Internal Family Systems Therapy

with
Senior IFS trainers
Toni herbine-Blank and Pamela krause
Month one: A General Overview of the Model

Basic assumptions
of the model

- It is the nature of the mind to be sub-divided

- Everyone has a Self

  - Healing entity in IFS

- Parts developing an intricate internal system

  - No part acts in isolation

- Changes internally translate to changes externally

- Therapist and client are in the same process

Goals of therapy

- Achieve harmony and balance in the system

- Differentiate parts from self; un-blend

- To unburden negative beliefs about one's self and free parts from extreme roles

- To acquire the ability to lead from Self

  - *Love and acceptance for all of who I am*

- Translate changes and shifts in the inner system to external relationships

What is a Part?

- Sub-personalities or aspects of personality

- Inherent to the system

  - We are born with parts

    - manifest

    - potential to manifest

- Experience a full range of emotion

- Are not a result of trauma

Parts can be experienced as:

- Thoughts

- Feelings

- Sensation

- Images

- Words

- Sounds

- Felt sense

- Inner voices

- Physical symptoms

- Movement, voluntary or involuntary
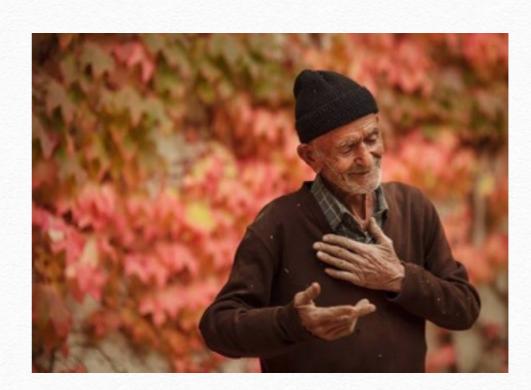
The nature of parts:

- All parts have a positive intention

- They have been forced from a preferred role into an extreme one

    - Protectors more dominant

    - Exiles more vulnerable. Hold pain. Go in to hiding

- They form a complex system of interactions

    - Desire to gain influence

- They become polarized or aligned with each other

Self or Self-Energy

- Self exists in everyone and is recognized by most esoteric religions

- We are born with Self. It is not extinguished by trauma nor developed as a result of relationship.

- It becomes revealed and nurtured in relationship

- It connects us to each other and all living things

- Deep inner healing occurs in the presence of self-energy

Qualities of Self

- Curiosity

- Calm

- Courage

- Compassion

- Clarity

- Creativity

- Connectedness

- Presence

- Open heartedness

- Awareness

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