

Internal Family Systems

Level 2, Trauma & Neuroscience (750)

Live online



Internal
Family
Systems
UK

Training overview

The growth of IFS is a testament to the power of its healing capacity. With IFS, individuals are able to rapidly unload traumatically held beliefs, sensations and emotions that burden their lives, allowing for Self-led transformation. The last decade has shown a similar expanse in neuroscience knowledge. We now have a greater explanation for what is happening in the brain during psychotherapy and how this leads to changes in functioning.

Each day of this training will have a different theme that will help participants master the skills required to treat trauma and dissociation as it relates to the IFS model of therapy. Participants will learn about:

- Identifying and working with traumatized parts using meditation, bodywork, unblending, and direct access.
- Using their Self and the Self of the client with Dissociative Identity Disorder (DID) and Attachment traumas.
- Working with extreme parts that are hyper- as well as hypo-aroused, including suicidal, self-harming, substance abusing, dissociative, and shame-based parts.
- Unburdening exiles, updating the system, and re-establishing trust in Self.
- Integrating other therapies with IFS.

In addition to reinforcing the learning of IFS theory and technique, the training invites participants to explore parts of themselves that get activated when working with trauma, in the safe, nurturing environment of the training itself.

Participants will be helped to:

- Understand the particular components of the IFS model that are relevant to the treatment of trauma;
- Apply IFS techniques when working with Dissociative clients; and
- Take advantage of experiential learning to foster personal growth and development.

Format

The training is online and includes lectures, large and small group discussions, live and video demonstrations, and experiential practice groups.

Dates & times

10th–12th and 18th–20th November, 2021 (1pm to 7.30pm GMT each day, with 1 hour for lunch and other small breaks as appropriate).

Tuition cost

£1,650

Secure your place: A deposit of £650 is needed to secure your place (non-refundable).

Final payment is due by 10th September 2021.

Terms & conditions

In the event of withdrawal from the training, please see the T&Cs on the IFS UK website. The deposit is non-refundable. The remaining fee is fully refundable up to 10th September 2021 and then non-refundable after that. It is recommended you insure your tuition fee should you need to withdraw from training.

Certificate of Completion

This is awarded by IFS Institute, and a participant must complete 27 of the 32 programme hours offered in order to be eligible to earn this certificate. Participants are responsible for ensuring that they attend sufficient training hours to earn the Certificate of Completion.

Lead Trainer



Frank Guastella Anderson, MD

Dr. Anderson is a psychiatrist who has spoken extensively on the Neurobiology of Post-Traumatic Stress Disorder and Dissociation. After discovering Internal Family Systems, his passion has evolved into the integration of neuroscience, trauma and IFS. He is the former Chair of the Foundation for Self Leadership and currently is a programme consultant for the IFS Institute. He served on the Research Advisory Committee and Speakers Bureau for IFS Institute. He co-authored the *IFS Skills Training Manual* and wrote a chapter in *Internal Family Systems Therapy: New Dimensions Connecting Neuroscience, Psychopharmacology and Internal Family Systems for Trauma*. He frequently teaches IFS workshops, conducts consultations on IFS and the treatment of trauma and maintains a private practice.

Required pre-reading

Schwartz, RC and Martha Sweezy (2019), *Internal Family Systems Therapy* (2nd edition)

Recommended pre-reading

- M. Sweezy and E. Ziskind (Eds) (2013), *Internal Family Systems Therapy – New Dimensions*, New York, NY: Routledge
- Goulding, RA, and Schwartz, RC (2002), *The Mosaic Mind: Empowering the Tormented Selves of Child Abuse Survivors*, Oak Park IL: Trailheads Publications, The Center for Self Leadership, ISBN 0-9721480-1-9.
- Schwartz, RC (2001), *Introduction to the Internal Family Systems Model*, Oak Park IL: Trailheads Publications, The Center for Self Leadership, ISBN 0-97211480-0-0.

Other suggested reading

Anderson, Frank G., Sweezy, Martha, and Schwartz, Richard C. (2017). *Internal Family Systems Skills Training Manual: Trauma-Informed Treatment for Anxiety, Depression, PTSD and Substance Abuse*, Eau Claire, WI: PESI Publishing & Media, ISBN-10: 1683730879, ISBN-13: 978-1683730873. 2.

Additional training materials

The Lead Trainer may ask participants to purchase up to \$20 in additional training materials. If additional training materials are required, participants will be notified as the starting date of the training approaches.

Pre-requisite

Participants should have completed an IFS L1 training and received the IFS Institute certificate of completion.

Eligibility for other training

By earning the IFS Institute certificate of completion for this training, a participant is eligible to apply for a Level 3 IFS training programme. Participants are not required to be Certified IFS Therapists or Certified IFS Practitioners to enrol in IFS L3 trainings.

Online requirements

The Zoom link will be sent out two days before the training is due to commence.

- Please set up Zoom in good time before the training starts. If you don't already have Zoom, you can download it here:
 - [For Windows](#)
 - [For iPads](#)
- If you already have Zoom, allow enough time before the training starts to update your software if advised to do so by Zoom.
- Your device must be capable of running the basic version of Zoom.
- The training will work best for participants using a desktop, laptop or large iPad screen. Mobile phone is not recommended.

- You will need to need to make sure you have the bandwidth and internet speed to run Zoom.
- During the training please mute your microphone unless speaking.
- Please ensure your device has an adequate microphone so we can hear your voice clearly.
- **To ensure safety and confidentiality, please work in a private place where you will not be interrupted or overheard. Please do not participate in this training in a public place.**

To apply...

Please complete the booking application at internalfamilysystemstraining.co.uk/booking.

Further information

For more information about the Internal Family Systems Method including books & DVDs, see www.ifs-institute.com and www.internalfamilysystemstraining.co.uk.