

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
