

**Internal Family Systems<sup>SM</sup> (IFS<sup>SM</sup>)  
Level 2 Intensive 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 Polarizations**

7 instructional hours

1. Explore the entire sequence of the IFS therapy model
2. Demonstrate increased proficiency with facilitating the IFS process
3. Demonstrate improved skills with helping challenging clients to get started with IFS
4. Use supervised sessions practicing IFS therapy with a client
5. Observe Lead Trainer assisting various clients with challenging “Getting Started with IFS” scenarios
6. Role-play facilitating clients with challenging “Getting Started with IFS” scenarios
7. Identify how polarizations present challenges and explore solutions

**Day 2: Working with Dangerous Firefighters and the Nature of Self Energy**

7 instructional hours

1. Define “Firefighters” in the IFS model and give several examples
2. Demonstrate increased skills in assessing dangerous Firefighters
3. Identify at least 2 strategies to intervene with dangerous Firefighters
4. Assess Self-like parts of the therapist
5. Examine the Self of the therapist to get to know participants’ own parts
6. Examine the Self of the therapist to deepen awareness of one’s own Self leadership
7. Apply an advanced review of the parts of the therapist especially with challenging clients

### **Day 3: Working with Exiles, Unburdening, Legacy Burdens**

7 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**

7 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. Give at least 2 examples of achieving direct access and In-sight with challenging clients
6. Integrate using direct access and In-sight with these challenging clients

### **Day 5: Putting It All Together**

4 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