

**The Center for Self Leadership
Internal Family Systems Model
Level 3 Training Course**

Learning Objectives

(5.00 contact hours each of the first 4 days)

1. Cite an in-depth perspective of transference and counter-transference
2. Explain how to work with these concepts from a Self-led perspective
3. Give at least 2 examples of work with difficult clients
4. Demonstrate a higher level of skill in working with client trigger points
5. Use role-play to practice working with difficult case scenarios
6. Describe at least 2 ways to help clients work with parts between sessions
7. Identify at least 2 advanced techniques to hold Self- energy in potentially difficult therapeutic situations
8. Use exercises that allow opportunities to explore what happens as Self of the client embodies and dis-embodies
9. Identify a number of indices of when the therapist is embodying Self and be able to quickly access Self when not embodied
10. Identify at least 2 strategies to work with difficult clients who don't buy into the Model, who have scary firefighters, highly controlling managers, volatile exiles
11. Explain how to access different aspects of Self leadership (the 8 C's) in different contexts (i.e., couples, groups)
12. Examine and have opportunities to work with parts of the therapist that interfere with accessing Self
13. Use role-play as clients where ongoing direct access is necessary
14. Participate in observing facilitator/trainer work with extreme therapeutic scenarios
15. Describe advanced IFS techniques to support clients' ability to expand their vision of life and career goals
16. Using the context of the training group, participate in experiences to enhance the therapist's group process skills
17. Utilize the giving and receiving of Self-led feedback
18. Demonstrate skill level by performing practice demonstrations and receiving feedback from peers
19. Examine and assess knowledge of IFS advanced skill sets