



HIGHLIGHTS:

- Exploring IFS concepts and techniques to expand treatment possibilities
- Deepening One's understanding of *Self* and *Parts*
- Practicing clinical interventions and IFS strategies in real-world applications



VIRTUAL/ONLINE



JUNE 19, 2023



10:00AM-5:00PM
EST

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INTERNAL FAMILY SYSTEMS
INTRODUCTORY WORKSHOP

PRESENTED IN



Featured Speaker: **JORY AGATE**
LMHC, MDiv., MA,
Certified IFS Therapist and Trainer



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AMERICAN SIGN LANGUAGE

“Self is in everyone...It can't be damaged...It knows how to heal”



Jory Agate, LMHC, MDiv., MA, IFS Certified, is an Internal Family Systems therapist, trainer, and consultant with a private practice in Cambridge, MA. Jory is committed to creating a collaborative clinical space that honors the cultural uniqueness of her clients. She specializes in treating trauma without pathologizing individuals for the creative ways they may have learned to cope. Jory had previous careers as a Unitarian Universalist minister and Sign Language interpreter/Deaf educator in the US and abroad. She works in English and ASL with hearing and Deaf individuals, families, couples, clergy, staff teams, and parents of individuals with major mental illness. Jory is a trainer/presenter for the IFS Institute, PESI, the Unitarian Universalist Association, and the National Alliance for Mental Illness (NAMI). In addition to her private practice, she provides training and consultation in IFS therapy, cultural agility, sexuality education, leadership development, and group dynamics. The mother of two young adults, one hearing and one Deaf, she lives with her wife and their pandemic puppy in Cambridge, MA.

WORKSHOP OBJECTIVES:

- Participants will be able to name the qualities of Self and how it is used for healing.
- Participants will identify the parts of the internal system of their clients and their roles that have led to common comorbidities.
- Participants will learn two techniques (mapping and interviewing protectors) that broaden treatment interventions.
- Participants will be able to name the 7 steps of healing used in Internal Family Systems.
- Participants will learn two techniques (insight and direct access) to work with client's protective systems.
- Participants will identify at least three common ways therapists can block treatment effectiveness.

Internal Family Systems (IFS) is an evidence-based model of psychotherapy that is used to help individuals heal their inner parts. The founder of IFS, Richard C. Schwartz, PhD., developed this model after hearing clients describe their various parts and discovered that when parts feel safe, individuals often experience "compassion, openness, and confidence" in turn, being in a state of "Self". Once in a state of Self, individuals can learn how to heal their parts.