

Internal Family Systems Therapy

Integration with Pamela Krause



- We are a system of Parts
- When one changes, others are impacted
- Change must be integrated into the entire system



- Protectors are invited to notice the change in an exile when it has unburdened
- Revisit the unburdened part for 4 weeks. This helps us know where to go next

Protectors also carry burdens



When an exile is unburdened some protectors:

- spontaneously unburden
- need to be witnessed and unburdened
- need to watch what happens in real life

Firefighters:



- Often need to be witnessed
 - May have anger, grief, and shame that needs to be witnessed
- Have taken the bullet for the system

- SELF vs.SELF-LED

“In Self”

- The mis-taken belief that I am impervious to others
- I'll never react with anger again
- An either/or way of living:
 - In Self= good
 - In Parts= bad

Self-led

- More, rather than less awareness of parts
 - In relationship with more parts
- I am able to feel all emotions
 - appropriate to feel a wide range of emotion
 - I am able to experience the emotion in the present. The past remains in the past

Self-leadership



- Courage of Self
 - Speak for instead of from
- The Self is a resource for the parts and the parts are a resource for the Self