reap the wonderful benefits of the IFS community, this year's conference, and the IFS Model.

### Location

We are very excited to host the 2011 Conference in Boston, Massachusetts, at the Hyatt Harborside.

### Registration Fee

The registration fee includes tuition for the conference, breakfast and lunch each day, and special afternoon and evening activities to complete your weekend. Lodging is not included in the registration fee and must be arranged directly by each attendee with the Hyatt Harborside.

### Lodging

A block of rooms is reserved under the name "The Center for Self Leadership" at the Hyatt Harborside, which is located at 101 Harborside Drive, Boston, Massachusetts. A discounted rate of \$139.00 per night is guaranteed through September 27, 2011. Please make your reservations directly with the Hyatt Harborside at 888.421.1442 and reference "The Center for Self Leadership" to take advantage of the discounted rate we have reserved for you.

### Directions

For directions to the Hyatt Harborside, please refer to the venue's website, <http://harborside.hyatt.com>.

### Cancellation Policy

Cancellations by or before October 5, 2011, will be charged a \$50.00 handling fee. All cancellations must be submitted in writing to Sullivan Custom Planning via email at [ashley@scevents.com](mailto:ashley@scevents.com). No refunds will be given after October 5, 2011.

### Americans with Disabilities Act

In compliance with the Americans with Disabilities Act, reasonable accommodations are provided upon request. The Hyatt Harborside guest rooms and workshop areas are accessible.

## Continuing Education Credit (non-MD)

This event is co-sponsored by The Center for Self Leadership and The Institute for Continuing Education (ICE). Continuing education credit is awarded on a session-by-session basis, with full attendance required for the sessions attended. Continuing education hours may vary by discipline. The processing fee is \$25.00 per person, payable when the completed CE packet is submitted following the conference.

Scheduled workshop sessions are open to all paid registrants. Participants are urged to review the session descriptions to determine appropriateness for personal and professional goals.

The Conference offers a total of 24 contact hours: six hours on Thursday, October 13, 2011; seven and a half hours on Friday, October 14, 2011; seven and a half hours on Saturday, October 15, 2011; and three hours on Sunday, October 16, 2011. Continuing education credit is not offered for breakfast, luncheon, dinner events, social/party gatherings, receptions, or networking sessions.

## Who Should Attend?

Psychologists, psychiatrists, social workers, counselors, marriage/family therapists, nurses, alcohol and drug abuse counselors, past participants of Internal Family Systems Training sessions, and allied mental health professionals who work with children, adolescents and adults.

Psychology: The Institute for Continuing Education is an organization approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content. Continuing education credit may not be offered for all scheduled conference sessions. The continuing education packet available at the conference will include this information.

Counseling: The Institute for Continuing Education is an NBCC approved continuing education provider and a co-sponsor of this event. The Institute for Continuing Education may award NBCC approved clock hours for programs that meet NBCC requirements. The Institute for Continuing Education maintains responsibility for this program and its content. NBCC Provider No. 5643.

Social Work: The Institute for Continuing Education is approved as a provider for continuing education by The Association of Social Work Boards (ASWB), through the Approved Continuing Education Program (ACE). Licensed social workers should contact their individual state jurisdiction to review current continuing education requirements for licensure renewal. The Institute for Continuing Education maintains responsibility for the program. ASWB Provider No. 1007.

Illinois Dept. Professional Regulation: Social Work License: 159-000606.  
Ohio Board of Counselor/Social Work: Provider No. RCS 030001.  
California Board of Behavioral Sciences: Provider PCE 636.  
Florida Board: BAP #255, expiration 03/13.

Marriage/Family Therapy: This program will be submitted for approval for Massachusetts/ Rhode Island MFTs.

Nursing: The Institute for Continuing Education is an approved provider in nursing by the California Board of Nursing, Provider No. CEP 12646. Nurses should check with their state board to determine if credit issued through an approved provider of the CA Board of Nursing is acceptable for credit by their state board.

Alcohol/Drug: The Institute for Continuing Education is approved by the National Association of Alcohol and Drug Abuse Counselors (NAADAC) to provide continuing education for alcohol and drug abuse counselors. NAADAC Provider No. 00243.

**If you have questions regarding continuing education credits and hours, please contact:  
The Institute for Continuing Education at 800.557.1950 or instconted@aol.com.**

## **Psycho-Spiritual Underpinnings of Peace: IFS and the Process of Building Peace with Individuals and Groups in Conflict**

*Presented by Richard C. Schwartz, PhD*

While religion has often been used throughout history to justify conflict, paradoxically, various spiritual perspectives may hold a key to the potential for peace. Can the unifying aspects of such wisdom be brought to the fore in the context of presumed religious and/or ethnic conflict? If so, how? Can IFS play a role in this process? If it can, how so, and why?

In the wake of this past decade's presumed "Clash of Civilizations" and "War on Terrorism," the untold lives lost and treasure expended through such conflict, and the opportunities and dangers associated with the still-unfolding "Arab Spring," these questions hold not only theoretical but also vital practical implications and import.

In this pre-conference intensive, we will identify psychological and spiritual perspectives, insights, and practices that can enhance (vs. obstruct) the potential to build greater peace within individuals as well as between those in conflict. The notion of Self within the IFS system, its unique qualities, and its profound role in facilitating healing within and between individuals and groups in conflict will be explored in particular depth.

### **Pre-Conference Institute Agenda**

The morning session will begin with Dr. Richard C. Schwartz, creator of IFS, presenting an overview of the IFS Model, with particular attention to how its components are relevant to the agenda of peace building in its many forms. Specifically, Dr. Schwartz will address IFS tenets that relate to various spiritual constructs that can facilitate healing and promote greater peace within and between people.

- The idea that "all parts are welcome" and that "all parts have a positive role to play, but may feel forced into extreme roles due to the burdens they carry" is a key component of the healing process. The connection between this concept and the notion of the sacredness/sanctity of all life will be explored, particularly in terms of its healing potential for individuals and groups in conflict. This perspective can potentially diminish the need to exile parts of ourselves or marginalize other people, and can reinforce the notion that "the truth will set you free."
- The idea of the interdependence of all parts with one another, and all parts with Self, obviously speaks to the spiritual principle of the "interdependence of all life." The potential this perspective holds for facilitating peace will be discussed. Polarizations of parts within people, and between groups, will also be addressed from this perspective.

- The concept of “exile” within IFS, within and between groups in conflict, and within religious myth and metaphor will be explored. This theme holds great relevance to many groups in conflict.
- The idea of “Self” and its qualities of unconditional acceptance, empathy, and love that are related to conceptions of a loving and forgiving God, an inherently compassionate “Buddha Nature,” and other related concepts, as well as the notion of the eternal potential for redemption, will be examined. The relationship of this potential and its capability to facilitate greater peace will also be explored.

During the afternoon session, peace-builders applying IFS to international conflicts as well as mediation and conflict resolution will discuss their work and demonstrate their techniques through experiential components of this day-long training. Members of the clergy and mediators integrating IFS into their thinking and practice will also help to facilitate this exciting, meaningful, and unique program. The pre-conference intensive will conclude with additional discussion, including time for processing of the experiential component, questions, reflection, and other sharing from workshop participants.

### **Who Should Attend?**

This workshop should be of interest to all those seeking to positively transform conflict in its many guises, including those applying psychotherapy, mediation, open-hearted communication, and/or spiritual practice to work with inner city and youth organizations, activist groups, and the peace movement, as well as directly with individuals, groups, and even nations in conflict. Don't miss this rare opportunity to increase the potential for healing change in your field of endeavor.

## **Introduction to the IFS Model of Healing**

*Presented by Paul Ginter, EdD*

This workshop offers a comprehensive and engaging introduction to IFS. It is designed to be accessible and informative to therapists as well as to the wider public. Both didactic and experiential teaching will be employed, enabling participants to experience and understand the IFS Model directly, to get to know some of their own parts, and to experience the Self.

IFS has as its goal leadership by the Self of one's internal system of parts. In contrast to other forms of psychotherapy, the IFS therapist does not have to teach clients how to correct the thoughts and emotions picked up by parts through their experiences. When clients are led by their Selves, they know, through internal communication, how to help each inner personality, what those parts need in order to feel safe, and how they can release their burdens. The therapist's job is to guide clients to a Self-led state, in which they become therapists to their own inner families.

Learn more about this non-pathologizing model of healing by attending this session, led by an experienced IFS Lead Trainer who has been using the Model for more than 20 years.

## Friday, October 14

### Plenary Session

8:00 a.m. - 9:40 a.m.

#### Welcome

Jon Schwartz, MEd, Executive Director,  
The Center for Self Leadership

#### Opening Remarks

Richard C. Schwartz, PhD

### IFS AND SPIRITUALITY

#### The Buddha as an IFS Therapist

Flint Sparks, PhD

Siddhartha Gautama was interested in one fundamental question: How can we truly understand human suffering and how can we help end suffering for all beings? Through dedicating his entire life to spiritual practice he eventually had a shattering insight that resolved this question. In doing so, he became the Buddha, the Enlightened One. He taught what he had discovered and suggested that his followers engage in meditation practices to demonstrate, by their own experience, that liberation of the human heart and mind was possible. As IFS practitioners, we share this core question of the Buddha: How can we find freedom from unnecessary suffering for ourselves and for others? What if the Buddha had used the language of IFS? How would his teachings have sounded? Please join us in sharing the resonance of these transformative teachings and the profound possibility inherent in each.

#### The Way of Radical Compassion: The Spiritual Paths of Jesus and IFS

Frank Rogers, PhD

Contrary to historical development, Jesus did not intend to found a religion. He was a spiritual teacher who taught a profoundly transformative path of personal healing and social restoration. At the core of his spiritual path was a vision of radical compassion rooted in contemplative encounters with an all-inclusive compassionate Source and embodied in compassionate action that extends toward all—one's self, one's neighbor, even one's enemies—in ways that invite interpersonal healing and accountable reconciliation. The spiritual path of Jesus is profoundly harmonious with the spiritual path of IFS. This plenary summarizes the mutually enhancing connections between them.

### First Session - 10:00 a.m.-1:00 p.m.

#### Integrating IFS in Work with Clients Manifesting Psychotic Symptoms

Jan Campanelli, PhD

Many therapists are unaware of their own parts having been greatly influenced by sociocultural opinions of psychosis and the sometimes exclusive biomedical approach to treatment of SPMI (Serious Persistent Mental Illness). This workshop will consider, examine, and address how to best be Self-led and how to help our clients who are living with SPMI. Join this session for a dynamic look at working with clients with psychotic illnesses, including discussions of case studies, medication concerns, therapeutic approaches, and the use of IFS.

*Level: All Levels*

*Track: Mind, Body and Spirit*

#### Fun with the Couple from Hell: IFS Therapy with High-Conflict Couples

Michael Elkin, MA, LMFT, NBCCH

This workshop will teach how to negotiate a viable therapeutic contract with very high-conflict couples and couples presenting extreme firefighters. It will also demonstrate Self-led responses to triggered protectors.

*Level: All Levels*

*Track: Couples, Family, Parenting and Children*

#### Improvisation: The Art of the Moment

Daena Giardella

This unique experiential workshop, specially designed for the IFS community, offers you an opportunity to learn and practice the skills of improvisation to expand your repertoire of creative choices and gain greater access to your passion, confidence and spontaneity both personally and professionally. You'll develop your ability to get into the moment, take risks, express yourself freely, listen, and receive others with generosity. Daena helps participants explore the cast of inner and outer characters who emerge through dynamic improvisational movement, scenes, monologues, and music. From an IFS perspective, the skills of improvisation offer the therapist a rich experience of the full character of his or her parts in an embodied, three-dimensional way and opens greater access to Self to all the parts. Daena's workshops provide a safe and supportive container for you to discover new dimensions of yourself. Be assured of plenty of fun and humor!

*Level: All Levels*

*Track: Mind, Body and Spirit*

### **The Neurobiology of IFS: Weaving Together of Spirit and Science**

Stephen S. Greene, PhD

This workshop will take the participant on a journey from spirit to energy to neurons to relationships, illuminating how change occurs using IFS. Recent advances in neurobiology, biology, and attachment, along with information from spiritual development, will be integrated and presented. The major components and practices of IFS will be discussed, folded into the relevant neurobiological, biological, intra/interpersonal, and quantum physics processes.

*Level: All Levels*

*Track: Mind, Body or Spirit*

### **Healing Relationship Injury: The Self-Led Repair**

Toni Herbine-Blank, MS, RN, CS-P

“Love means having the courage to say I’m sorry.” Conflict is a normal phenomenon in intimate relationships. It is often difficult for couples to repair inevitable injuries. This workshop will look at the connection/conflict cycle and will include what makes apology so challenging, how to help couples explore parts that block their ability to take responsibility for causing injury, being open to forgiveness, and staying in a process that leads to repair. Participants will learn to implement a Self-led repair—a process that can sometimes be difficult but that can bring great relief and build trust when done authentically.

*Level: All Levels*

*Track: Couples, Family, Parenting and Children*

### **Embodying Self Through Essential Motion: The Forgotten Language of the Soul**

Karen Roeper, MS

The Essential Motion process creates openings for the dissolution of the body’s unconscious holdings, and through this gateway each individual can find the courage and joy of expressing his or her true Self. Through guided improvisational movement, participants follow the body’s lead to a place of internal listening, and from this vantage point they rediscover their own natural rhythms. This presentation includes an experiential group process, as well as two one-on-one somatic demonstrations.

*Level: All Levels*

*Track: Mind, Body and Spirit*

### **Working with Guides**

Michi Rose, PhD, MAT, LMSW

This workshop covers the topic of guides, including how to access and work with them. Guides are inner teachers of a higher nature. Drawing on her many years of practice and experience, Michi Rose will share her insights, views, and expertise in working with inner guides.

*Level: Intermediate/Advanced*

*Track: Mind, Body and Spirit*

### **Trigger-Happy: What Happens to OUR Parts??**

Cece Sykes, LCSW

In this workshop, we will focus on identifying and exploring how our own parts are responding, and are sometimes triggered, within or as a result of our clinical work. Lecture and discussion will focus on how IFS looks at the therapeutic relationship as well as utilizing mapping, experiential exercises, and practice time to safely explore, understand, and provide comfort, attention, and healing to our own inner world as it engages in and is affected by our clinical experiences.

*Level: Intermediate/Advanced*

*Track: Mind, Body and Spirit*

**Second Session - 2:15 p.m.–5:15 p.m.**

### **Trusting Our Guts: Our Clients’ and Our Own in Working with Eating Disorders**

Tanis Allen, LMSW, ACSW

This interactive session will challenge participants to find and work with parts of themselves that may experience and react to the internal conflict and polarization of our clients’ parts that are immersed in the often co-occurring difficulties of eating disorders, depression and anxiety, trauma reactions, other addictive tendencies, and self-harm. Since the belly can often be both the focal point of struggling parts as well as our intuitive center within the body, collaborative and creative ways in which to open space for healing will be considered, as will the issue of trust (between our Selves and our own parts, within the therapeutic relationship, and within the internal systems of our clients) as we all strive toward deep understanding and integration.

*Level: Intermediate/Advanced*

*Track: Addiction*

### **New Horizons in Self-Leadership: Taking the Wisdom of IFS to Larger Systems**

Bruce Anspach, MDiv, MFT, AAMFT

Catherine Kelly, DC, LMFT

Learn the many ways to bring IFS principles and methods to groups and organizations—how multiplicity and parts are reflected not only in individuals but also in larger systems, and how Self-leadership can help those systems experience greater effectiveness.

*Level: All Levels*

*Track: Mind, Body and Spirit*

### **If It's Intense, It's Your Own: Accessing Self Energy in IFS Couples Therapy**

Mona Barbera, PhD

Learn to use the IFS Model to uncover love, healthy attachment, and surprising, fresh solutions in couples therapy. Learn how nine steps can guide you in IFS couples therapy, the three things that work in a fight, and what couples must know before they give feedback.

*Level: Intermediate/Advanced*

*Track: Couples, Family, Parenting and Children*

### **Using IFS Therapy to Make Working with Addiction and Eating Disorders Safer and Easier**

Mary Kruger, LMFT

This workshop will provide participants with a transformative way of working with addictions and eating disorders using IFS therapy.

*Level: All Levels*

*Track: Addiction*

### **The Embodied IFS Therapist**

Suzanne Nixon, EdD, LPC, LMFT, CMT  
Kevin Ruth Davis, LMFT, LCSW, LCAS, SEP  
Chris Burris, LPC, LMFT

The more we therapists experience our own embodiment, the greater our capacity to be in the present moment, experience Self energy, be Self-led, and live from a place of curiosity. Our experience and expression of Self can help clients be more present and experience their own embodiment. The intent of this seminar is to help therapists connect and experience their bodies and understand the importance and relevance of embodied presence in the therapeutic relationship and process. We will offer an array of creative exercises, demonstrations, and enlivened discussions for somatic understanding and experiencing, with emphasis on the direct application to the therapeutic process in the IFS Model.

*Level: All Levels*

*Track: Mind, Body and Spirit*

### **Unblending "Blended Family" Relationships**

Patricia L. Papernow, EdD

"Blended family" relationships saturate every therapist's practice. IFS offers a powerful lens for understanding and working with the intense and complex challenges these relationships create for all concerned. This workshop presents an IFS-informed map for successfully navigating this difficult territory with both adults and children, and with individuals, couples, and parent-child pairs. You will also learn a three-level clinical model that integrates the "U-turn" to inside work with Self-led psychoeducation and interpersonal skills that help release Self energy.

*Level: All Levels*

*Track: Couples*

### **Sculpting: The Visual Dance of Internal Process**

Ann L. Sinko, LMFT

Participants will deepen their understanding of the inner ecology of the Internal Family System through role play and didactic lecture. Basic techniques of sculpting will be covered as well as improving your road map for working with the IFS Model through identifying and work with polarizations and other constraints to Self energy.

*Level: All Levels*

*Track: Mind, Body and Spirit*

### **What IFS Therapists Need to Know about Treating Clients with Dissociative Disorders**

Joanne H. Twombly, LICSW

Because IFS considers multiplicity to be the normal state of the mind, the IFS process has much to offer in the treatment of people with complex dissociative disorders (DD), including Dissociative Identity Disorder and Dissociative Disorder Not Otherwise Specified. Clients with complex DDs often look like everyone else in treatment; however, they are frequently managing sequelae of profound neglect and horrific abuse, and can be easily destabilized. This workshop will cover basic knowledge of the diagnosis, stabilization, and treatment of DDs, along with how to use IFS with this population to facilitate their treatment.

*Level: All Levels*

*Track: Trauma*

## **Plenary Session**

8:00 a.m. - 9:40 a.m.

### **Welcome**

Richard C. Schwartz, PhD

### **Remarks**

Jon Schwartz, MEd, Executive Director,  
The Center for Self Leadership

## **IFS IN MEDIATION AND EDUCATION**

### **Managing and Connecting Inner and Outer Conflict: Integration of IFS and Conflict Resolution Theory and Practice**

Leonard L. Riskin, JD

This presentation will explore, through a brief case study, the potential benefits and challenges of integrating IFS and conflict resolution practices, primarily in the context of negotiation, with an eye toward the practices of lawyers and other conflict resolution professionals.

### **Mediation, Multiple Minds, and the Negotiation Within**

David Hoffman, JD

Mediators, like most people, encounter ambivalence all the time. We encounter it in ourselves and, of course, we see it in the people who come to us with their conflicts. It is a rare dispute in which the parties do not pursue settlement while simultaneously resisting it. David Hoffman will talk about the applicability of IFS concepts in mediation—in particular, as a means of helping people in conflict understand their own ambivalence about settlement and resolution, and also as a technique that enables mediators to access their Self energy and maintain their curiosity, compassion, and courage on the fire of conflict.

### **Introducing IFS to an Urban School System**

Gail Tomala, MA, MSMFT, PhD

What began as a focused effort to introduce IFS to physically aggressive middle-school boys in an urban preK-8 school in Hartford, Connecticut, has evolved into a long-term plan to introduce the IFS Model to the entire school community. Plans involve teaching IFS strategies to students and their families, ongoing IFS training for teachers, and the introduction of IFS activities in select classrooms where MFTs will work side by side with teachers. Examples of IFS parts work and expressions of Self-leadership from students and teachers will be shared.

## **Somatic Witnessing: Less Is More**

Frances Booth, LICSW

As IFS practitioners we know the importance of integrating the body in our work with clients. Somatic Witnessing is a technique which encourages clients to explore what is present in the body and trusts the Self of the body for healing. The work of Toni Herbine-Blank, Susan McConnell, Barbara Cargill and Michi Rose as well as the treatment modalities of Focusing, Sensorimotor and WaveWork inform this didactic and experiential workshop. Slowing down, staying longer and delving deeper demonstrate that less is more.

*Level: Intermediate/Advanced*  
*Track: Mind, Body and Spirit*

## **IFS Couples Therapy: “I Love Me, Do You Love You?”**

David J. Cantor, LMFT, JD

In order for couples to do a “U-turn” and focus internally, they must first be aware of how their parts are blended externally or with their partner’s parts. This workshop will demonstrate how to help clients recognize their external or interrelational blending and how to unblend from their partner in order to fully focus on their internal or intrarelatational blending.

*Level: All Levels*  
*Track: Couples, Family, Parenting and Children*

## **“Who’s Taking What”: The Integration of Psychopharmacology and Internal Family Systems**

Frank Guastella Anderson, MD

This workshop will give an overview of the neurobiology of trauma and discuss the role medications play in the treatment of PTSD and dissociation. Therapists will learn how to work with parts in making medication decisions. They will learn which medications work with firefighters, managers, and exiles, and how this aids in the unburdening process. The similarities and differences of parts from common comorbidities such as substance abuse, ADD, and bipolar disorder will also be addressed.

*Level: All Levels*  
*Track: Trauma*

## **Telling Exiled Stories**

Anne Hallward, MD

Telling Exiled Stories: Psychiatrist and radio talk show host Anne Hallward explores how to work with our parts who are afraid or ashamed to tell an exile's story. Many people suffer painful experiences that cause the story itself is exiled. It then becomes difficult to know how to bring that story back into the open in contexts where it feels silenced. Our parts begin to imagine how a future listener will shame, dismiss, threaten, or censure us. Inspired by over 100 interviews with courageous truth-tellers on my radio show, Safe Space, I have identified 12 "forces of silence"—different managers who work to protect us by keeping the story quiet. We will explore these 12 manager fears in ourselves and in our patients and learn different ways to work with each. Participants will leave with a better sense of how their own managers work to silence their own stories, and ideas for how to create inner and outer safety to facilitate Self-led telling and Self-led listening.

*Level: All Levels*

*Track: Trauma*

## **Building Attachment While Facilitating Differentiation: IFS in Action with Couples**

Michael Keane, PhD

This workshop focuses on getting to know one's own attachment wounds with their accompanying core beliefs that impact relationships. This topic will then be expanded to explore the therapist/client attachments that facilitate change. This knowledge will then be applied to understanding and working with the conflicts within couples.

*Level: Intermediate/Advanced*

*Track: Couples*

## **Connecting the Dots: How IFS Heals Couples, Children, and Their Families**

Arthur G. Mones, PhD, ABPP

Participants will learn how Internal Family Systems Therapy links to a metamodel that captures the essence of psychological healing. Applications of this framework to the treatment of challenging couples, children, and their families will be explored.

*Level: All Levels*

*Track: Couples, Family, Parenting and Children*

## **P.O.P.s: Helping Clients Relate to Parts of Another Person**

Kevin Ranken, PsyD, JD

Beverly Ranken, MS

Use your basic IFS skills to help clients relate to parts of another person. Clients can improve relationships with those most important to them. Those resistant to the idea of parts can explore it more easily by focusing first on other people's parts. Legacy burdens can be understood more deeply with this technique. These and other uses are explored, along with practical tips, case examples, discussion, and experiential exercises.

*Level: Intermediate/Advanced*

*Track: Couples, Family, Parenting and Children*

## **Understanding the Co-Dependent Dance of an Internal Family System**

Sarah B. Stewart PsyD

Co-dependency frames the relational dynamics that result from protectors, driven by exiles, to seek external redemption at the cost of the needs and wants of other parts within a system. This workshop will put concepts of co-dependency into the IFS language of parts and offer a variety of exercises designed for participants to actually experience the usefulness of the concepts from the inside out. The workshop will be one-fifth didactic and questions, and otherwise guided mediation, a triad exercise, personal writing, and small- and large-group sharing and discussion.

*Level: All Levels*

*Track: Addiction*

**Second Session  
12:00 p.m.–1:30 p.m**

## **Working With Groups of Parts: The "Town Meeting" and Other Techniques**

Ralph S. Cohen, PhD, LMFT

Often, extreme protective parts are organized around protecting or exiling another part in alliances, coalitions, and polarizations, much like what occurs among members of social groups. By inviting all concerned parts to convene together and express their concerns, the client has an opportunity to establish Self-leadership by mediating conflicts among the various parts. In this workshop, the presenter will describe how techniques taken from group therapy and mediation can be used to work with multiple parts and will demonstrate how they work.

*Level: Intermediate/Advanced*

*Track: Couples*

## **Polarities**

Carol DiGianni, LMHC, LLCSW, LCSW, LMFT

Parts that find themselves polarized often look as though they do not have any similarities or common intentions for the system. There is almost always the surprise that comes when they come into contact with Self.

*Level: All Levels*

*Track: Couples and Individuals*

## **Invisible Injuries: How We Care for Our Internal Systems in the Face of...**

Rina L. Dubin, EdD

Kate Lingren, LICSW

In our work, we are sometimes challenged, often unexpectedly, by people's parts who speak in very direct ways about their likes and dislikes of others. What happens when those comments are strong judgments about homosexuality? As therapists, one of whom is gay and the other the mother of a gay child, we have been aware of how we have to work to validate and comfort our own parts who have felt judged and wounded, while remaining as present as we can to the client. When these comments are made, how do we react inside, and how do we respond? Does it change, even temporarily, how we see the client and how we hold our connection to him or her? We will use this format to lead a discussion for participants where a safe forum will be provided to look at our own reactions and have a rare opportunity to share with our colleagues and give our parts some room to speak "from" as well as more support to speak "for."

*Level: All Levels*

*Track: Couples, Family, Parenting and Children*

## **Raising a Self-Led Trauma Treatment Agency: The First Two Years**

Lois A. Ehrmann, PhD

Bruce Hersey, LCSW

From conception to inception and through its first two years of life, The Individual and Family CHOICES Program of State College, PA, was intended to embody IFS, practice Self-leadership in team-building and staff development, and provide IFS-informed treatment to its consumers. Come hear the story, as told by the agency founder and her IFS consultant, about how IFS empowered CHOICES to navigate organizational growing pains, interpersonal conflict, and personnel issues with an eye on preventing compassion fatigue, vicarious traumatization, and burnout as we head into a third year. Hear about how, with IFS as the foundation for peer consultation, clinical supervision, professional development, and mutual support for each other, the Larger Self is carried by the group and is conveyed to the clientele.

*Level: All Levels*

*Track: Trauma*

## **Buddhist Compassion Practices in IFS Therapy**

Suzanne Hoffman, PsyD

This workshop will explore Buddhist compassion, loving-kindness (metta), and forgiveness practices and demonstrate how these 2,500-year-old practices can be applied by IFS therapists to help clients cultivate and expand Self energy. Developing and practicing the skills of offering mindful self-compassion to often difficult-to-love parts can facilitate unblending, both in sessions and out, and can create stability during the witnessing stage of IFS work. The workshop will be quite experiential, and participants will learn specific meditations to enhance Self-to-part relationships.

*Level: All Levels*

*Track: Mind, Body and Spirit*

## **An Introduction to HeartMath And How It Can Help Access Self Energy**

Pamela K. Krause, LCSW

HeartMath is a program that enables people to better regulate emotional responses and harness the power of the heart/brain connection. HeartMath can help people gain access to their Self energy and can be used as an adjunct to unblending. The workshop will introduce the HeartMath concepts and teach the method for use individually and/or with clients.

*Levels: All Levels*

*Track: Mind, Body and Spirit*

## **Using IFS to Facilitate Art-Making and Creativity**

Barbara A. Levine, LICSW, BCD

Janna Malamud Smith, MSW

Do you, or your clients, want to paint, but somehow feel unable to pick up a brush or complete a canvas? Or perhaps you or they want to write a novel, but feel unable to sit at a desk long enough to complete a page? Or, maybe staying with the process isn't a problem, but you or they feel inhibited about taking necessary risks. This workshop will invite you to begin to explore parts that may impede or enhance a person's capacity for art-making and creative expression. Parts are themselves immensely creative, something observable both in their presentation and their ways of solving problems. How can we help people notice and "harvest" this native creativity—and apply it to chosen ends?

*Level: All Levels*

*Track: Mind, Body and Spirit*

## **“Second Path” to the Unconscious and Psychodynamic Therapeutic Change**

Adam Rosen, JD, PhD

Although psychodynamic clinicians have historically shown resistance to newer therapeutic models, they are among the most frequent registrants in IFS trainings and more so in recent years. This talk will explore IFS as a “second path” to the psychodynamic unconscious, as well as various aspects of the Model and technique that account for the robust appeal IFS has had in the psychodynamic community. An account of IFS methods that both reinforce key psychodynamic precepts and facilitate deep and, at times, accelerated change in those structures will be discussed.

*Level: All Levels*

*Track: Mind, Body and Spirit/Trauma*

### **Third Session 2:45 p.m.–5:45 p.m.**

## **Connecting the Dots: An Integrated Approach to Treating Trauma for the IFS Therapist**

Beth Davenport, LICSW

Treating trauma can be a very complex and challenging journey for both the therapist and the client. This workshop focuses on integrating into the IFS Model core principles from AEDP (which focuses on healing within the context of the therapeutic relationship) and tools from both the trauma field and Mindfulness Practice. Participants will learn how to connect the dots among these different models, thus creating an integrated approach to treating trauma that leads to a transforming journey for both the client and the therapist.

*Level: Intermediate/Advanced*

*Track: Trauma*

## **Loving Our Broken Hearts: Repairing Attachment and Shame with IFS**

Deirdre Fay, LICSW

Robert Karen wrote that attachment is “a theory of love and love’s central place in human life.” Using the current information on attachment and shame, this workshop will explore the difference between trauma and attachment wounding, taking into account that attachment wounding happens before narrative memory develops, and shame is completely embedded in excruciating physical sensations. This complicates psychological repair and might help explain why some people have difficulty finding Self.

*Level: All Levels*

*Track: Trauma*

## **The Roller Coaster of Couples Therapy: A “Simple” Six-Stage Model and Its Complexities**

Pamela Geib, Ed.

Michele Bograd, PhD

Six stages of IFS couples therapy will be outlined. At each stage, we will examine stuck places, relational snarls, and parts outbreaks in the triad of couple and therapist. Because IFS couples therapy is rarely linear, we will heighten awareness of these unavoidable complexities and suggest ways to regroup the work.

*Level: Intermediate/Advanced*

*Track: Couples*

## **The Expanded Self Becomes Timeless: Encountering Past Lives in IFS Therapy**

Sylvia Hammerman, EdD

Paul McCormick, MDiv, PhD

David Hammerman, EdD

While parts are located in time, the Self is unbounded and can lead people into memories of former lifetimes. We will explore the role of past lives in the IFS system: past-life traumas showing up as burdened exiles and parts from previous lifetimes that function today as managers and firefighters. The presenters will give examples from their clinical practices and illustrate using group meditation and demonstration. We will also teach ways to access past lives and heal past-life trauma within the IFS framework.

*Levels: All Levels*

*Track: Mind, Body and Spirit*

## **The Embodied Self**

Susan McConnell, MA

Our internal families are embodied, including the parts that block our access to our Embodied Self. Discover how the tools of Somatic IFS can restore embodied Self energy and can facilitate a deeper dimension of embodied presence in your life and work.

*Level: Intermediate/Advanced*

*Track: Mind, Body and Spirit*

## **From Reactive to Self-Led Parenting**

Paul Neustadt, LICSW

Although many parents are focused on getting help for their children, they are usually aware that their reactivity keeps them from parenting as well as they might. IFS provides a clear and practical model for helping parents recognize the inner work they need to do in order to be the parents they want to be. This workshop provides guidelines for working with parents, identifies skills that are useful for parents to learn, provides an opportunity to practice new skills, and includes discussion of cases.

*Level: All Levels*

*Track: Couples*

## Experience the Potent Combination of IFS and Breathwork

Ted Riskin, LCSW

Breathwork, a long established healing modality in its own right, provides opportunities for transpersonal awakening and offers powerful synergies with the IFS Model. Workshop participants will experience firsthand the possibilities offered by IFS used in combination with Breathwork, both for their own healing and to assist their clients. As conscious breathing invites in Self energy, participants may access and unburden previously unknown parts, connect to spiritual experiences, and reclaim their natural aliveness and vitality.

Note: This is a highly experiential workshop and may activate your parts.

*Level: All Levels*

*Track: Mind, Body and Spirit*

## Prove It! Bringing the IFS Model into an Evidence-Based World

Nancy A. Shadick, MD, MPH

Third-party payers, the research community, and the lay public are eager to hear about the efficacy of the IFS Model. In this interactive workshop, participants will learn how to create their own research study or individualized treatment program that can document the benefits of IFS psychotherapy. Participants will design, present, and receive feedback on their projects as well as learn the basic tenets of clinical study design. They will leave with the tools and a plan to bring their program to fruition.

*Level: All Levels*

*Track: Mind, Body and Spirit*

# Sunday, October 16

**First Session**

**10:00 a.m.-1:00 p.m.**

## IFS And Tantra Yoga: Accessing Self Energy By Connecting Sexually with a Partner

Betta de Boer-van der Kolk, LICSW

There are many ways to strengthen Self energy. One way is through the body. When we connect sexually with another human being, we can do that with our mind, body, and spirit. A modern-day Tantra Yoga practice, either alone or with a partner, can guide us in the process of bringing sexuality into the light and into consciousness. We will explore the various parts that come up with sexual activity, but the main focus will be to explore accessing Self energy through learning from these practices. As Dick said in his "IFS and Sexuality" lecture, "When the parts relax and step back, and when Self remains present in both partners, sex truly transforms into making love." This workshop will be didactic and experiential in nature. Recommended reading, but not required, is *The Art of Conscious Loving* by Charles and Caroline Muir.

*Levels: Intermediate/Advanced*

*Track: Couples/Mind, Body and Spirit*

## Leadership of IFS Therapy Groups

Tracy MacNab, PhD, CGP

This workshop begins with a brief didactic presentation on three classical group therapy leadership styles and how IFS captures the unique strengths of each of them. Most of the time is spent in direct experiential work that elucidates a working model for IFS group therapy. Participants have the opportunity to bring a part with which they wish to work, as well as to contribute to the evolution of an affordable, powerful, empowering, and efficient therapeutic modality.

*Level: All Levels*

*Track: Mind, Body and Spirit*

## Exploring Our Sexual Parts with Curiosity and Generosity

Larry Rosenberg, PhD

Nancy Wonder, PhD

Learn about your multifaceted parts and polarities that inspire and inhibit erotic desires and actions. We aim to create a safe space, bringing gentle humor and respect to the excited, playful, messy, and hurt parts that reside in this private realm. The workshop will be a combination of teaching about sexuality and experiential exercises to stimulate Self-led curiosity toward you and your clients' sexual lives.

*Level: All Levels*

*Track: Mind, Body and Spirit*

### **Daughters of Eve in the Arms of the Mother**

Derek P. Scott, RSW

This experiential women-only workshop is an invitation for women to identify legacy burdens that parts have taken on as result of immersion in a Judaeo-Christian patriarchal culture. Participants may choose to participate in a ritual unburdening through the line of female ancestors and welcome in the gifts from the Divine Feminine. Participants are invited to bring along an object that holds special meaning to them as women.

*Level: Intermediate/Advanced*

*Track: Mind, Body and Spirit*

### **IFS-Based Behavioral Medicine Treatment: Using IFS for Pain and Illness**

Nancy Sowell, MSW, LICSW

This workshop will introduce the use of IFS to treat pain and illness. After offering a conceptual framework of an Internal Family Systems approach to illness and pain, specific case materials will be presented to demonstrate the use of IFS with medical problems. The presenter will use video and/or live demonstration and experiential exercises as teaching tools.

*Level: Intermediate/Advanced*

*Track: Mind, Body and Spirit*

### **Self-Expression: IFS and the Spiritual Path**

Mary Steege, MDiv, LMFT

For many, IFS is a profoundly spiritual practice. For some, it serves as an alternative to previously wounding or uninspiring religious experience. For others, IFS is a path that complements and enhances a valued faith tradition. Still others view IFS as a way to embody “love” or “energy” or “flow” in such way that this very presence heals and transforms. There are so many ways to talk about the powerful experience of Self and Self-leadership. In this collaborative workshop, IFS serves as the common language through which we celebrate Self, particularly as it finds expression in a multitude of spiritual paths. Participants are encouraged to come with the writings and teachings, the prayers and the practices which are meaningful to you. Together we will co-create Self-led community with the potential for individual unburdening and collective healing. We will tend the ruptures in our spiritual relationships and move toward reconciliation, within and without. We will embody the power of transformation and work toward deep peace at every level of the multiverse.

*Level: All Levels*

*Track: Mind, Body and Spirit*

### **An Awareness Inquiry in IFS Couple Therapy: An Exploration of Self, Parts, and the Relational System**

Charlie Verge PhD

This workshop demonstrates lines of inquiry with couples which enhance understanding and empathy in both partners of the internal landscape of each partner and the relational system. The goal of the inquiry is to enhance compassion for oneself and one’s partner, as well as to build Self energy and establish a safe space for Self-led communication and the deeper exploration and unburdening of parts.

*Level: All Levels*

*Track: Couples*

### **Transforming Inner Critic Parts Using IFS**

Bonnie Weiss, MA, LCSW

Jay Earley, PhD

In this workshop, you will learn about the cluster of parts that are often activated along with the Inner Critic—e.g., the Criticized Exile, the Protected Exile, the Inner Defender, the Prideful Part—and have a chance to explore your cluster. We will discuss strategies for working with the parts in this cluster and unburdening them in order to transform the Inner Critic. We will also explore the aspects of Self that are most helpful in transforming Critic parts and what they look like when transformed, including a demonstration session that illustrates this work.

*Level: Intermediate/Advanced*

*Track: Mind, Body and Spirit*

## Yoga and Meditation with Amy Weintraub

### Friday and Saturday Mornings

*LifeForce Yoga to Manage Your Mood and Welcome Your Parts*

Practice an evidence-based yoga protocol to lift your mood and calm your mind. With yoga breathing, imagery, sound, and postures accessible to all, you'll leave feeling refreshed, deeply connected to Self, and compassionate toward all your parts.

### Friday Evening

*LifeForce Yoga Chakra Meditation*

Learn a meditation that tricks the mind into mindfulness even in the midst of chaos. This meditation incorporates ancient yogic strategies like mudra, mantra, and pranayama breathing to give the "busy mind a bone," re-establishing your equanimity and focus. This technique is especially useful in clearing the mental chaos that often accompanies anxiety and depression. You'll experience more somatic vitality, clarity of mind, and a sensing back to Self.

*Note: There will be a sign-up sheet at the registration table for yoga and meditation.*

## "Part of the Story" with Daena Giardella

### Saturday Evening

Join us for "Part of the Story," a one-woman improvisational theatre piece. Daena's performances have been described as "spontaneous creative combustion" and "theatrical jazz" featuring a kaleidoscopic cast of characters. "Part of the Story" incorporates themes from both the IFS Conference and her upcoming new show, which will premiere soon. Daena takes a compassionate and hilarious look at the outrageous challenge of being human and finding balance in our rapidly changing world. Musical highlights help make this an energizing evening of theatre filled with humor, poignancy, and the unexpected!

Daena has been called one of the "trailblazers" of improvisation performance and training. Her original performances have garnered kudos throughout the USA and abroad for over twenty five years: "Impressive talent" (Boston Globe); "Giardella is a phenomenon...a classic actress...an intelligent clown" (Tel Aviv's Ha'eer); "An enormously talented performer/improviser with a dancer's agility and a blues belter's larynx...her characters have heft and the advantage of surprise." (Boston Phoenix)

After the performance, the audience is invited to join Daena for an interactive conversation about improvisation and the creation of "Part of the Story."

**Tanis Allen, LMSW, ACSW** is a psychotherapist in private practice in Ann Arbor, Michigan. She has been working with eating disorders, grief issues, weight concerns, adolescent and family issues, adjustment to physical illness, and relationship concerns for the past 24 years and has incorporated the IFS Model into her work for the past 12 years.

**Bruce Anspach, MDiv, MFT, AAMFT** is a psychotherapist with practices in both New York City and upstate. He is a consultant to various organizations, including Columbia Graduate School of Business. Bruce is also ordained clergy and pastor of a church in New York.

**Frank Anderson, MD** is a psychiatrist who specializes in the treatment of trauma. He regularly lectures on “The Psychopharmacology of PTSD and Dissociation” and is a supervisor at The Trauma Center in Brookline, MA. He is trained in IFS, EMDR, and Sensorimotor Psychotherapy and has a private practice in Concord, MA.

**Mona Barbera, PhD** is an IFS Assistant Trainer, couples therapist, couples workshop leader, and the author of the award-winning IFS relationship book *Bring Yourself to Love: How Couples Can Turn Disconnection into Intimacy*. She has private practices in Boston and Providence.

**Michele Bograd, PhD** has been in private practice for almost 30 years as an individual and couples therapist for clients ranging from young adults to seniors. She is a nationally recognized teacher, author, and presenter in family therapy with a focus on gender issues, the feminist critique of family therapy, and domestic violence. Having been on the faculty on several family therapy institutes, she has recently taught introductory IFS workshops.

**Frances D. Booth, LICSW** is a Certified IFS Therapist with over 35 years’ experience with individuals and groups. Her clinical and consultation practice is in Andover, MA, with specialties in trauma, cancer, eating disorders, and attachment disorders. She facilitates workshops for mental health professionals on IFS, for cancer survivors on meditation, resilience, and body image, and for general audiences on a variety of health and wellness topics.

**Chris Burris, LPC, LMFT** has been an IFS therapist since 1999 and is trained as a marriage and family therapist. He utilizes mind/body approaches of therapy in alleviating traumatic stress, depression, and anxiety disorders. He works extensively with couples, families, teenagers, and children, and is an AAMFT Approved Supervisor. Since 1990, he has been very active with men’s groups and rites of passage ceremonies and is on the advisory board for The Joshua Project. As the former Director of Counseling at The North Carolina School of the Arts, Chris has considerable experience with performance enhancement for artists, actors, filmmakers, musicians, writers, and dancers. He is currently in private practice with offices in Winton-Salem and Charlotte, NC.

**Jan Campanelli, PhD** has been a psychotherapist, educator, and registered nurse for over 30 years. Her current work includes group and individual therapy with veterans with severe persistent mental illness.

**David J. Cantor, LMFT, JD** is an IFS Assistant Trainer and clinical supervisor. He has been practicing the IFS Model since 1999 and teaching and presenting it in many contexts since 2004. In addition to his private practice, David is an adjunct professor of counseling and family therapy at Saint Joseph College in West Hartford, CT, where he lives happily with his wife, stepson, two dogs, three cats, and all of his parts. He is the inventor of the IFS-inspired Youniverse Self-leadership tool featured at last year's plenary and author of its companion storybook, *The Big Bright Ball Answers the Call*.

**Ralph S. Cohen, PhD, LMFT** is an IFS Lead Trainer and AAMFT-approved supervisor who has been teaching and supervising MFT for the past 20 years in masters and post-degree programs in Marriage and Family Therapy. He has presented extensively on IFS at local, national, and international conferences. Dr. Cohen is a Professor and MFT Program Director at Central Connecticut State University and has a private practice in West Hartford, CT.

**Beth Davenport, LICSW** has been practicing psychotherapy for over 30 years in a variety of settings and has been in private practice since 1989. She completed IFS Levels 1, 2, and 3 of trainings and is certified in IFS. She is also certified in EMDR and hypnosis, has extensive training and experience in working with trauma, and has integrated these approaches, as well as mindfulness practice and AEDP, into her IFS work with clients.

**Kevin Ruth Davis, LCSW, LMFT, LCAS, SEP** has been practicing IFS therapy since 2000 and is an Assistant Trainer for the Center for Self Leadership. As former Director of Counseling at United Family Services and co-founder and Director of the Family Therapy Training Institute and an Approved Supervisor with AAMFT, she has supervised and trained many therapists and family physicians in marriage and family therapy, incorporating IFS as the primary approach. In her clinical work with individuals and couples over the past 25 years, she enjoys integrating mind/body practices such as somatic experiencing. Ms. Davis specializes in the treatment of trauma and addiction.

**Betta de Boer-van der Kolk, LICSW** is a body-psychotherapist committed to exploring the universal principles for the process of healing who practices at the Center for Integrative Healing in Watertown, MA. She was trained in the Rubenfeld Synergy Method, which combines Feldenkrais, Alexander Technique, Gestalt Psychology, and Principles of hypnosis, which easily incorporates IFS. She is also an Advanced Certified Tantra Educator through the Source School of Tantra Yoga.

**Carol DiGianni, LMHC, LLCSSW, LCSW, LMFT** has been an IFS practitioner for the last nine years. She has a private practice in Lincoln, MA, where she sees couples and individuals. Having attended every training available, at present she is an IFS Assistant Trainer and consultant.

**Rina L. Dubin, EdD** has had a private practice for over 25 years. She has loved expanding from EMDR to parts work to her immersions in IFS. She is located in Needham, MA.

**Jay Earley, PhD** is a psychologist practicing psychotherapy for 35 years. He teaches classes in IFS to both therapists and lay people and is an IFS Assistant Trainer. He is the author of *Inner Journeys*, *Interactive Group Therapy*, *Self-Therapy: A Systematic Guide to Creating Inner Wholeness Using IFS*, and *Self-Therapy for Your Inner Critic*.

**Lois A. Ehrmann, PhD** has been a professional counselor for over 25 years and has been using the Internal Family Systems Model of therapy with children, adolescents, adults, and families for approximately six years. In October 2009, she developed and opened a trauma-informed outpatient therapy program incorporating IFS as a cornerstone model of center. She and her family have lived and worked in central Pennsylvania since 1988.

**Michael Elkin, MA, LMFT, NBCCH** is an IFS Lead Trainer with over 40 years' clinical experience. He has given hundreds of presentations in the United States and abroad, including several plenaries at national conferences. He is the author of *Families Under the Influence* (Norton 1980).

**Deirdre Fay, LICSW** has a private practice in Arlington, MA, integrating traditional trauma and attachment therapy with Eastern theory, practices, and other experiential techniques to facilitate personal change. A former supervisor at the Trauma Center, she was also a trainer for Sensorimotor Psychotherapy Institute from 2000–2008. The originator of *Becoming Safely Embodied*, an experiential skill-building group for traumasurvivors, Deirdre supervises and consults with therapists and clients internationally on entering the body safely.

**Pamela Geib, EdD** has worked as a clinician for over 30 years. She was initially trained in psychodynamic theory and then learned family systems theories as they applied to couples and family groups. She was a member of the faculty of the Cambridge Hospital Couples and Family Training program for ten years and has taught in other venues as well.

**Daena Giardella** is an actor, director, coach, teacher, and organizational/executive leadership consultant. For over twenty five years she has taught hundreds of workshops pioneering an innovative method for teaching improvisation to people from virtually every profession. She has worked with many world-class companies, prominent organizations, psychotherapy groups, and academic institutions offering improvisation trainings as a skill-based model that cultivates leadership, creativity, spontaneity, and communication. Daena's book *Changing Patterns: Discovering the Fabric of Your Creativity*, co-authored with Wren Ross, explores the creative process as a tool for self-development and change. She has worked with many IFS members over the years, and with generous organizational assistance from Shelley Hartz, Daena has been delighted to offer many Improvisation Workshops for the Boston IFS community.

**Paul Ginter, EdD** is in private practice with the Center for Psychotherapy and Wellness in Kalamazoo, Michigan and serves as a Senior Lead Trainer for the Center for Self Leadership. He is also an adjunct faculty member of the Western Michigan University Holistic Healthcare program. Paul has a strong interest in integrating spiritual practice, especially mindfulness meditation, into his IFS-based work with clients.

**Stephen S. Greene, PhD** is a licensed clinical psychologist in practice in Augusta, ME, treating children, teens, and adults with a range of mental health difficulties, as well as deaf and hearing adults with complex PTSD. He also consults to several social service agencies and schools working with deaf children and adults with complex trauma and mental retardation. He has presented on topics including attachment, trauma, self-regulation, brain development and trauma, complex trauma, IFS, and integrated wraparound services with severely traumatized youths and adults.

**Ann Hallward, MD** is a psychiatrist in Portland, ME, where she is also the host of the talk radio show Safe Space. Dr. Hallward taught medical students and residents at Harvard Medical School about sexuality, death and dying, cultural competence, and other subjects that can be difficult to talk about. She has a passion for creating safe places to tell painful stories with courage and compassion.

**David Hammerman, EdD** has worked as a psychologist for almost 40 years in a variety of settings, the last 30 in full-time private practice. He uses an integrative approach, drawing from training in psychodynamic, family systems, shamanic, hypnotherapeutic, and IFS models, among others. His publications include *The Complete Idiot's Guide to Reincarnation* and articles on integrating shamanic methods into psychotherapy and assessing the appropriateness of past-life regression.

**Sylvia Hammerman, EdD** has practiced as a psychologist for almost 40 years, the last 30 in private practice. Grounded in psychodynamic, family systems, and trauma training, she uses a holistic approach that incorporates a spiritual perspective, including work with past lives. The IFS Model is a natural landing place for her combination of skills and interests.

**Toni Herbine-Blank, MS, RN, CS-P** is a senior trainer for CSL and a psychotherapist specializing in relational issues. She designed and runs *Intimacy From the Inside Out*, an 80-hour training on the application of IFS to couples therapy, in several cities across the United States.

**Bruce Hersey, LCSW** is a supervisor, consultant, and practitioner of IFS, sex therapy, EMDR, and clinical hypnosis in Altoona, PA, who has completed Levels 1, 2 & 3, served as a program assistant for Level 1 twice, and presented at the 2007 and 2008 IFS Conferences.

**David Hoffman, JD** is a mediator, arbitrator, attorney, and founding partner of Boston Law Collaborative, LLC. BLC is a multidisciplinary law and dispute resolution firm that includes lawyers, mediators, mental health professionals, and a financial professional. David teaches the Mediation course at Harvard Law School, where he is the John H. Watson, Jr. Lecturer on Law. He is also the former chair of the American Bar Association Section of Dispute Resolution and a founding member of the Massachusetts Collaborative Law Council. He is the co-editor (with Daniel Bowling) of *Bringing Peace into the Room: How the Personal Qualities of the Mediator Impact the Process of Conflict Resolution* (Jossey-Bass/Wiley, 2003).

**Suzanne Hoffman, PsyD** has been practicing psychotherapy for 30 years and has a long-time interest in integrating various schools of thought and approaches to healing. Underlying all of her work, whether IFS, hypnosis, sensorimotor psychotherapy, or more traditional relational approaches, is her meditation practice and interest in Buddhist psychology. She firmly believes that change is possible only when people are present, embodied, and connected to themselves and their experiences in the moment, and she incorporates mindfulness practices into all of her work.

**Michael Keane, PhD** is at the Relationship Center of Boston. He specializes in the use of IFS in couples, families, and parent-child relationships.

**Catherine Kelly, DC, LMFT** is in private practice and serves a consultant to various organizations. As a doctor, therapist, and pastoral counselor, her focus is that of appreciating the capacity of each person to lead a vital Self-led life while integrating emotional, physical, and spiritual well-being.

**Pamela K. Krause, LCSW** is an IFS Lead Trainer and is in private practice near Harrisburg, PA, working with adults, adolescents, and children.

**Mary Kruger, LMFT** is an IFS Assistant Trainer. She is the founder of Rimmon Pond Counseling, LLC, located in the New Haven, CT, area. Mary has over 20 years of experience working with eating disorders, addictions, and trauma.

**Barbara A. Levine, LICSW, BCD** has for the past 40 years been a practicing psychotherapist with children and adults as well as a supervisor, trainer, and consultant. For the past 10 years, she has been a practicing artist as well. She is a Certified IFS Therapist.

**Kate Lingren, LICSW** is a clinical social worker with over 25 years experience in private practice, currently in Martha's Vineyard.

**Tracy MacNab, PhD, CGP** has a psychotherapy career that spans four decades and has threads from psychodynamic, interpersonal, existential, and behavioral medicine interwoven with Buddhist meditation, hypnotherapy, and Taoist Qigong. He has led or taught more than 150 courses, workshops, conferences, consultations, and supervision groups focusing on group and individual therapy, group dynamics, supervision, medical trauma, illness, and addiction. In the past five years, IFS has provided him with a home where he can continue to weave these threads into an ever-richer fabric.

**Janna Malamud Smith, MSW** has, for the past thirty years, worked as a psychodynamic psychotherapist, a writer of nonfiction books and essays, a teacher, and a supervisor. She is currently learning IFS.

**Susan McConnell, MA** is an IFS Senior Trainer who assists her clients in recovering the wholeness of body, mind, and spirit, drawing from Internal Family Systems Therapy, body-centered psychotherapies, her bodywork experience, and her Buddhist practice.

**Paul McCormick, MDiv, PhD** has worked as a high-school teacher minister, and, for the last 25 years, as a psychologist in private practice. His interests in spirituality and transpersonal psychology have led to his training and work in shamanic healing, past-life therapy, and IFS. He lives and works on the North Shore of Boston.

**Arthur G. Mones, ABPP** applies a non-pathologizing approach to the treatment of adults, couples, children, and families. He is on the faculty of the Postgraduate Program in Couples Therapy at Adelphi University. Art is an Approved Supervisor of AAMFT and a Certified IFS Therapist. His private practice is in Hewlett, Long Island, NY.

**Paul Neustadt, LICSW** is an IFS Co-lead Trainer and has a private practice in Arlington, MA. He was the director of a community-based program working with children, adolescents, and their families for 17 years. He has been experiencing the challenges of parenthood for 31 years.

**Suzanne Nixon, EdD, LPC, LMFT, CMT** is a licensed professional counselor, licensed marriage and family therapist, certified massage therapist, and integrative health coach who has maintained a private practice in counseling and mind and body therapies since 1981. Her area of expertise and specialty is in mind and body approaches to psychological and physical well-being.

**Patricia L. Papernow, EdD** is a nationally recognized expert on stepfamily relationships. She is the author of one of the classic clinical texts in the field as well as multiple articles and book chapters. Patricia says, “I am a superb teacher and trainer, if I do say so myself!”

**Beverly Ranken, MS** is impressed by the brilliance and powers of IFS. She began to study the Model following careers in geophysics and midwifery. She is currently pursuing IFS certification through CSL.

**Kevin Ranken, PsyD, JD** is a licensed clinical psychologist with a private practice in Maui, HI. He has completed IFS Levels 1, 2, and 3, and has been in a monthly consultation group with Mike Elkin for three years. He uses IFS exclusively in his practice, working with individual adults and couples.

**Leonard L. Riskin, JD** is Chesterfield Smith Professor at the University of Florida College of Law and, for the fall 2010 and 2011 semesters, Visiting Professor at Northwestern University School of Law. Len has published numerous articles and several books dealing with mediation, negotiation, and mindfulness, most of which focus on the mindsets that lawyers bring to their work. He recently completed an article on IFS and conflict resolution. He studied at New York University School of Law (J.D.) and Yale Law School (LL.M.), served as a lawyer at the U.S. Department of Justice in Washington, D.C., has lectured and conducted training programs—in conflict resolution and mindfulness—around the world, and has won several achievement awards for his work..

**Ted Riskin, LCSW** combines his IFS training with experience in a number of other modalities. A Holotropic Breathwork facilitator since 1997, he has led workshops in seven states and served for five years as president of the Association for Holotropic Breathwork International. He is also on the faculties of the Institute of Core Energetics and Integration Concepts, where he teaches Breath Therapy.

**Karen Roeper, MS** has made her lifelong focus to explore the relationships between the body, emotions, the mind, and Spirit. She believes in curiosity and kindness, and is committed to fostering the transformative abilities within each person. Karen is the founder of Essential Motion and has maintained a private practice and conducted leadership seminars both nationally and internationally for over 24 years. Karen holds a Masters in Counseling and Dance Therapy and is a Rosen Method Bodywork Senior Teacher.

**Frank Rogers, PhD** is Professor of Spiritual Formation and Narrative Pedagogy at the Claremont School of Theology, and co-director of the Center for Engaged Compassion at the Claremont Lincoln University for globally transformative inter-religious studies. Frank's research and teaching focus on compassion-based spiritual formation that is contemplatively grounded, personally restorative, and socially liberative. As a spiritual director and conflict mediator, he offers retreats and workshops throughout the world in contemplative approaches to healing inner violence and compassion-based practices of social reconciliation in contexts of conflict. He is the author of *The God of Shattered Glass: A Novel*, and *Finding God in the Graffiti: Empowering Teenagers through Stories*.

**Michi Rose, PhD, MAT, LMSW** is an educator and psychotherapist in private practice in Kalamazoo, MI. Her holistic perspective bridges Eastern mysticism with Western science, and inner understanding with outer action.

**Adam Rosen, JD, PhD** is a clinical psychologist in Cambridge, MA, a Clinical Instructor in Psychology at Harvard Medical School, and president of the board of directors of the Boston Institute for Psychotherapy. Adam is a recent graduate of IFS Level 1 as well as several IFS workshops. He has a special interest in the integration of IFS, psychodynamic and interpersonal neurobiology. He also operates a nationwide online survey system that helps attorneys learn community response to their cases ahead of trials.

**Larry Rosenberg, PhD** is in private practice in Cambridge, MA, and teaches and supervises at Cambridge Health Alliance/Harvard Medical School. He regularly presents on integrative approaches to psychotherapy and sexuality, including gay/lesbian/bisexual/transgender/queer themes, sexual compulsivity, and the erotic.

**Richard Schwartz, PhD** is a featured speaker for many national psychotherapy organizations and a fellow of the American Association for Marriage and Family Therapy. He also serves on the editorial boards of four professional journals and has published four books and over 60 articles about IFS. He is co-author, with Michael Nichols, PhD, of *Family Therapy: Concepts and Methods*, the most widely used family therapy text in the United States. He earned his doctorate in Marriage and Family Therapy from Purdue University, after which he began a long association with the Institute for Juvenile Research at the University at the University of Illinois at Chicago, and more recently at the Family Institute at Northwestern University, attaining the status of Associate Professor at both institutions. In June of last year, Dr Schwartz joined Castlewood Training Center in St. Louis, Missouri, as a consultant. At Castlewood, he is training staff in the IFS Model, providing consultations with clients and facilitating individual and group IFS sessions.

**Derek Scott, RSW** has worked in the field of anti-oppression and diversity for over two decades. He has presented at numerous national and international conferences and is a popular guest lecturer at the University of Western Ontario. He hopes his work can help to ensure that his seven-year-old daughter need never lose the sense of her own power.

**Nancy A. Shadick, MD, MPH** is an epidemiologist and rheumatologist at the Brigham and Women's Hospital and Associate Professor of Medicine at Harvard Medical School. She conducts health outcomes research in rheumatic disease and has spearheaded patient-centered programs which have served to realign rheumatoid arthritis care more toward the patient perspective. She is a recipient of Arthritis Foundation, NIH, CDC, and Industry grants, has published extensively in rheumatology journals and lectures nationwide. Since 2002, she has been named as one of "America's Top Doctors."

**Ann L. Sinko, LMFT** is an IFS Lead Trainer and adjunct faculty at Central Connecticut State University in the Department of Marriage and Family Therapy. She has 25 years of clinical experience and is in private practice in Portland, CT. Her passions are teaching the great outdoors.

**Nancy Sowell, MSW, LICSW** is an IFS Assistant Trainer who specializes in IFS-based behavioral medicine and was largely responsible for the IFS intervention used in a pioneering research study at Brigham and Women's Hospital in Boston. In her role as a clinical supervisor in psychiatry at Harvard Medical School, she teaches IFS at the Cambridge Health Alliance. She knows, both personally and professionally, the power of Self in healing and health.

**Flint Sparks, PhD** is a Zen priest and a resident teacher at Appamada, a center for Zen practice and inquiry in Austin, Texas. He is also a clinical psychologist with over 35 years experience as a psychotherapist. Flint approach combines mindfulness and multiplicity as central features in his approach to human maturity—the double helix of growing up and waking up. He teaches workshops and leads retreats worldwide.

**Mary Steege, MDiv, LMFT** is a marriage and family therapist, Certified IFS Therapist, and pastor in the Presbyterian Church, USA. She is the author of *The Spirit-Led Life: A Christian Encounter with Internal Family Systems*.

**Sarah B. Stewart, PsyD** is a psychologist in private practice for 20 years with a history of specializing in trauma, addictions, and performance enhancement. She is a teacher, lecturer, and consultant on these and related issues, including many aspects of 12-step programs.

**Cece Sykes, LCSW** is an IFS Senior Trainer teaching in a wide variety of locations in the US and also in the UK. She has over 25 years of clinical experience with individuals and families, particularly with the effects of trauma and addiction, and has a special interest in how spirituality intersects with therapy. She is in private practice in Chicago.

**Gail Tomala, MA, MSMFT, PhD** currently serves as an MFT at the CCSU-Naylor Leadership Academy, an urban preK-8 elementary school in Hartford, Connecticut, where she introduced the IFS Model not only to her student clients and their families but also to all school staff. Gail has served as a program assistant in IFS training and has taught IFS strategies to employee mediators. With over 25 years of experience in the field of education along with a research and measurement background, she is also teaching MFTs at the university level. There, regardless of what she teaches, she introduces and incorporates IFS concepts into her course curricula.

**Joanne H. Twombly, LICSW** is in private practice and specializes in providing consultation on and treatment of clients with complex trauma and dissociative disorders. She is a past president of the New England Society for the Treatment of Trauma and Dissociation and has taught many workshops. Her most recent publication is a chapter co-authored with Richard Schwartz called “The Integration of the Internal Family Systems Model and EMDR” (in: *Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy*, Forgash and Copeley, eds.).

**Charlie Verge, PhD** is founder and director of The Center For Intentional Living. Past positions have included Director of Couple Therapy Training, Family Institute of Cambridge (1995–2008), Lecturer in Psychiatry, Harvard Medical School (1985–1999), and Director of Family Therapy Training, Massachusetts School of Professional Psychology (1982–1990).

**Amy Weintraub, MFA, E-RYT 500** is the director of the LifeForce Yoga® Healing Institute, a senior Kripalu teacher, an IFS practitioner, and the author of *Yoga for Depression*. She is featured on award-winning, evidence-based Yoga DVDs and CDs for mood management. She is an international trainer of Yoga and mental health professionals, is involved in ongoing research, and edits a bimonthly newsletter on Yoga research and news. Her book *Yoga Skills in Psychotherapy* is forthcoming from Norton Professionals.

**Bonnie Weiss, MA LCSW** has spent the majority of her career working in the experiential therapies, having directed a post-graduate center in Gestalt Psychotherapy on Long Island for twenty years. She has been leading workshops and telephone classes on IFS and the Inner Critic for a number of years from her home in California. She holds the IFS conceptual theory as her overarching conceptual way of viewing the mind.

**Nancy Wonder, PhD** is a licensed psychologist in private practice in Tallahassee, FL. She specializes in sexual abuse and sexual offending issues. Nancy is also an Assistant Trainer for the Center for Self Leadership and serves on the CSL Trainer’s Council. She also conducts IFS supervision with IFS therapists and is a Certified IFS Therapist.

Name \_\_\_\_\_  
 Business Name \_\_\_\_\_  
 Mailing Address \_\_\_\_\_  
 City, State, Zip, Country \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Daytime Phone Number \_\_\_\_\_  
 Credentials After Name (LMFT, LCSW, MD, PhD, etc.) \_\_\_\_\_  
 Is this your first IFS Conference? \_\_\_\_\_ If yes, how did you hear about it? \_\_\_\_\_

*\*Please make special accommodations/accessibility requests to Sullivan Custom Planning at 401.751.9900 or ashley@scpevents.com by October 1, 2011.*

**Registration Fees**

<b>___ Attendees Only</b>	Early Bird	Postmarked after August 31st
Preconference: Thursday, October 13	___\$235.00	___\$260.00
Friday, October 14	___\$215.00	___\$225.00
Saturday, October 15	___\$215.00	___\$225.00
Sunday, October 16	___\$140.00	___\$150.00
Three-Day Package: Friday through Sunday	___\$495.00	___\$520.00 *\$75/\$80 savings

**\_\_\_ Presenters Only** *Presenters will receive a waiver of one day's registration fee for the day of their workshop.*

Preconference: Thursday, October 13	___\$235.00	___\$260.00
Friday, October 14	___\$200.00	___\$210.00
Saturday, October 15	___\$200.00	___\$210.00
Sunday, October 16	___\$120.00	___\$130.00

**\_\_\_ Special Rates** *Please select any of the following rates if applicable to your registration.*

- \_\_\_ Full-time students will receive a 25% discount off their registration. Please include a copy of your student ID with your registration form.
- \_\_\_ Workshop volunteers will receive day of workshop free. Please contact Sullivan Custom Planning directly to make arrangements at 401.751.9900 or ashley@scpevents.com
- \_\_\_ Workshop presenters will receive day of workshop free.

Total Tuition (not including your discounts) \$ \_\_\_\_\_

Student, Volunteer, or Presenter Discount \$ \_\_\_\_\_

Total Payment Enclosed \$ \_\_\_\_\_

\_\_\_ Check - Please make your check payable to ***“The Center for Self Leadership”***  
and mail it along with this form.

\_\_\_ VISA                      \_\_\_ Mastercard

Name on Credit Card \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_ Billing Postal Code \_\_\_\_\_

**Please mail or fax this form to:**

**Sullivan Custom Planning, 150 Chestnut Street, Providence, RI 02903**

**Attention: IFS CONFERENCE**

**Fax: 401.751.4800**

**Please visit [www.selfleadership.org](http://www.selfleadership.org) or [www.scevents.com](http://www.scevents.com)  
for updated conference information or to register online.**

**Conference registration is not complete without payment.**

**PLEASE INDICATE YOUR CHOICE OF WORKSHOP FOR EACH SESSION**

\*Please note that the 2011 conference has three sessions on Saturday!

Name \_\_\_\_\_

**Thursday, October 13, Pre-Conference Institute, 9:00 a.m. - 4:30 p.m.**

- Psycho-Spiritual Underpinnings of Peace: IFS and the Process of Building Peace with Individuals and Groups in Conflicts
- Introduction to the IFS Model of Healing

**Friday, October 14, First Session, 10:00 a.m. - 1:00 p.m.**

- Integrating IFS in Work with Clients Manifesting Psychotic Symptoms
- Fun with the Couple from Hell: IFS Therapy with High-Conflict Couples
- Improvisation: The Art of the Moment
- The Neurobiology of IFS: Weaving Together of Spirit and Science
- Healing Relationship Injury: The Self-Led Repair
- Embodying Self Through Essential Motion: The Forgotten Language of the Soul
- Working with Guides
- Trigger-Happy: What Happens to OUR Parts??

**Friday, October 14, Second Session, 2:15 p.m. - 5:15 p.m.**

- Trusting Our Guts: Our Clients' and Our Own in Working with Eating Disorders
- New Horizons in Self-Leadership: Taking the Wisdom of IFS to Larger Systems
- If It's Intense, It's Your Own: Accessing Self Energy in IFS Couples Therapy
- Using IFS Therapy to Make Working with Addiction and Eating Disorders Safer and Easier
- The Embodied IFS Therapist
- Unblending "Blended Family" Relationships
- Sculpting: The Visual Dance of Internal Process
- What IFS Therapists Need to Know about Treating Clients with Dissociative Disorders

**Saturday, October 15, First Session, 10:00 a.m. - 11:30 a.m.**

- Somatic Witnessing: Less Is More
- IFS Couples Therapy: "I Love Me, Do You Love You?"
- "Who's Taking What": The Integration of Psychopharmacology and Internal Family Systems
- Telling Exiled Stories
- Building Attachment While Facilitating Differentiation: IFS in Action with Couples
- Connecting the Dots: How IFS Heals Couples, Children, and Their Families
- P.O.P.s: Helping Clients Relate to Parts of Another Person
- Understanding the Co-Dependent Dance of an Internal Family System

**Saturday, October 15, Second Session, 12:00 p.m. - 1:30 p.m.**

- \_\_\_ Working with Groups of Parts: The “Town Meeting” and Other Techniques
- \_\_\_ Polarities
- \_\_\_ Invisible Injuries: How We Care for Our Internal Systems in the Face of...
- \_\_\_ Raising a Self-Led Trauma Treatment Agency: The First Two Years
- \_\_\_ Learning to Trust Self: Clinical Application of Buddhist Compassion Practices in IFS Therapy
- \_\_\_ An Introduction to HeartMath And How It Can Help Access Self Energy
- \_\_\_ Using IFS to Facilitate Art-Making and Creativity
- \_\_\_ Would Freud Do IFS? Internal Family Systems as a “Second Path” to the Unconscious and Psychodynamic Therapeutic Change

**Saturday, October 15, Third Session, 2:45 p.m. - 5:45 p.m.**

- \_\_\_ Connecting the Dots: An Integrated Approach to Treating Trauma for the IFS Therapist
- \_\_\_ Loving Our Broken Hearts: Repairing Attachment and Shame with IFS
- \_\_\_ The Roller Coaster of Couples Therapy: A “Simple” Six-Stage Model and Its Complexities
- \_\_\_ The Expanded Self Becomes Timeless: Encountering Past Lives in IFS Therapy
- \_\_\_ The Embodied Self
- \_\_\_ From Reactive to Self-Led Parenting
- \_\_\_ Experience the Potent Combination of IFS and Breathwork
- \_\_\_ Prove It! Bringing the IFS Model into an Evidence-Based World

**Sunday, October 16, First Session, 10:00 a.m. - 1:00 p.m.**

- \_\_\_ IFS and Tantra Yoga: Accessing Self Energy By Connecting Sexually with a Partner
- \_\_\_ Leadership of IFS Therapy Groups
- \_\_\_ Exploring Our Sexual Parts with Curiosity and Generosity
- \_\_\_ Daughters of Eve in the Arms of the Mother
- \_\_\_ IFS-Based Behavioral Medicine Treatment: Using IFS for Pain and Illness
- \_\_\_ Self-Expression: IFS and the Spiritual Path
- \_\_\_ An Awareness Inquiry in IFS Couple Therapy: An Exploration of Self, Parts, and the Relational System
- \_\_\_ Transforming Inner Critic Parts Using IFS

**Please mail or fax this form with your registration to:**

**Sullivan Custom Planning**

**150 Chesnut Street**

**Providence, RI 02903**

**Attn: IFS Conference**

**Fax: 401.751.4800**

# 2012 Internal Family Systems Conference

## Save the Date!

The Center for Self Leadership is pleased to announce that the 2012 IFS Conference will be hosted in Providence, Rhode Island, at The Westin Providence on October 4–7, 2012. As we settle into New England, where our greatest presence is, we anticipate that the IFS Conference will grow bigger each year. The Westin Providence, a landmark of warm hospitality and luxurious accommodations in one of New England's most historically significant cities, allows us plenty of room to grow. The Center for Self Leadership is thrilled to hold a conference in yet another wonderful city and invites you to join us in 2012.

***The 2012 IFS Conference will be hosted in  
Providence, Rhode Island, at  
The Westin Providence on October 4–7, 2012.***



Internal  
Family  
Systems<sup>SM</sup>

The Center for Self Leadership  
PO Box 3969  
Oak Park, Illinois 60303



## 2011 Internal Family Systems Conference



Internal  
Family  
Systems<sup>SM</sup>

### **Internal Family Systems: Bringing Peace to Inner and Outer Worlds**

*Friday, October 14, 2011 - Sunday, October 16, 2011*  
*Pre-Conference Institute: Thursday, October 13, 2011*