

## Outline

### The Internal Family Systems (IFS) Treatment Model

Foundational assumptions of the approach

IFS concepts and terms

Differentiate between managers, firefighters, and exiles

Commonalities with other systems approaches

Therapeutic benefits of parts work

Cultural competence and humility

### No Bad Parts: The IFS Process

The 6 F's – how to identify and understand protective parts

Recognize and honor the role of each part

The 8 C's – qualities of self-energy and their role in IFS

The non-pathologizing essence of IFS

Understanding your own parts as the therapist

### CLINICAL APPLICATION OF IFS & PLAY

#### The Therapeutic Powers of Play Meets IFS

Why play therapy model lends itself seamlessly to IFS treatment outcomes

How IFS and play help access and heal wounded parts

Talk to kids about their internal world from IFS perspective

Relationship between protective parts and exiles

Exploring parts with external representation in play therapy

Limitations of the research, potential risks

#### Putting IFS into Practice Utilizing Play Therapy Techniques

Sandtray therapy – bringing the internal to the external

Expressive arts – giving language and expression to experiences and parts

LEGO® – based therapy – from internal to 3D

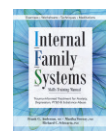
Bibliotherapy – literature to express and understand the internal system

Non-directive play – staying core to the experiential concept of IFS and letting parts speak for themselves

And more!

### Recommended Reading:

Purchase this training for these exclusive savings!



**Internal Family Systems Skills Training Manual**  
Trauma-Informed Treatment for Anxiety,  
Depression, PTSD & Substance Abuse

~~\$29.99~~ **\$22.99**



**Play Therapy**  
Engaging & Powerful Techniques for the  
Treatment of Childhood Disorders

~~\$29.99~~ **\$22.99\***

### Target Audience:

Psychologists • Social Workers • Counselors  
Marriage & Family Therapists  
Speech-Language Pathologists  
Occupational Therapists  
Occupational Therapy Assistants  
School Administrators • Play Therapists  
Teachers/School-Based Personnel

### Live Seminar & Webinar Schedule

(Times listed in Pacific)

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

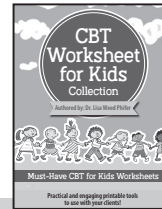
**11:50-1:00** Lunch (*on your own*)

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

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# Playful Parts

## The Intersection of Play Therapy and Internal Family Systems (IFS)



Your presenter:

**Carmen Jimenez-Pride, LCSW**

Registered Play Therapy Supervisor, Certified IFS  
Therapist, International Presenter and Author

Help kids:

- Conceptualize themselves and their experiences in a healthier way
- Express and process painful emotions without assigning blame or shame
- Develop cognitive flexibility and reframe self-doubt
- And so much more!

**Pasadena, CA**

Thursday, March 10, 2022

**Live Interactive Webinar**

Thursday, March 10, 2022

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# Playful Parts

## The Intersection of Play Therapy and Internal Family Systems (IFS)

When kids experience trauma or other negative life events such as abuse, neglect, bullying, racism, violence, or educational difficulties, they often hold powerful negative beliefs about themselves, such as “I’m broken”, “I’m unlovable”, or “It was my fault”.

As a therapist, you know that play is a child’s natural language for expressing emotions, processing experiences, and resolving internal conflict. But did you know that you can expand this work further by incorporating Internal Family Systems (IFS) therapy into your sessions? *By weaving the essence of IFS, parts work, with play therapy interventions, you can help kids conceptualize themselves and their experiences in a healthier way.*

Join Carmen Jimenez-Pride, LCSW, RPT-S, and Certified IFS Therapist, as she expertly pairs the therapeutic power of play with the non-pathologizing, flexible approach of IFS. Through expert explanation and demonstration, Carmen will teach you how to integrate these two powerful therapy methods so you can help young clients:

- Release shame as they explore and make sense of their internal sensations and experiences
- Give voice to all their “parts”, none of which are bad or wrong
- Express and process painful emotions, urges, and memories without assigning blame or shame to them
- Unhook from distressing beliefs about themselves and their experiences
- Enhance social relationships, foster emotional wellness, and build on personal strengths
- Develop cognitive flexibility and reframe self-doubt
- And so much more!

Take your play therapy interventions even further by incorporating IFS – sign up today!

## Objectives

1. Apply the core concepts of the Internal Family Systems model.
2. Analyze the different types of parts within the child’s internal system: managers, firefighters and exiles
3. Demonstrate the therapeutic powers of play therapy to improve client outcomes during therapeutic services.
4. Evaluate the goals of a child’s misbehavior.
5. Analyze the role and needs of the provider when facing challenges with children engaging in Internal Family Systems in the play therapy setting.
6. Utilize Internal Family Systems and play therapy concepts to increase the knowledge of parts work to improve the child’s level of functioning.
7. Apply play therapy and expressive arts techniques utilizing the Internal Family System model in a clinical setting.

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## Speaker

**Carmen Jimenez-Pride** is the creative mind behind Focus on Feelings®, an emotional literacy curriculum, she is a licensed clinical social worker, registered play therapist supervisor, certified AutPlay® therapy provider, certified EMDR Therapist, registered children’s yoga teacher, certified IFS therapist, and a certified LEGO® SERIOUS PLAY® facilitator.

Carmen is a trauma therapist experienced in the clinical treatment of children, adolescents, and adults with culturally diverse backgrounds addressing a wide range of concerns. Carmen’s career in the mental health field spans more than 15 years.

She is an international speaker, award-winning best-selling author, and business consultant. Carmen is a visionary in the therapeutic community, working to create and develop a wide range of educational tools to assist the clinician, and the client to reach optimum goals. With a focus on cultural humility and cultural diversity, Carmen educates clinical professionals to address racial and cultural trauma within their clinical practices.

Carmen serves as the South Carolina Association for Play Therapy President and is the recipient of the 2021 Association for Play Therapy Emerging Leader Award. She also serves as the diversity and inclusion director of the Internal Sandtray Therapy Association.

Carmen is the developer of Diversity in Play Therapy Inc.; and the Diversity in Play Therapy Summit. She is also the developer and publisher of Focus on Feelings®.

### Speaker Disclosures:

**Financial:** Carmen Jimenez-Pride is the developer of Focus on Feelings®. She is the developer of Diversity in Play Therapy Inc.; and the 2020 Diversity in Play Therapy Summit. She receives a speaking honorarium from PESI, Inc. **Non-financial:** Carmen Jimenez-Pride has no relevant non-financial relationship to disclose.



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**Psychologists:** This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

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# SIGN UP TODAY!

## Playful Parts: The Intersection of Play Therapy and Internal Family Systems (IFS)

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- 4 Recommended Reading**
- \$29.99 \$22.99\*\* Internal Family Systems Skills Training Manual** [PUB085175]
  - \$29.99 \$22.99\*\* Play Therapy book** [PUB085380]
- \*\*Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

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