

**Internal Family Systems<sup>SM</sup> (IFS<sup>SM</sup>)  
Level 2 Intensive Training Program  
“IFS, Addictions and Eating Disorders: A Safer and Easier Way”**

**Learning Objectives**

**Instructional Methodology:**

Lecture: Didactic and PowerPoint  
Live Demonstration  
Audio-visual: Materials and Demonstration  
Experiential: Practice and Exercises  
Large Group Discussion

**Instructional Hours: 32**

**Day 1: Understanding the Territory – An IFS Overview of the Addictive System**

7 Instructional Hours

1. Demonstrate and define the paradigm shift IFS brings to the field of eating disorders and addictions.
2. List basic key concepts of IFS and state their application to eating disorders and addictions.
3. Demonstrate parts mapping of the eating disorders/addictive system.
4. Describe how to identify when an eating disorder/addictive part is speaking.
5. Review the 6 Fs and Key Questions for Working with Firefighters.
6. Apply information and acquired skills to clinical practice.

**Day 2: Befriending Those Parts – How to Work with Eating Disorders/Addictive Firefighters**

7 Instructional Hours

1. Identify and practice how to unblend from therapist’s triggered parts.
2. State importance of collaborative approach with eating disorders/addictive parts.
3. Apply techniques for unblending/differentiating parts.
4. Explain when to use direct access with eating disorders/addictive parts.
5. Develop specific skills for negotiating with eating disorders/addictive parts.
6. Explore common polarizations in the eating disorders/addictive system.
7. Apply information and acquired skills to clinical practice.

### **Day3: Healing the Pain That Binds – Unburdening the Exiles**

7 Instructional Hours

1. Explain how trauma impacts the development of eating disorders/addictions.
2. Develop skills to assess when to begin work with Exiles.
3. Cite techniques for gaining permission from the Manager/Firefighter coalition.
4. Apply IFS steps of healing through demonstration and practice.
5. Define backlash, and explain how to minimize it.
6. Explain the importance of integration and outline specific techniques.
7. Apply information and acquired skills to clinical practice.

### **Day 4: Something Is In the Field: Working with Constraints**

7 Instructional hours

1. Identify family/couples dynamics that reinforce eating disorders/addictions.
2. Explain and demonstrate how to work with polarized parts between family members.
3. Identify and explore the influence of Legacy Burdens, and how to unburden them.
4. Cite common polarizations within the treatment team, the impact on the internal system of client and therapist, and treatment outcome.
5. Describe biological processes in the eating disorders/addictive system that can impact access to parts.
6. Apply information and acquired skills to clinical practice.

### **Day 5: Integration: Working with Other Therapies and Modalities**

4 Instructional hours

1. Explain how to adapt IFS to group therapy for eating disorders/addictions.
2. Describe how to integrate IFS with CBT, Solution Focused and other evidence-based therapies.
3. Describe how to use body oriented and experiential therapies to access and unblend from eating disorders/addictive parts.
4. Explain how the 12 steps correlate with IFS, and how to use to enhance parts work.
5. Apply information and acquired skills to clinical practice.