

Outline

Internal Family Systems: Heal Wounded Parts, Transform Protective Parts, and Deepen Connection with Self

Foundational principles and goals of IFS
Understand different parts of your clients'
internal system
Parts Led Systems vs Self-Led Systems
IFS, Cultural Identities, and Intersectionality

Steps of IFS Therapy and How to Get Started

The IFS approach to assessment and
treatment planning
Develop a relationship with clients' core self
and develop self-leadership skills
Facilitating communication and
collaboration between parts
How to integrate IFS therapy experiences
into clients' daily lives
Guided Experiential Exercises to help clients
identify and connect with different parts

IFS for Anxiety:

Working with Anxious Parts to Reduce Their Intensity

How IFS shifts a client's relationship with
anxiety and reduces symptoms
Identify "worrier" or "perfectionist" parts that
activate in response to anxiety triggers
Facilitate communication with an anxious
parts to understand their motivations
Unburden exiled parts and release blocked
or stuck anxiety-related emotions
Practice self-compassion and self-care to
reduce anxiety over time
Case Examples

An Internal Family Systems Approach to Grief:

Providing Stability and Support for Clients Navigating the Grieving Process

The latest grief research and DSM-TR
Prolonged Grief Disorder Criteria
Self-leadership to provide a sense of inner
stability through the grieving process
Exiles in grief and how they can be accessed
and worked with in IFS therapy

Addressing common protectors, such as
avoidance, dissociation, and numbing
Integration of Art, Writing, Ritual & Cultural
Practices with IFS
Using IFS to identify and process secondary
losses
Working with acute loss, ambiguous grief,
prolonged grief disorder
Intergenerational Trauma: Legacy Burdens
& Grief
Case examples

IFS Therapy for Trauma, PTSD and Complex Trauma

How IFS differs in emotion regulation
strategies from other approaches
Common therapist missteps in IFS
Address trauma-related fears and concerns
by working with protective parts
Work with exiles to help clients process and
heal from traumatic experiences
Developing self-leadership in clients to
increase their resilience and coping skills
IFS techniques to help clients release
emotional and physical trauma stored in
the body
Navigating polarizations in the client's
system
How does IFS address Intergenerational,
collective and ancestral trauma
Case Examples

Additional Considerations in IFS

Limitations of the Research & Potential Risks
Using IFS in Groups
IFS & Therapeutic Relationship
IFS & Countertransference, Vicarious
Trauma, & Burnout
Therapist Self-Disclosure
Medications in IFS

Live Webinar Schedule (Times listed in Eastern)

8:00 Program begins
11:50-1:00 Lunch Break
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.
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Internal Family Systems (IFS)

for Trauma, Anxiety and Grief

Clinical Tools to Connect Clients to
their Parts for Deeper Healing



Featuring
Daphne Fatter, PhD
Certified IFS therapist and Clinical IFS Consultant

- Release trauma held by clients' internal parts
- Break cycles of self-sabotage and self-destructive behaviors
- Work with anxious parts in the IFS framework to reduce their intensity
- Bolster clients' sense of self-worth eroded by traumatic experiences
- Provide clients a sense of inner stability through the grieving process

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LIVE Interactive Webinar
Tuesday, September 26, 2023

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Internal Family Systems (IFS) for Trauma, Anxiety and Grief

IFS is the clinical approach everyone is talking about...and for good reason.

Widely acclaimed by leading voices in the field and thousands of clinicians who have already integrated it into their practice, IFS is one of the most innovative and effective approaches to psychotherapy available today.

By recognizing that individuals are made up of multiple parts, each with their own thoughts, emotions, and behaviors, IFS transforms your practice and allows you to work with clients on a much-deeper level...

...so you can help them connect with and heal parts of themselves that were previously inaccessible.

And now in this one-day training, you'll discover how IFS can provide you a unique framework for working with your clients' many parts so you can help them heal past traumas, reduce symptoms of anxiety, and navigate their biggest losses.

You'll join Certified IFS Therapist and Approved IFS Clinical Consultant Daphne Fatter, PhD. Dr. Fatter completed her postdoctoral fellowship in Clinical Psychology under the direct supervision of world-renowned trauma expert Dr. Bessel van der Kolk and has been using IFS to achieve incredible results with clients for over a decade.

Full of specific skills, knowledge, techniques and insight building case studies, Dr. Fatter will empower you to:

- Use simple steps and guided exercises to get started with IFS in your practice
- Work with anxious parts in the IFS framework to reduce their intensity
- Provide clients a sense of inner stability through the grieving process
- Release emotional and physical trauma stored in the body with IFS techniques
- Integrate IFS with EMDR, CBT and other treatment modalities you already use
- And much more!

This is your chance to enhance your skills as a therapist and join the thousands of therapists who've already discovered the transformative power of IFS.

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Meet Your Speaker



Daphne Fatter, PhD, is a licensed psychologist, certified Internal Family Systems (IFS) therapist, and clinical IFS consultant. Dr. Fatter is the author of two book chapters on IFS including integrating IFS with EMDR and integrating IFS with ancestral lineage healing (ALH) in *Altogether Us: Integrating the IFS Model with Key Modalities, Communities, and Trends* (in press). She is also certified in EMDR and is an EMDRIA Consultant in Training.

She is the creator of STARRä (Self Tapping for Attachment Readiness and Repair), a hands-on practical therapeutic intervention, to help integrate EMDR and IFS at specific places in each model. Dr. Fatter was awarded her doctorate in counseling psychology from the Pennsylvania State University. She completed a postdoctoral fellowship in clinical psychology at the Trauma Center, under the direct supervision of international pioneer on traumatic stress research Dr. Bessel van der Kolk, MD. She is the former Military Sexual Trauma Coordinator at the Fort Worth Veteran Affairs Outpatient Clinic. She speaks to mental health clinicians internationally providing engaging continuing education on nuances on trauma treatment from her seasoned clinical experience treating PTSD, complex trauma, combat trauma, reproductive trauma, sexual trauma, attachment trauma, grief, loss, and complicated grief. She has a private practice in Dallas, Texas.

Speaker Disclosures:

Financial: Dr. Daphne Fatter maintains a private practice. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Daphne Fatter is a member of the American Psychological Association, the EMDR International Association, and the Texas Psychological Association.

Target Audience:

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

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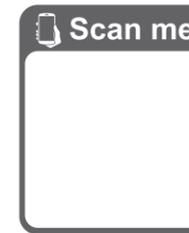
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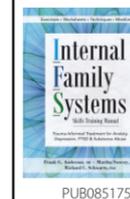
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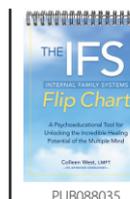
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