

Outline

Internal Family Systems (IFS)

A comprehensive, integrative, non-pathologizing paradigm
Evolution of the model by Richard Schwartz, PhD
Understand the inner world of clients, Self and Parts
Apply inner resources and self-compassion for healing
Burdens, unburden, shift negative beliefs
Study limitations: small sample size, no control group
Clinical considerations for clients experiencing abuse

IFS STEP-BY-STEP, CONCEPTS AND TECHNIQUES

Step 1: Identify the Diagnoses & Symptoms

Clinical assessment of target problem
Map the system
Identify target part
Separate the person from the symptom
Apply meditation skills

Address fear/concerns
Become curious
Find the real story behind the symptom

Step 2: Gain Access to Internal Strengths & Resources for Healing

Increase understanding and acceptance
Move from defensiveness to curiosity
Access compassion to open the pathways toward healing
Foster “internal attachment” work

Step 3: Heal the Traumatic Wound

Allow compassion to flow
Witness the pain vs re-enactment or re-traumatization
Release and unburden
Integration

IFS in Action

Experiential exercises
Clinical demos
Practical techniques
Application in diverse clinical populations

Objectives

1. Investigate Internal Family Systems (IFS) concepts, steps and techniques to broaden treatment intervention options.
2. Discover how IFS brings a non-pathological perspective of mental health disorders by translating common comorbidities into parts language.
3. Examine the IFS view that client’s symptoms and psychopathology are attempts to solve an emotional problem.
4. View a clinical session to deepen one’s understanding of IFS treatment strategies.
5. Practice clinical interventions to enhance effectiveness in sessions.
6. Consider the benefits of applying IFS to one’s current clinical practice.



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

Questions?
Call customer service at 800-844-8260

The nation’s top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Emily Krumenauer at ekrumenauer@pesi.com or call 715-855-8167.

— FREE —
Worksheets & Video
To Help The Traumatized Brain

www.pesi.com/traumabrainws

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

CE credits included!

www.pesi.com/inhouse

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

INTERNAL FAMILY SYSTEMS THERAPY (IFS)

A Revolutionary & Transformative Treatment for Healing PTSD, Anxiety, Depression and More

OKLAHOMA CITY, OK Thursday January 30, 2020	DALLAS, TX Friday January 31, 2020
--	---

INTERNAL FAMILY SYSTEMS THERAPY (IFS)

A Revolutionary & Transformative Treatment for Healing PTSD, Anxiety, Depression and More

Featuring Certified IFS Therapist and Trainer,
Nancy Wonder, Ph.D, Licensed Psychologist

*Hailed by **Dr. Bessel van der Kolk**,
the world’s leading expert in trauma,
as the treatment method that all clinicians
should know to treat clients effectively.*

OKLAHOMA CITY, OK Thursday January 30, 2020	DALLAS, TX Friday January 31, 2020
--	---

PESI®
www.pesi.com
A Non-Profit Organization Connecting Knowledge With Need Since 1979

Register now!
pesi.com/express/76400

PESI® www.pesi.com **Register now!** pesi.com/express/76400

INTERNAL FAMILY THERAPY (IFS)

A Revolutionary & Transformative Treatment for Healing PTSD, Anxiety, Depression and More

We all know what it is to feel conflicting emotions, “a part of me wants to and a part of me does not”.

For our clients, this kind of inner emotional conflict can become intense, even debilitating. Why, they wonder, are their relationships unstable? Why are they sometimes enraged and other times too passive? Why do symptoms persist? Can they ever really ‘get over’ traumatic childhood experiences? They may notice a part of them wants to deal with it and another part is hopeless.

Internal Family Systems offers unique, clarifying, and empowering methods for addressing these common clinical concerns. Some models of psychotherapy regard having multiple internal “parts” as pathological. NOT in IFS. IFS views the multiplicity of the mind as normal. Every part has a positive intention and every part has value. All clients can heal. IFS aligns the therapist with the innate wisdom of the client. IFS cultivates compassion.

IFS is a powerful treatment modality. Once you experience it you will want to incorporate it into your practice.

In developing IFS 30 years ago, creator Richard Schwartz, Ph.D., realized that clients were describing experiences with various conflicting roles and extreme behaviors within themselves. He noticed that when parts felt heard and safe and had their concerns addressed, clients became calm and less reactive. They could begin to make different and better decisions. IFS therapy helps clients to find safe ways to connect to early childhood emotions, to transform negative beliefs, to feel grounded in their true self, and to achieve lasting change in their lives.

IFS has established a legacy of effectiveness in successfully treating many mental health issues and is being heralded as the treatment that all clinicians should know in order to treat clients more effectively (van der Kolk 2015).

Join Nancy Wonder, Ph.D, IFS Trainer, for this transformational training day. Learn all that IFS therapy can do for you and your clients.

This training is rich with teachings, videos, experiential exercises, and mini-demos. It will offer you proven techniques to immediately apply in your clinical practice!

Speaker

Nancy Wonder, Ph.D, is a licensed psychologist, certified IFS therapist and trainer in Tallahassee, Florida. Her passion for the IFS model began in 2003 and since then has been very active in the IFS community. In her role as an IFS assistant trainer with the Center for Self-Leadership, Nancy has participated in numerous trainings around the US.

Nancy serves as a senior faculty for Toni Herbine-Blank’s Intimacy From the Inside Out (IFIO), a couples program based on IFS. Her practice includes work with trauma survivors especially in the area of sexual abuse. She has presented at the national IFS conference on sexuality and parts for the last two years.

Nancy offers consultation to therapists who are learning the IFS model and the IFIO model. For those who are ready to take the next step in the IFS model, she also offers consultation and supervision services for IFS therapists in training. She also played a significant role in establishing a research instrument, working in conjunction with the IFS Foundation, which is an independent organization furthering research in the IFS model. In addition, Dr. Wonder published a case study in the book *Internal Family Systems: New Dimensions*.

Speaker Disclosures

Financial: Nancy Wonder maintains a private practice. She receives a speaking honorarium from PESI, Inc.

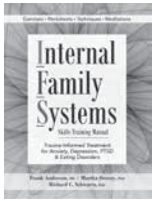
Non-financial: Nancy Wonder has no relevant non-financial relationship to disclose.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



Internal Family Systems Skills Training Manual

Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

By Frank G. Anderson, M.D., Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.

A revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach -- rooted in neuroscience -- the IFS model applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers straight-forward explanations and illustrates a wide variety of applications, including step-by-step techniques, annotated case examples, unique meditations and downloadable exercises, worksheets.



IFS Internal Family Systems Therapy New Dimensions

By Martha Sweezy, PhD & Ellen L. Ziskind, LICSW

Internal family systems therapy, or IFS, is one of the fastest growing models of psychotherapy today. *Internal Family Systems Therapy* builds on Richard Schwartz's foundational introductory texts, illustrating how the IFS protocol can be applied to a variety of therapy modalities and patient populations. Each chapter provides clear, practical guidance and clinical illustrations. While addressing questions from therapists who are exploring the model or wonder about its applicability, *Internal Family Systems Therapy* is also essential reading for knowledgeable IFS clinicians.



Somatic Psychotherapy Toolbox

125 Worksheets and Exercises to Treat Trauma & Stress

By Manuela Mischke-Reeds, MA, MFT

From over 25 years of clinical experience, Manuela Mischke-Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.

Target Audience

Counselors • Social Workers • Psychologists • Addiction Counselors • Marriage and Family Therapists • Therapists
Other Professionals Who Work within the Mental Health Fields

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepsi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

Addition Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

Oklahoma Alcohol & Drug Counselors: PESI, Inc. is an Oklahoma Board of Licensed Alcohol and Drug Counselors approved provider #20190032. This activity consists of 6.25 clock hours of continuing education instruction.

Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Oklahoma Counselors: PESI, Inc. has submitted this course to the Oklahoma State Department of Health, LPC/LMFT Licensing Board for review. Credit is pending.

Texas Counselors: This activity consists of 6.0 clock hours of continuing education instruction. Texas State Board of Examiners of Professional Counselors no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 Texas Administrative Code, Chapter 681, Subchapter J, Section 681.142. Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

Marriage & Family Therapists: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Texas Marriage & Family Therapists: This activity consists of 6.0 clock hours of continuing education instruction. Texas State Board of Examiners of Marriage and Family Therapists no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 of the Texas Administrative Code, Chapter 801, Subchapter K, Section 801.264 Types of Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

Psychologists: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Kentucky Psychologists: PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content. This activity will qualify for 6.25 contact hours.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Other Professions: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



SCAN HERE
FOR A SPECIAL OFFER ON
BOOKS & CARD DECKS

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

How to Register:

INTERNAL FAMILY SYSTEMS THERAPY (IFS): A REVOLUTIONARY & TRANSFORMATIVE TREATMENT FOR HEALING PTSD, ANXIETY, DEPRESSION AND MORE

ONLINE

pesi.com/express/76400

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI, Inc.
PO BOX 1000
Eau Claire, WI
54702-1000

2 Check location: (make copy of locations)

☐ **OKLAHOMA CITY, OK**
January 30, 2020 76400OCI

Embassy Suites
1815 S Meridian • 73108
(405) 682-6000

☐ **DALLAS, TX**
January 31, 2020 76400DAL

Norris Conference Center-Dallas/Northpoint
12005 Ford Rd • 75234
(469) 840-0700

Register now!

pesi.com/express/76400

PLEASE RETURN ENTIRE REGISTRATION FORM

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

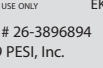
Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*



FOR OFFICE USE ONLY
FED ID # 26-3896894
© 2019 PESI, Inc.



1 Please complete entire form (to notify you of seminar changes): please print; staple duplicate forms.

Mail Code:

See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

3 Check tuition:

Tuition with seminar manual

\$219.99 – choose one of the options below:

- ☐ per person for 2 or more preregistering together—OR—
- ☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$249.99** standard

Add-on Products

Distributed at seminar—FREE SHIPPING!

☐ **\$29.99* Internal Family Systems Skills Training Manual** book

☐ **\$39.95* IFS Internal Family Systems Therapy** book

☐ **\$34.99* Somatic Psychotherapy Toolbox** book

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).

☐ Check enclosed payable to **PESI, Inc.**

☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)
(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

Internal Family Systems Therapy (IFS)

___ Seminar on DVD* (video) \$219.99 (RNV046425)

___ Seminar on CD* (audio) \$219.99 (RNA046425)

___ **Internal Family Systems Skills Training Manual** book* \$29.99 (PUB085175)

___ **IFS Internal Family Systems Therapy** book* \$39.95 (SAM084055)

___ **Somatic Psychotherapy Toolbox** book* \$34.99 (PUB085450)

CE hours and approvals on products may differ from live CE approvals.

*Shipping is \$6.95 first item + \$2.00 each add'l item.

**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Product total \$ _____

*Shipping _____

Subtotal _____

**Tax _____

TOTAL _____