Title: Introduction to Internal Family Systems: An Exploration of Self and Parts

Summary:
Internal Family Systems (IFS), a model of therapy founded by Richard Schwartz, PhD, views the multiplicity of the mind as our natural state and our inner personalities as "parts" that may be healed and transformed by allowing "Self" to emerge as a resource in a client's system.

Learning Objectives.
1. Participants will examine some of theoretical foundations of IFS and have beginning knowledge of the new emphases in IFS, the Self and parts.

2. Participants will be introduced to the categories of parts and the concepts of unblending, burdens, and the use of Self as a resource.

3. A guided exercise will facilitate an experiential understanding of Self and parts.