

**Internal Family Systems
Level 2 Intensive Online Training Program
Deepening and Expanding with IFS
Learning Objectives**

Instructional Methodology

Lecture
Demonstration
Audio-visual
Experiential - practice of techniques
Large group discussion

Instructional Hours: 32

Day 1: Review of IFS Model and the Nature of Self-energy

5.5 instructional hours

1. Explore the entire sequence of the IFS therapy model
2. Demonstrate increased proficiency with facilitating the IFS process
3. Assess Self-like parts of the therapist
4. Examine the Self of the therapist to get to know participants' own parts
5. Examine the Self of the therapist to deepen awareness of one's own Self leadership

Day 2: Polarizations and Working with Dangerous Firefighters

5.5 instructional hours

1. Identify how polarizations present challenges and explore solutions
2. Apply an advanced review of the parts of the therapist especially with challenging clients
3. Define "Firefighters" in the IFS model and give several examples
4. Identify at least 2 strategies to intervene with Dangerous Firefighters
5. Use supervised sessions practicing IFS therapy with a client
6. Demonstrate increased skills in assessing dangerous Firefighters

Day 3: Working with Exiles, Unburdening, Legacy Burdens

5.5 instructional hours

1. Identify the steps to healing
2. Identify the various forms of unburdening
3. Demonstrate the sequence of unburdening
4. Use practice exercises that promote a greater understanding of the body in IFS therapy during the unburdening process
5. Explain and discuss the concept of legacy burdens
6. Identify at least 2 strategies to work with clients with legacy burdens

Day 4: Direct Access and In-sight: Applying Advanced Techniques to Challenging Clients

5.5 instructional hours

1. Demonstrate increased proficiency with both formal and informal forms of direct access
2. Increase awareness of the parts of the therapist that may blend and interfere with the ability to utilize direct access
3. Use demonstrations to identify the various uses of direct access
4. Use direct access in a practice group as therapist and client
5. Integrate using direct access and in-sight with these challenging clients

Day 5: Applying Advanced Techniques to Challenging Clients (continued)

5.5 instructional hours

1. Observe Lead Trainer assisting various clients with challenging “Getting Started with IFS” scenarios
2. Identify strategies that assist challenging clients to get started with IFS
3. Give at least 2 examples of achieving direct access and in-sight with challenging clients
4. Role-play facilitating clients with challenging “Getting Started with IFS” scenarios
5. Demonstrate improved skills with helping challenging clients to get started with IFS

Day 6: Putting It All Together

4.5 instructional hours

1. Identify common “stuck points” for the IFS therapist and solutions to resolving these challenges
2. Self-evaluate proficiency with the IFS model
3. Describe group closing and integration