

**Internal Family Systems  
Level 2 Intensive Training Program  
“Shame, Anxiety and Depression: An Internal Family Systems Approach”**

**Learning Objectives**

**Instructional Methodology**

Lecture  
Demonstration  
Audio-visual  
Experiential exercises, to gain a “felt sense” of training content  
Practice of skills and techniques in supervised sessions  
Large group discussion  
Small group process

**Instructional Hours: 32**

**Day 1**

7 Instructional Hours

Basic Review: Concepts, Skills and Goals of IFS Therapy; Applying Systems Thinking to Internal Processes; The IFS Paradigm of Shame, Anxiety and Depression

1. Describe the comprehensive theoretical components of the IFS Model
2. Demonstrate increased proficiency with facilitation of the IFS process
3. Identify the constellation of Parts surrounding an issue when working internally with a systemic focus
4. Compare and contrast IFS with other models in addressing shame, anxiety and depression
5. Use role play to practice utilization of IFS therapy with clients in addressing shame, anxiety, and depression
6. Describe how shame organizes Parts’ behaviors, with examples
7. Identify techniques and strategies for successfully working with challenging scenarios

**Day 2**

7 Instructional Hours

Shame and Shaming: The Relational Aspect of Shame and the Inner Critic

1. Differentiate between guilt and shame with examples of each
2. Identify how shame and shaming is a relational process, internally and externally
3. Demonstrate techniques to work with shame and inner critics
4. Identify strategies for releasing shame
5. Describe the process of identifying and befriending an inner critic
6. Use role play to practice IFS therapy with a client
7. Explain the “rules of shame” and how they organized shame-based systems

### **Day 3**

7 Instructional Hours

The IFS Perspective on Addictions and Compulsive Behaviors, Polarizations and Direct Access

1. Describe the IFS understanding of addiction and compulsive behaviors
2. Identify at least 2 skills to assess and intervene with dangerous Firefighters
3. Observe demonstrations addressing working with polarizations
4. Use role play to practice IFS therapy in working with polarizations
5. Demonstrate an increased awareness of the Parts of the therapist that get triggered while working with the extreme behaviors of Parts
6. Use demonstrations that identify the various uses of Direct Access
7. Use role play to demonstrate the practice of Direct Access as therapist and client

### **Day 4**

7 Instructional Hours

Legacy and Cultural Burdens: The Difference Between Depression and Grief, and Working with Despair

1. Explain the concepts of legacy burdens and the multi-generational transmission process of legacy burdens
2. Describe the protector fears and concerns of working with legacy burdens and the therapist responses to specific protector fears and concerns
3. Practice unburdening legacy and cultural burdens using an IFS protocol in supervised sessions
4. Demonstrate techniques of working with legacy burdens
5. Describe how protective Parts can use despair as a resource/coping mechanism and how to identify and address this with a client
6. Differentiate depression and grief and describe how each is assessed and treated therapeutically
7. Identify therapist Parts that get triggered when working with depression, anxiety, grief and despair

### **Day 5**

4 Instructional Hours

Integration and Advanced Techniques

1. Identify and work with a phobic reaction in a client
2. Practice using the phobia protocol in supervised role play
3. Demonstrate increased proficiency with the IFS Model dealing with shame, anxiety and depressive symptoms
4. Participate in group closing, integration and graduation