

# Live Call with Toni Herbine-Blank

June 22, 2016

Toni: Welcome everyone. As I think you probably know, the difference between me, and Pam, and Dick by now, I am Toni Herbine-Blank and I am your presenter this afternoon, this evening, this morning, wherever you happen to be in the world. We are going to continue talking about protectors today and I am going to be reviewing the material that was available to you in the month of June and that included a segment on talking about protectors in general, and naming the differences between managers and firefighters, and also moving into the roadmap, how we enter the protective system safely and respectfully. Hopefully, you all had the chance to watch the video demo of me working with Pam and some of her protectors. I'm going to be reviewing that, going over that.

I also got a list of questions. Thank you so much for those of you that wrote in questions beforehand and then of course we have a Q&A board here. As we're talking, you are more than welcome to begin to ask questions and I will get to as many of those as I possibly can. I thought I'm going to share with you a little experience that I had today about protectors, some of my own, because it just speaks so much to what I'm going to be talking to you about and what we keep encouraging you to do over and over again with your own protectors and with your client's protectors.

I've been having a lot of technical issues with my computer this week and even up until this morning, I was having trouble accessing this Zoom meeting, getting my email. I just noticed that little by little as the day went on, I was having more and more blending, we call it, with parts of me that were having a lot of very, very serious conversations about what was I going to do about this because this would be completely unacceptable if I couldn't get on this call this afternoon. As every minute went by, these parts were getting more and more charged up and then there were other parts that we're trying to come up with some solutions including go get something to eat, plan this on your husband, call Brian, call [ASEF 00:02:51]. Make sure somebody can fix this for you.

I decided I would go for a walk instead and just listen. While I was doing it, I even had a part that was thinking, "You know what, I'm going to share this with this group this afternoon," because so much of what we do in therapy all the time is doing, actually. There's that word. We want to do something. We want to help. We want to facilitate. We want to use a roadmap. We want to do good therapy. Sometimes, especially when part, like protector parts, are just blending and forcing their way in, I find that if I just spend some time being with and stopping trying to do anything, it's a much better strategy internally.

I just took this walk, and listened to my protectors, and listened to all the concerns, all of the things that they believe were going to happen to me if I couldn't get my computer up and running. It really made a difference and here I am. My computer is obviously working and, hopefully, you can all see me. I have a part that sure wishes I could see all of you, but since that's not the case, here we go. The other thing I want to say is that I have notes. I took down some of the questions that some of you wrote in and I incorporated them into my conversations, so I'll be looking away from the

# Live Call with Toni Herbine-Blank

June 22, 2016

computer down at my notes and I don't want to just pretend that I'm not doing that so I'm telling you. I'm telling you about that right upfront.

The first thing I want to say in the teaching now, we're going to talk a little bit about the difference between managers and firefighters and I'm so glad I re-looked at the videos that Pam and I made or that I made, I guess, for this month's calls. I'm really glad that I talked about and told that story about the Japanese soldier who was left on an island in the Philippines during and after the Second World War because I think that that really, really speaks to how seriously and in such a determined way and in such a loyal way, the protectors in the system take seriously their roles and their jobs and how hard it is to believe that the "war" is over and that disarming is safe.

This is why this work with protectors that's so critical because we are helping them understand that the past is the past and their roles were very necessary in the past, and sometimes either lifesaving in the past and that the present is different, in most cases or many cases, that the present circumstances are not different and that the resources for the individual are greater. If you watched that particular segment and you heard that story, that soldier had a very hard time believing that the war was over and then had a lot of shame himself for carrying on his role the way he did even though the war over. Just a really, really moving to me, very moving example about how own protectors work.

One of the questions that came through prior to this call was what if your client or different parts in the system don't like parts language? I think that that is very, very common especially if you're moving from one methodology to this methodology that all of a sudden you're starting to use the language of multiplied mind and it can be threatening. It can be threatening.

I say when I'm teaching in the basic trainings, the level one trainings of IFS is you can do an entire session with someone without ever saying the word part and if your client have parts that don't like that part language, don't use it because we can use feeling words, we can use words of experience, we can ask people how they're experiencing their own emotion. My rule of thumb is use your client's language always and if they're having trouble with the language that you're using, change it. There is no point in getting into a tussle with a part.

The other thing that I did when I was a new IFS therapist is I would talk about the model and I would talk about the idea of multiplicity of mind and non-pathological multiplicity of mind. I would directly address the concern of the part that didn't like the language, but I think the most important thing is there's no need to get into a power struggle with that part.

I want to just a little bit about the differences between managers and firefighters and these parts have those names for particular reasons. If you think about what a manager is in life, it's someone who organizes, controls, manages as it were. These are the parts, protective parts in the system that are preemptive. They're forward-looking. They will try to manage what's happening in the future as to prevent what

# Live Call with Toni Herbine-Blank

June 22, 2016

has happened in the past. They have a lot of strategies for trying to take care of what's coming next.

Someone asked about the common roles. Excuse me, my earring fell out and I'm going to take a second to put it back in. Some of the common roles of those manager parts. As I said, they can be the controllers in the system. They can be the critics. They can be the caretakers. You want to think about your own. Who are the parts in the system, in your system that try to take care of preventing a bad future? Those are what we call the managers and their role, just like every other protector in the system, both kinds, all kinds of protectors in the systems job, their overall focus is to prevent overwhelming vulnerability.

These are the parts that are more forward-looking as opposed to what we call firefighters. If you think about a real firefighter, a firefighter in real time, they act very quickly. They do not really care about the consequences of their action. They deploy when manager parts can't ... they don't feel that manager parts are doing their job, so they will rush in and take over, try to push those managers off to the side to get to whatever the fire of feeling that seems to be taking over, blending, overwhelming. They tend to be more reactive. Managers are active and firefighters are reactive.

Most important thing to remember is that their job is the same and how we work with them is the same. It's just that sometimes working with firefighters requires therapists to work with their own parts because we can easily get triggered by some self-harming behaviors or other harming behaviors and that they don't unblend as quickly, potentially, as managers do.

I want to just offer a little perspective, something that I was thinking about this model and something that has become so meaningful to me. We have a set of protocols, and I'm going to be talking about the roadmap in a few minutes, that the purpose of which is to work with the protective system to make it safe enough to work with the more vulnerable parts in the system and the facilitate that deep healing, which creates more space in the system.

The other thing that I have come to appreciate about this model and working with clients and in my own system is the idea that we can radically change our relationship with ourselves and help our client radically change their relationship with themselves. My taking a walk with my parts this afternoon is a good example of over time how that begins to change how we see ourselves, how we view ourselves, how we choose to respond either externally or internally. While we're "doing" this deep healing with vulnerable parts, and wounded parts, and trauma, whether that's big T or little T, even before all of that healing is complete, which there's a question of whether that ever is really complete, it is still possible for people to change their relationship with themselves.

I'll share with you that I was working with a client recently who is spending time with a part or set of parts that have developed and adopted a very burdensome belief system about what it means to keep her and [themselves 00:13:46] safe in this

# Live Call with Toni Herbine-Blank

June 22, 2016

lifetime. It started very, very young and also could be considered a legacy burden that was handed down from many, many generations. Those protective parts that believe that there is only one way to stay safe are not going to let go of that role and that job easily without building some trust with her.

The metaphor and the analogy that I used to help her understand it conceptually was this, which made sense to her and might make sense to you or might make sense to some of your clients, is if you think about a protector like this, for instance, like a child who's drowning, and is holding on a log, and is keeping themselves alive, this is how the part itself feels, they're keeping themselves and other parts in the system alive by hanging onto that log. If they don't know that there is a hand reaching for them and that there actually is some real help available, they're not going to reach out. They're not going to let go of that log.

It made sense. This made sense to my client is that this protective system, these little parts that are hanging on desperately to their job and to their role and do not believe that there are any other resources, and that is a message that has been handed down for generations, is not simply going to let go of that log because we try to convince it that it can. Again, as these parts are beginning to trust and help her understand what's going on much, much deeper, her being able to have an ongoing relationship with this part as we're working is critical. It's critical for this part to believe and to understand that there is another way of seeing the world and that beliefs can change.

This is another aspect of this model, which is helping people take a past experience and understand it from a present perspective. In other words, there is not a present day life-threatening situation with this particular person even though that part believes there is. I just wanted to reiterate that again. That protectors will hold onto their jobs until they can begin to trust that there really is help internally and sometimes that means externally as well.

The other thing that I want to say about parts, and especially these protector parts, is that often we name them for them. We'll say, "I have an angry part. I have controlling part. I have an eating part. I have a frustrated part." I probably even did that when I was doing that work with Pam. I want to say again to all parts out there who may feel disrespected by that that we see this relationally and this can help to maintain this idea that we can work with them relationally, that we treat them like people, these parts, and that they are parts with feelings and burdens. They are not the feelings and burdens themselves.

What I like to do is to reframe it from it's an angry part to it's a part that feels angry. It's from a controlling part or my controlling part, I have a part whose job it is to try to control. To begin to reframe it that the part itself is not the problem or it's the burden or the beliefs or the extreme feelings that are taking over that we're trying to help with, not the part itself. Also, my parts love to be asked what they would like to be called rather than me just announcing what their name is or what they're up to because often these parts have a perspective on themselves. How many times have we said it already, and we'll say it over and over again, is if you want to understand

# Live Call with Toni Herbine-Blank

June 22, 2016

the job or the role or even the name of the part, get curious, and ask, and see what begins to surface.

I see that there are lots questions here and I'm going to just answer a couple of them. IFS, awesome with some and others not. Does this make sense to you? Different responses from clients. I switch out and meet them in their space such as wanting to tell a story and it does make perfect sense to me. I would say that this is fairly common, actually, especially if you are switching methods with a client but even not. I have many clients so I'll say two things about it.

One thing is I have many clients who will do a piece of deep work over several sessions and then there will be parts that we'll need to process and to tell the story. That's fine with me. I'm perfectly available to listen to a part tell their story and I think sometimes it's very necessary, especially in the beginning of therapy. The curiosity for you to hold is to find out if that's a part that just is trying to avoid feeling something uncomfortable, which is okay too because we can just see that as a part, or whether it's a part that feels like it needs to connect with you, it has something to say, it hasn't felt like it has been hurt thoroughly.

The other thing that I would say about this, which goes along the same lines of if people have difficulty with the language, is even if I'm doing direct access or even if someone isn't ready to go inside, even if parts have difficulty unblending and I am just listening to a story, and I've been at this for many, many years so this is probably much easier for me than it is for someone just beginning in this model, is I will always hold that there are both parts and there is self. No matter how I'm working, whether I'm listening to stories, doing direct access, trying to help somebody unblend, getting to know protectors, working with exiles, regardless of what's happening in the client, I'm keeping that in my mind. That we are eventually working toward internal differentiation. I hope that answers that question.

Hi, Michelle. Protect the parts that protect other protectors. Again, I think this is extremely common and very relevant to what we're talking about here. You know how I view it often is that there is a CEO. There is a big manager. This is who it works in my system anyway. There's often a big manager that's overseeing other managers. That we're working in layers here. We may first be working with a part that is an over ... how do I want to say this? We're working with and often times that's a critic, by the way, in my experience, that that part can be a critic and they're trying to control the system in a certain kind of way.

Then of course we have protectors that don't want you to get to a protector that then might lead you to something more vulnerable. The work is the same. The work remains the same. Slow and steady. Slow and steady. Slow and steady. Making sense of all feelings and all the concerns of the protectors without trying to move through it too quickly if they're not going to let you do that.

I am going to move now and I'll come back to these questions, I promise you. I'm going to just say a little bit more about as with my client when this part is so terrified

# Live Call with Toni Herbine-Blank

June 22, 2016

of letting go of a belief or doesn't feel like it's possible. I think that is also very, very common. There's hopelessness about letting go of a belief. If you can remember that validation, every part, every protector, if we look at the model, if we see the model this way, that protectors are in the service of something more vulnerable, anything that a protector says can be validated.

We're not necessarily condoning behavior, but we can certainly validate it and we are going to continue to offer help and it calls this hope merchanting, which is the idea that it is possible to help change beliefs and we are going to just keep validating feelings and offering that there might be a different way to do this. There might be a different way to live life. I just wanted to name those things. We're offering a different kind of life raft, potentially, than what are logged.

I'm going to go through the six Fs and I think there are some questions about the six Fs. The way that I began teaching the six Fs, for those of you that are already familiar with them, those of you that are learning new, is that if I can chunk this down to phases it sometimes makes this easier to learn. The first phase after re-establish a target part, and I think both Pam and I have talked about establishing a target part, and in both demonstrations that you've been able to watch up 'til now, we work with each other to get clear about what the target part really was. The part that has the most energy. The part that's the most present. The part that you or your client is most curious about.

As I go through this, if you have a pen and a paper, you might want to map this, something about your own parts right now. Even maybe something about this teleconference if something is coming up for you right now. Once someone has established a target part, we want to help them find it and that is the first F. The first three Fs have to do with unblending. That's now how I'm teaching it. The first phase here is helping people unblend.

The first unblending question and the first F is can you find it somewhere in your body? Many people, although not all, will say, "I don't know what you mean." Those of us that are more body centered therapists think, "No brainer. It's there. It's in your body. It's got to be. We know you're feeling a sensation so let's just go find it," but many people do not make that connection for a long time and that is okay. Someone does not have to have that awareness of sensation in their body in order to do this work.

What I say is, "Well, how are you experiencing it?" That is a question that gives it right back to the client. How are you experiencing the part right now? Then people will begin to tell you. I hear it. I see it or maybe they even are aware of an emotion that they're having. I feel angry. I feel anxious. Then if they're experiencing it they can focus on it because if they're experiencing it they're already focusing on it at some respect. That's the second F which is the focusing and the fleshing out.

I think I said it, and I'll reiterate it because it is the way that I work, is that I want to take a little bit of a pause here. I am in no rush and patience is one of those P words,

# Live Call with Toni Herbine-Blank

June 22, 2016

not a C word, the P word of self that can be very, very helpful at this stage. Just having the patience to be present while someone becomes present inside of themselves. For some of us and I'm included in this I need a little time to do this because I don't want to imagine something. I want to have the direct experience inside of my soul.

I pause here and then I invite people to just notice, notice, notice what's happening. There will be people that have parts that are like, "Let's get on with it. Let's get on with it," and that's okay. That's a part. We can just ask that part to give a minute that we are moving. We are moving, but right now we're going to take a pause.

We're asking people to focus on the part, to find out what it wants you to know at this point in time, and to just see how present you can be, how present you can help your clients be without having rushing into want to do something about it. We're always doing and protectors do. Protectors' jobs are to do as well. I like to facilitate a process where people begin to learn how to be with instead of going so quickly to do something. This facilitates in my experience even more unblending.

Then the third F, which is the critical question that we ask over, and over, and over again, endlessly, how many times a day I have asked over the last 16 years, how are you feeling toward the part? This gives us the indication if unblending is starting to occur. We found it, we fleshed it out, we focused on it, we've gotten present to it, we begun to get information about it. Then we want to know, is there differentiation happening on the inside?

This little roadmap, as I just revealed to you, I've asked that question many, many times, is something that I am referring back to all the time. I had never let those Fs go to the wayside because it gives me a lot of information and fairly quickly, actually. If we ask how are you feeling toward a part and we hear anything other than some of those Cs or an open-hearted stance or really an opening, a sincere curiosity, then we haven't unblended yet and we want to see if we can facilitate even more unblending. Part of that is helping parts that might have a worry about the process in general to begin to step back, to relax, to trust you and the client that this is a safe and respectful process.

I think that I said in one of my video segments, the way that I work, and I have found that this works for me and it works for my clients, is if I slow down upfront and create a lot of safety in the system in the beginning of a session, then the process of unburdening and of working with exiles speeds up on the backside. That's just the way I work and Pam will talk about how she works and I know you've been hearing how Dick works. Many of us work differently and you will also work differently. That's part of the beauty, definitely the beauty of the model.

I'm just going to finish these six Fs and then I will go back to some more of these questions. If you get to how do you feel toward the part and I want to say that I want to remind all of us, new and old alike, that how do you feel toward the part, I might ask that question, if I suspect, even if I get permission and I suspect that the

# Live Call with Toni Herbine-Blank

June 22, 2016

permission was permission light, if you know what I mean, I'm going to continue asking that question all throughout the entire session.

I am asking the question how do you feel toward the part, not how do you feel about the part. It is a very, very different question. How do you feel toward the part does not evoke the same kind of conversation as how do you feel about the part in my experience. We're looking for some space that the client is now unblending. There's a differentiation on the inside and the system is relaxing enough to begin to move those questions from unblending to relationship building. This is what those last three apps are. Finding out what it wants you to know. Once there's self-energy in the system, then we want to begin by befriending it.

For instance, if I hear someone say, and they don't always use C words, I'm sure you're finding that now, "I really want to understand it," or, "I'm feeling very warm toward it," then the fourth F, which is befriending, is beginning to extend that warm feeling toward the part and then not just beginning to extend the warm feeling but also noticing if the part is responding. This is another place to slow down and to take a little bit of a pause.

If someone is extending compassion or extending warmth but the part is not responding, then we want to get curious about that. What is happening and what does the part needs. There are some trust-building questions that we can do right here, which are what does the part need to trust you a little bit more, 10% more? What does the part need to believe that there really is a you? These are some of the relationship-building questions. What does it need to trust you? How close can you get to it? That's a question about energy. Can you get close enough to be present but not be overwhelmed by it? Hopefully, that makes sense.

Then is there more that the part wants you to you know about it? There might be a story. What's its job. What's its role. You know a question that I started adding many years ago in this process, it's not an F. Well, I could make it an F. Find out what it's like to be listening to it like this right now because remember, protectors are often known by us and other people when they're blended. It's really a moving experience, in my experience, when a protector that's been working hard at a job or a role but has never really been known or understood in this way begins to have a listening and not just a listening so that it will get out of the way. A listening because someone is genuinely curious about what they've been up to.

These protect their own stories and they have their own burdens, they have their own shame about sometimes being in a role that nobody's liked for a long time. A sweet question to ask is what's it like for the part that it's being noticed right now, that it's listened to in this way? Just to have the client and have you really listen to what it's like to be heard and understood because in this model what we say is as protectors to feel more and more disrespected, they become more intense and that makes sense. That does make sense, doesn't it?

# Live Call with Toni Herbine-Blank

June 22, 2016

We're befriending. We're building trust. We're listening. We're finding out what it does and sometimes for how long. How long has it been doing this job or this role and that will give you some indication about how old the part is because sometimes we hear forever or sometimes as we know, these parts pick up their jobs or their roles very quickly after the big or little T trauma. Sometimes these protectors are not much older than the parts that they protect. They can be young. They can be young children holding onto a life raft in what they believe is a very dangerous sea.

Then we begin to ask and address their fears. What are you afraid would happen if you didn't do this job or role? This is then where we begin to get the information about who the part protects and the risk that this part would take by stepping back. Then once they do this, there may then be an opening to move to a more vulnerable part. The parts that are being protected in the system. Someone did write in a question. Is it possible actually to work with protectors and not work with exiles?

You know, what I want to say is probably not. We are working with protectors to make it safe enough to work with exiles. It doesn't really work to get all the way to addressing their fears and then think that we're not going to know anything about the vulnerability of the system. The safer we can make protectors, the more easily they're going to relax, and then the safer the work, the deeper work will be.

I'm going to back to some of these questions and [Godfrey 00:39:52], I think I just went through exactly what you're saying here on blending, building relationship, and finding out their fears, so I would say that's right. Let me see. Your question here is when a client asks what do you mean, how do I feel toward it? If they say what do you mean, how do you feel toward it, I might just say, "What are your feelings at the moment as you're starting to get to know it? What's your perspective on it? What are you saying to yourself about it? Because that will help you flesh out the feelings. My rule of thumb is that often times people don't know what they're feeling but they definitely know what they're thinking and you can move from thinking to feeling pretty easily. I hope that answers the question.

Linda. What's the difference between focus on it and flesh it out? I don't think there really is much difference. Not in my mind, anyway. I think actually those two things are happening simultaneously and we're helping people get in touch with, focus, stay present with it, and begin to find out about it all the same time. I think that those two go together very nicely. I hope June that I answered that question. How would you reframe how do you feel towards it, a thought or a sensation? Again, I would ask people what they're thinking about it. That might really help.

Okay, let me see. Sorry, guys. This is a little bit disconcerting questions coming in. I'm going to go back to teaching a little bit. There was also a question earlier about recording from session to session and there was also a question about napping. I think those two things can work very nicely together and in the very first set of videos, Pam did a mapping exercise with you guys and, I said it last time and I'm going to say it again, go back and review that because not only is that excellent for your clients but it's an excellent way for you to track your client's system.

# Live Call with Toni Herbine-Blank

## June 22, 2016

When I was a new IFS therapist, I happen to be extremely visual. Even as I'm aging and not remembering everything all the time anymore, when I'm working with someone's system I get visual images and they stay with me. Not everybody is like that. I think Dick Schwartz would tell you he's never seen a part of his own. Maybe that has changed, but I remember him he used to have said that in the past. Creating something visual externally can be really helpful and I will have a quick chart in my office and I would draw what I was hearing for people so that those people that are visual learners and things will make more sense if they can see them, it's really great. Then you have the map that you can refer to.

I also know that for myself I am always at the end of the session going to make note of the protectors and the exiles and where we left off. The next session, even if someone comes in with something much more present, then I want to name the part that we left off last time and just say, "We can go here or we can go wherever you are right now." I also find it really helpful for people to take some of their own notes because their notes are going to be better than our notes. I believe that. I just want to say that.

Let me see here. Greg, I'm going to read your question. One of my parts I call my inner Batman. Hello, inner Batman. Basically, this part is willing to beat the [inaudible 00:44:45] out of someone and walk away. Also, he sometimes protects me from feelings of vulnerability. I guess he does. I've encountered so much parts in clients as either managers or firefighters, but similar characteristics. How does one distinguish between managers and firefighters?

Rule number one: you probably distinguish them in your clients based on your reaction to them, I would say. You want to listen to what it's like for you to be in the presence of one of these parts in your client. In my experience, the real difference between managers and firefighters is how we respond to them and how clients respond to them. Remember that firefighters are the parts that deploy when managers are ineffective. Firefighters tend to be, as I was saying earlier, impulsive, they act quickly, they appear to not have a conscience. I don't believe that that's true, but they appear not to have a conscience and they don't really care about the parts that they're hurting internally or externally. They are very, very highly reactive.

You can have a behavior that is either a manager or a firefighter. Anger is a good one. Managers can be angry and firefighters are going to be angry. The reactive, very, very hot rage might be classified as a firefighter as opposed to those low-burning constant frustration and irritation of a manager. Remember that managers are preemptive. They are looking toward the future to try to prevent bad things from happening and bad feelings. Firefighters are not preemptive. They're right now it's over. We're going to get this fire out immediately in whatever means possible. Hopefully, that makes sense.

Critics are managers. I would say they are. You know guys, really the best way to understand this is to understand your own. Haven't met a human being yet that

# Live Call with Toni Herbine-Blank

June 22, 2016

doesn't have a critic or a judge. I think we learn very, very early that criticizing ourselves or others is a great way to try to manage your own feelings. Listen. Listen to that critic. What is its job or role? How long has it been doing it? What is it afraid would happen to you if it stopped doing it either to you or to other people? You will get a lot of great answers.

Okay. I have often used the analogy of a client's part, this is Jean, being like her children and her mom and one of the parts is tugging on her for attention. Is this an issue using this type of analogy? It seems to be working very well for some of my female clients. Make analogies, use metaphor. Whatever your client's parts need to understand what you're up to. It's like what I do with my client and the child on the log. Things will begin to make sense as you explain in ways that make sense to you or in ways that make sense to the client. If your clients are responding, the answer to the question is yes.

I'm looking at the time. Where does the time go? You know, I'll come back to these questions, but I want to talk about the session with Pam because I went back and I watched that as well and there were just some things that I wanted to point out that I thought were pretty important for you guys in your process. The first thing is you probably noticed that Pam was immediately ambivalent and the very first thing she said is, "No. Well, yeah." I mean, that was the first thing when I'd asked if she was ready to start exploring the part that she was going to work with. She said, "Well, no," and then she said, "Well, yeah." I think it's important to me because one [inaudible 00:49:54] Pam, given the circumstances I must say, and most of our clients have parts that are saying to us both yes and no when we ask them to start this exploration.

I just want to encourage you to remember that even if a client doesn't say no to you that probably there is a part in there somewhere that is asking them why would they be willing to do this with you just the way that Pam did. That if those parts that are polarized about I want to do this, I don't want to do this, it's a wonderful place to start with people because it makes so much sense. We're asking people to be vulnerable. We're asking them to potentially expose some shame, some grief, some fear, some terror of being alone. We're asking people to go to places that these protectors have put up a lot of road blocks to. I would just encourage you to hold that lightly and remember that your clients may have a yes and a no whenever you ask them something.

Pam and I started this inquiry about something that she had been noticing in relationship to the project that we were doing that a part of her was quite afraid that she either was going to do something wrong or not get something right. That was her target part. When I hear the words, even if it's from a protector, I'm afraid I'm not going to get it right or I'm afraid I'm going to do it wrong, what I'm going to hold very, very lightly with the understanding that the client gets to direct this play, not me. That does sound like there is shame there. That that generally, generally, I want to say, and again we keep saying to you don't make too many assumptions here, but that has something to do with performance. That has something to do, potentially,

# Live Call with Toni Herbine-Blank

June 22, 2016

with feeling like I'm going to fail at something and that will most likely lead to that most vulnerable, vulnerable scary feeling of shame.

I was holding that when I heard those words from Pam and, lo and behold, it turned out that by the end of the session, all of those protectors that she was in touch with were admitting the fear of humiliation. Even though I knew that or I sensed that or that was my gut feeling, I wanted to make very, very sure that Pam was going to find that herself. That I was going to ask the questions and [hold 00:52:55] self as much as possible and allow that process to unfold naturally the way that it does when we as therapists are able to step back and allow somebody and trust somebody that they're in a process that actually makes a whole lot of sense to them.

There's a question here right now. Whoopsie, it just left me. Do all managers have to step back to reach the exile? This is relevant to the work with Pam because managers need to soften and trust. Those are the words that I would use. That in order to allow enough safety in the systems so that the client can be working with that very, very vulnerable, tender place inside. The protective system does need to relax enough to allow that work.

If all managers and protectors were to go away on vacation, I don't know that they would because often, protectors need to be told that they can stay nearby but they do need to move. They energetically need to move in order to make it safe to work with the exile, especially the protectors that are involved with the exile because remember, you have protectors that are going to worry about the exile itself and you are going to have protectors that worry that the exile is going to infect the system so that somehow that vulnerability, that shame, that fear, that anxiety, whatever it is that the exile is holding, that burden can become contagious to the whole system. There are protectors set up to prevent that. I hope that makes sense because we're sometimes listening to caretakers of exiles and sometimes we're listening to caretakers of the system.

Okay, [inaudible 00:55:19]. Rosa, you want me to go through all the six Fs. I feel a little bit on the spot here. First is that I'm blending. Find it. Can you find it in and around your body? Can focus on it and flesh it out? Those are two-in-one. Then how do you feel toward it? Those are the first three. Find it in and around your body. Focus on it and how do you feel toward it? Then we want to know, find out its job. What is its job or role?

No, I'm sorry. See? I'm sorry. No. Then we want to befriend it. The second three Fs are relationship-building. Befriend it. If the client after how do you feel toward it says, "I'm open to it. I feel warm toward it," like Pam did. I said to Pam, "Can you extend some of that warmth?" That is in the service of building relationships and now we're onto the fourth F, which is befriending and beginning to extend the warm feelings, the compassion, the curiosity, the interest. Within that befriending, here are some little sub-questions in the befriending. It's a building trust. There are some building trust things that I do which are, is the part responding to the befriending? What does

# Live Call with Toni Herbine-Blank

June 22, 2016

it need to trust you? Is it aware of you? Those are little sub-questions under befriending.

Then we want to find out its role, what it's been doing. That's the fifth F. Find out its role, its job. How long it's been doing it. How it feels about doing it. What it would be doing if it wasn't doing that. The final, sixth question is what is it afraid would happen if it stopped doing its job? That's a very critical question. This is where we begin to find out the fears and what we are potentially going to have to negotiate with these protectors.

Next month's call with Pam is all around negotiation with protectors and it's a very, very key piece to this model that if you can imagine that a protector had its job say 35 years that you're going to have to know how to negotiate with that protector to help it really, really trust that there is a better and a different way to heal this little T big T trauma, whatever it is, it's going on deep down inside the reason that it had to take on its job or its role.

Okay. Let me see. More about these parts that are caretakers of the difference between the kinds of protectors and this is important, so I am going to slow down here before I go back to Pam. Maybe I'll use the demonstration with Pam to illustrate his. Protectors do two different kinds of protection, whether they are managers or they are firefighters. Well, I don't really think firefighters are caretakers of exiles, so let's just talk about managers. The caretakers.

There are some protectors, like I have some protectors in my system that have a lot of kindness and compassion towards some very young parts in me. They are looking out for making sure that I don't get into situations where I could easily be shamed. This is a long time ago, actually. It was part of the work that I had to do to become a trainer and a presenter because for me and some things that happened to me in my early childhood and in school, getting up in front of a group of people and teaching or potentially making a fool of myself was really, really, really scary. I had a part that was convinced that it would be a very, very bad idea for me to take the invitation to become a trainer. How dangerous would that be for that poor exile who was so humiliated in school?

That is an example of a part that is in service of the exile itself. Now, I have other protective parts, and this might actually be the more extreme parts, the firefighters, who don't like the exiles in me and think that all they do is cause a problem. The problem that they cause is like prevent me from getting [inaudible 01:00:39] with a good career path. I take back what I said about firefighters about not being protect ... they are protectors of the system for sure and not necessarily in service of the exile itself. I had a lot of battle. A lot of self-hatred for my vulnerability early in my life and felt like the fact that I did feel so vulnerable was going to just get me in a lot of trouble. Those parts had some data about that.

I hope I didn't make too much of a mess of that, but there are caretakers of exiles and then there are parts that hate the exiles. We get very polarized with the exiles

# Live Call with Toni Herbine-Blank

June 22, 2016

because I think that the exiles are what's ruining our life, basically, so that's a distinction between those two. When I was working with Pam, we never really got too the deep vulnerability so we never got to find out if her protectors were trying to take ... I don't think her protectors were trying to take care of that fear of being humiliated, but she did have, and this is what got fleshed out there, a row of protectors all saying the same thing. To go below this. To tap into this shame and humiliation isn't a bad idea. That's another thing to remember is that you can have lots and lots of protectors that are either trying to keep the exile safe or keep the exile from infecting the system.

Would you say more about negotiating? Jackie, here's what I'm going to say about negotiating. The whole next month's material is negotiating and those videos are up, actually, and there's another demonstration that I haven't watched again since we did it so I can't speak to it, but the intention of that demonstration is me working with negotiating with some of Pam's protector. Negotiation is all of next month's material.

Okay, let me see. I'm sorry. I'm sorry about this. We don't have a whole lot of time left here. One thing that I want to just say about the demonstration with Pam, and I encourage you guys to go back and look at it, is all throughout that demonstration you heard me asking Pam questions that were suggestions that she'd be with what was going on instead of trying to do something about it. That's just reiterating what I said earlier about being as opposed to doing. This allowed these other protectors, actually, to feel safe enough to begin to emerge. Sometimes pausing and allowing people to stay present with what's happening allows information to surface.

It takes a lot of patience sometimes, perseverance, presence on the part of the therapist to give the clients space to do their own exploration. Some people would need more or less of that and Pam and also I, I think, if you watched the demonstration with me, both of us were people who any kind of pushing or any kind of agenda and even sometimes misusing words that we didn't use, we have protectors that would come in and would want to correct us. We felt safe enough to do that, but again, I want to encourage you to pay attention to your system while you're working and if they are a part of you that thinks you have somewhere to get and to watch those parts.

Even though we are on, as I like to say, we have an agendaless agenda for healing, I also believe, one of the things that I love about this model that I believe in, is that the client is on a path to their own healing and our job is to facilitate them to drive their own bus, as it were, and to trust that what's happening and what's coming up is what needs to. This, over the years, has really helped me and helped my very hardworking therapist parts when I put my foot on the gas pedal, trusting that there is a self, that there is wise, wise, non-wounded self in every human being that work with these protectors, and then eventually with the exiles, is around freeing that in the person so that they can become their own best friend and that the paradigm of healing is between the parts and the self of the client.

# Live Call with Toni Herbine-Blank

June 22, 2016

Do I give homework? It depends really on the client. Here are some of the things that I would say and the first thing I say about homework is I'm going to make a suggestion. All suggestions can be thrown in the trash as soon as you walk out of the store. I have no agenda for people to do homework and come back to me with these things, but one of the things that I suggest to people, especially in the beginning, is to become aware if they can, more consciously aware when they're having a conversation with themselves or they're having a somatic experience or they're having a kinesthetic experience to begin, and this is an unblending tool, to say, "Oh, I am hearing something inside myself. Oh, I am feeling something inside myself," and to just notice. Just to notice, and notice, and notice. When people work with their critics and the parts that the critics are protecting, those parts often will ... not often, they're always together in some respect.

One of the things that I work with couples primarily, couples have a lot of critics, don't they? I ask people to start to get curious about that. Before you let that part speak, what if you turn inward first and get curious about what that part was up to and all of these exercises of paying attention internally, Dick Schwartz coined this term, a u-turn, is all about stopping, slowing down, taking a pause, and paying attention to what's happening here before there. That's one of the things.

If people are journalers, that is such a great way for them to track their parts. I am not a journaler so I've never done that, but I'm an artist so I've used drawing or I've used clay, I do things, visual art. I have done that for myself and also encourage that with my clients. Have a journal. Have some colored pencils. Sometimes we'll even do that right in the session.

The other thing that I invite people to do, one of the things that we do at the end of sessions potentially, is to ask people to see if they can find or the part can show them or take them to a place that feel safe and comfortable until we can get back to that. If people are visual in the world of trauma, if they're been doing this years, and years, and years, is to create a safe place in the mind.

If you can create a safe place in the mind, and I use nature a lot, I encourage people to find places that they love or that they can imagine, then they have a visual. For people who are visual, then they can refer to that and I say that. You can go there and your parts there. You can go there anytime. Those are just some of the suggestions that I made, but I don't make suggestions about homework until I'd established a relationship with the client and they have begun doing some of the work because I don't want to overwhelm them.

Mindfulness meditation. Yes, yes. Internal work. Paying attention. I have a meditation practice and the first thing that I do, I will say with a caveat, I have a meditation practice that I am developing and getting better at, I just want to say. One of the things that I do to start my practice is to do body scan and bring my very conscious awareness to any exiles that I might be working with who have gotten stirred up and I do a Metta practice, which is a loving kindness. To be able to be present with a part that is struggling with something and to help that part rest into me or even do a little

# Live Call with Toni Herbine-Blank

June 22, 2016

listening helps me then to do the other practice that I have. This is a mindfulness practice, I have to say. It really is. Whether we're facilitating the six Fs or we're asking somebody to be present or we're encouraging conscious awareness, there's a huge mindfulness component to this model.

I see that we just have a few minutes left and I know that in the beginning of Dick's talk last week, he brought up the issue of training and I just want to say a quick minute about training. I know that we have a wide range of folks on this call, some people who have been trained in IFS longer than I have and some people that are very, very new. We're trying to organize these calls so that everybody can get a little something and I hope that is so for this call today.

I also want to say, for those of you that are not IFS trained, that there is something powerful about going through the basic training and having highly skilled staff and practice groups in giving supervision. Those basic trainings are run all over the world, actually, and that information is available on the CSL website, [selfleadership.org](http://selfleadership.org). You can find out where those trainings are and I encourage you, if you haven't taken the training, to find a training. I no longer do basic trainings but Pamela Krause absolutely does and she's a fantastic trainer and there are many other trainers as well.

For those of you that are basic trained but who want to develop skills in specific areas, there are now many post-level one offerings including trauma, eating disorders, deepening in the basics, and I've developed a training to work with couples called Intimacy from the Inside Out and you can get that information on the CSL website or if you're interested in couples, my website, which is [toniherbineblank.com](http://toniherbineblank.com). Then for those of you that have taken level two trainings, there's also another level of training which is five days with Dick Schwartz and you can also find that on CSL website. I will be doing a level three in Spain in 2017. I encourage you to go to the CLS website, go to my website, and find out where these trainings are, and continue your learning that way.

I know that I did not get to every single question. I'm going to answer one more from Aaron and then I'm going to say goodbye to you, guys. Just to confirm, eventually at some point as you go through this process, there is no way to completely avoid the language of a part, is that correct? For example, on the flip side you've tried to substitute a word such as sensation in the place of the part. If so, what [inaudible 01:14:47] with that?

You know what, Aaron, here's what I would do. Yeah, probably you're going to have to use the word part at some point and you know, a lot of people, if you watch movies or TV shows, they use that all the time. They talk about parts of themselves. One quality, one of the pieces that Dick talks about is playfulness. You can talk with people about why the word part is triggering and get that information. I think curiosity is such a great tool, really.

If someone really has a problem with the part, it's a part that has a problem with the word part and get curious about it. Talk to me. What is it about the word part that is

# Live Call with Toni Herbine-Blank

June 22, 2016

so difficult? You might get information where people think they're being pathologized, and then you get to talk to them about what we believe here, and you get to talk to them about your own parts as well. That normalizes it. Guess what? Everyone has them. Even in the world of neuroscience, we're talking about the limbic system and the voices in the limbic system and toggling between the limbic system and the cortex. All of that also can be used to help people understand that this is normal. This is normal.

IFS is not happening all over the world. Hi, Regina. That's right, not all over the world but many, many countries. I think 20 countries. It's been a pleasure and you will be with Pam and Dick next month, which is July, and then you'll back again with me in August. I wish everyone a fantastic July. I hope wherever you are you're having wonderful weather and I will see you in a couple of months. Take good care.