

# **Internal Family Systems Therapy**

**Month two: The Flow of the model**  
**with Pamela Krause**



# The way we work

- The Self is the healing entity in IFS
- There are 2 primary ways we work with clients
  - In-sight
  - Direct access



# We are always doing IFS if we are Self-led

- The therapist remains open and curious
- Client's parts get to know the therapist



# Begin by engaging the client

- Establish the therapeutic relationship
- Ask question that help the client discover some parts
- Begin IFS language to identify parts
  - “a part of you feels this way but another part feels that way”



- IFS is collaborative and client centered
- We remain curious
- All you have to do is ask.....



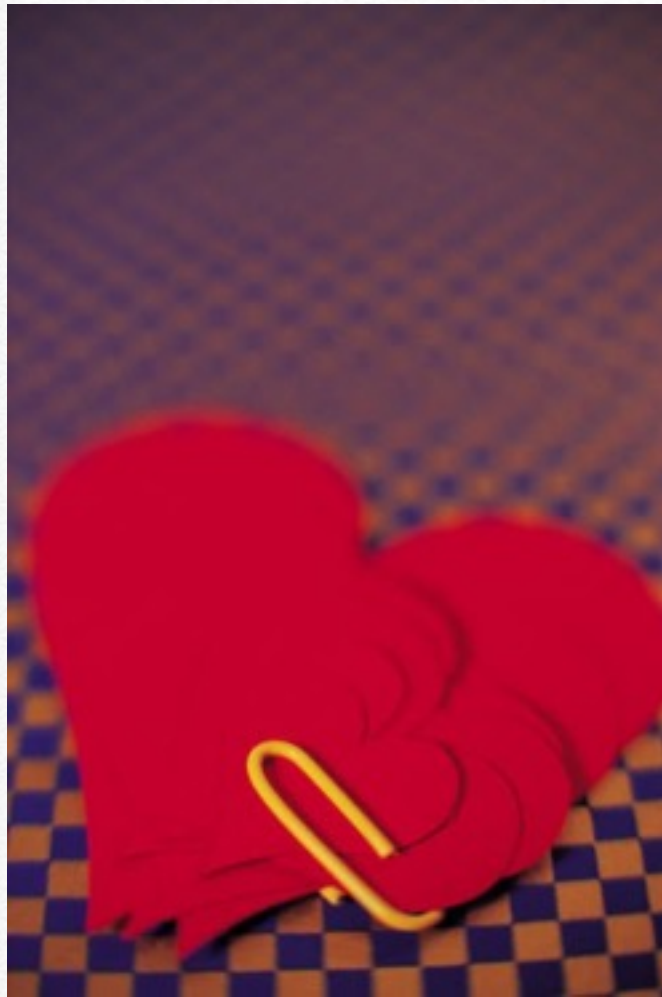


# Getting started

- Establish a target part
  - know better
  - change
  - generally a protector



# Un-blending

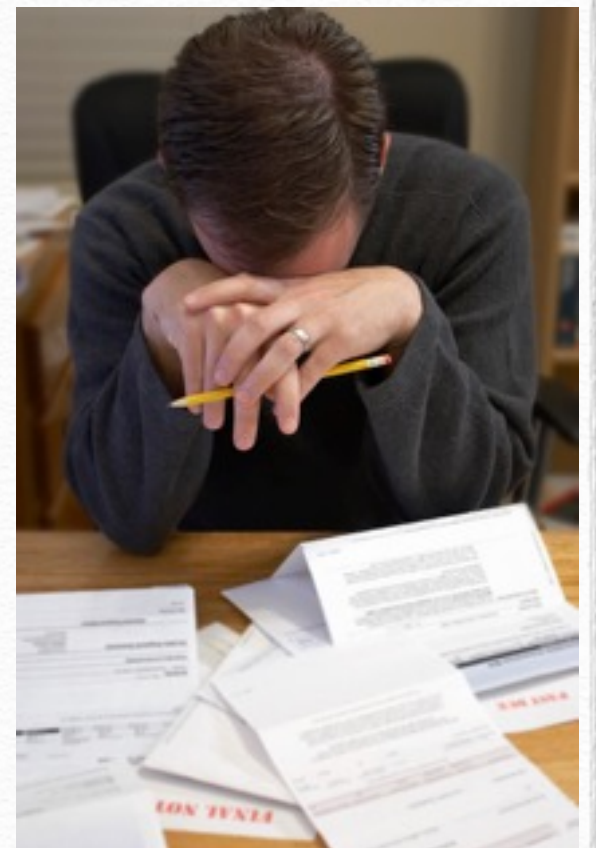


- Parts must un-blend before the client can build a relationship with it.
- “How do you feel toward the part?”



# The role of protectors

- Dedicated to the system
- Cannot relax or let go until exiles are healed
- Critical to build a relationship with them
  - What is it trying to do?
  - How does it function in the system?





# Our goal with protectors

- Help them trust and feel safe enough to step back and allow access to vulnerable exiles
  - we don't threaten them or ask them to give up their role
  - appreciation is not enough
  - hope merchant





# Exiles and their burdens

- Young wounded vulnerable parts

- Carry burdens

- Un-blending



- Relationship between Self of the client and exile

- Self of the therapist essential



# What is a burden?

- Accumulate from past overt or covert traumas
  - Thoughts
  - Feelings
  - Beliefs
  - Energies





# Circle back

- Integrate the change
  - As change occurs integrated protectors change
  - May need to witness protectors just like exiles