

2015 IFS CONFERENCE

# Bringing Self-Leadership Out of the Office & Into the World

Friday – Sunday,  
October 30 – November 1, 2015

Preconference Institute  
Thursday, October 29, 2015

Omni Providence  
Providence, Rhode Island



[www.selfleadership.org](http://www.selfleadership.org)

## Welcome to IFS 2015!

In the early 1980s when it first began to dawn on me that Self was in everyone and that parts weren't what they seemed, I had a vision of huge possibility. If it panned out that Self was in there untouched by trauma and accessed by simply getting parts to step back, and if parts could quickly transform from their extreme states to their valuable ones, then that information could change everything. I realized that this paradigm could revolutionize many fields: medicine, education, spirituality, mediation and international relations, criminal justice, and corporate leadership, to name just a few.

But I was a therapist and was caught up in the systems thinking movement that was going to revolutionize the mental health field. This was the only field in which I had any expertise or credibility. So I devoted all my energy to helping IFS gain respect and popularity within psychotherapy, hoping that along the way, people with expertise and credibility in other fields would expand it in those directions.

At this point, IFS has achieved a level of respectability within psychotherapy, although there are miles to go before we rest. There are also a number of talented people who have brought IFS in small ways to other fields, including health and executive coaching, mediation, and education. In each case, they have been received very well and have been excited by the results, but they have limited time and energy to devote to spreading it.

The movie *Inside Out* is but one of many omens that our culture may be more open to the idea of parts and that the time is ripe for IFS to have a bigger influence in many other areas. I am beginning to shift more of my activity in that direction, both by myself and in collaboration with others. For example: I've been invited to participate in the Mind and Life conference featuring the Dalai Lama next September in Belgium and lead the audience in some IFS-based exercises. I recently led a workshop in France for social activists who came from all around Europe. In October, I'm coleading with David Hoffman another workshop for mediators and people doing conflict resolution. In March, I'm collaborating with Chris Germer and Susan Pollack to integrate IFS with the Mindful Self-Compassion movement they are spearheading for the public. And last March, I worked again with a group of Israeli Arabs and Jews to help them with their conflicts. I'm not including in this list the work of others for fear that some will feel left out and because I am certain that I'm not aware of all efforts of this kind. For that reason, I'm asking that those who are bringing IFS out of their therapy offices to let us know. You can email Ashley Curley at [IFSstories@gmail.com](mailto:IFSstories@gmail.com) and write a brief description of what you're up to, and we'll compile those and send them to the community so as to further inspire and make connections. We would also like to welcome short stories about instances when you have witnessed Self and/or Self-leadership, whether it be in your office, at home with your children, or anywhere else. We are not only excited about this new project but hope it will further define this year's conference theme.

This shift toward bringing IFS to the larger world is also reflected in the number of workshop applications we received for the conference this year that were about taking IFS outside the therapy office, and in the fact that we had far more applications than we could take. Thus you will find this theme well represented in the workshops, one plenary, and a post-conference plenary. We hope you will consider ways to leave your office at least part of the time and help us bring IFS to the world.

Dick



The IFS Conference attracts over 600 attendees—seasoned IFS practitioners as well as non-therapists—interested in learning about or expanding their knowledge of IFS. Earn continuing education credits at our most comprehensive four-day opportunity, and discover 57 workshops, 2 morning plenaries, and an all-day Preconference Institute featuring 4 exciting topics. All of our workshops fall into one of five tracks: Trauma; Addiction; Couples, Family, Parenting & Children; and Mind, Body & Spirit, and our newest track: IFS Beyond Psychotherapy—the premise for this year’s theme, *Bringing Self Leadership Out of the Office and Into the World*. All our featured workshops are designed for all levels of experience, from practitioners new to the IFS Model to those well versed in the Model.

## Who Should Attend?

- Psychologists • Psychiatrists • Social workers • Marriage and family therapists • Alcohol and drug abuse counselors
- Art, music, and dance therapists • Doctors • Nurses • Coaches • IFS training participants • Teachers • Business leaders
- Body workers • Clergy • Other allied mental health professionals who work with children, adolescents, and adults
- as well as those interested in personal and professional development

## Conference Registration

The daily registration fee includes tuition for the conference, continental breakfast, buffet lunch, scheduled breaks each day, and morning and evening activities. Dinner is on your own. Your registration badge is required for all conference workshops and events. All registration deadlines are postmarked deadlines. Workshops are assigned on a first-come, first-served basis. We will make every effort to accommodate your first-choice workshops. Lodging is not included in the registration fee and must be arranged directly by each attendee with the Omni Providence Hotel.

	Early Bird Registration	Postmarked after September 11
Preconference Institute: Thursday, October 29	\$235	\$260
Friday, October 30	\$225	\$245
Saturday, October 31	\$225	\$245
Sunday, November 1	\$160	\$180
<b>*Special Rate Package:</b> Friday – Sunday	\$535	\$590

## Hotel Accommodations

The Omni Providence is offering a special Conference rate of \$159.00 plus tax per night for single- or double-occupancy rooms. Although the rate is guaranteed until Tuesday, September 29, 2015, you are urged to make your hotel reservations as early as possible. In the past, we have filled all available hotel space well before the deadline. To reserve your room at the Omni Providence, please visit the 2015 IFS Conference page on the CSL website at [www.selfleadership.org](http://www.selfleadership.org) and click on the “Hotel Reservations” link. You may also call the Omni Providence directly at 1-800-THE-OMNI and state that you are attending the Internal Family Systems Conference.

Your destination: The Omni Providence, One West Exchange Street, Providence, RI 02903, Phone 401.598.8000.

For directions to the Omni Providence, please refer to the venue’s website: [www.omniprovidence.com](http://www.omniprovidence.com)

## Changing Workshops

For attendees who want to change workshops during the Conference, please stop by the registration table for available workshops. To avoid disruptions and overcrowded workshops, all workshops are closed to anyone who hasn’t been assigned to them in advance. Each workshop will be staffed with volunteers who will be required to check your conference badge before entering the workshop. We appreciate your cooperation.

## Cancellation Policy

Registration cancellations made **before** October 5, 2015, will be charged a \$50.00 handling fee. All cancellations must be submitted in writing to Ashley Curley at the Center for Self Leadership. No refunds or credits will be given **as of** October 5, 2015, at 12:00 a.m. Eastern Standard Time.

## Attendees with Disabilities

In compliance with the Americans with Disabilities Act, reasonable accommodations are provided upon request. If you have a disability and need supportive services, please email [Ashley@selfleadership.org](mailto:Ashley@selfleadership.org) outlining your needs. Should you need any appropriate guest room accommodations, please notify the Omni Providence directly in advance, 401.598.8000.

## Continuing Education Credit (non-MD)

This event is cosponsored by the Center for Self Leadership and the Institute for Continuing Education (ICE).

Continuing education credit is awarded on a session-by-session basis, with full attendance required for the sessions attended. Continuing education hours may vary by discipline. The processing fee for CEU is \$25.00 per person and is not included in your registration. Application forms will be available on site in your registration materials. CE verification will be mailed to attendees, generally 2–3 weeks after receipt of completed CE forms. If you have questions regarding continuing education, program, learning objectives, speakers, or grievance issues, contact: The Institute for Continuing Education: [instconted@aol.com](mailto:instconted@aol.com)

Continuing education credit is available for the following disciplines. It is the responsibility of the attendee to determine if credit offered will meet the requirements of his or her professional boards.

**Psychology:** The Institute for Continuing Education is an organization approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

**Counseling:** For counselors seeking credit, The Institute for Continuing Education has submitted a cosponsorship application to the National Board for Certified Counselors.

**Social Work:** The Institute for Continuing Education is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), through the Approved Continuing Education (ACE) program. The Institute for Continuing Education maintains responsibility for the program. ASWB Provider No. 1007. Licensed social workers should contact their individual state jurisdiction to review current continuing education requirements for license renewal.

**Illinois Dept. Professional Regulation Provider** No. 159-000606.

**Ohio Counselor and Social Work** Provider No. RCS 030001.

**Florida Dept. Health, Div. SW, MFT, Counseling** Provider BAP 255, expiration 03/17.

**New York:** New York Board Social Work, Provider No. 0025. This program has been submitted to the NY Board for review.

**California Professionals:** The California Board Behavioral Sciences accepts programs sponsored by APA, NBCC, ASWB approved CE providers.

**Marriage/Family** This conference has been submitted to approval for Massachusetts and Rhode Island MFTs.

**Therapy:** Call the Institute for disposition. California Board Behavioral Sciences, Provider PCE 636.

**Alcohol/Drug:** National Association of Drug Abuse and Alcoholism Counselors, NAADAC Provider 00243

**Nursing:** California Board of Nursing, Provider CEP 12646. It is the responsibility of nurses to check with their state board to determine if credit issued through an approved provider of the California Board of Nursing is accepted by their state board.

**Skill Level:** Due to the interdisciplinary nature of this Conference, skill levels have not been assigned to workshop sessions. Attendees are urged to review the workshop descriptions for appropriateness for personal and professional needs.

**Instructional Methodology:** Workshop sessions may include: didactic, audio-visual, case vignettes, experiential exercises and demonstrations, small and large group exercises.

### Continuing Education Credit Hours Per Day:

Thursday, October 29	Preconference Institute	6.00 CE hours
Friday, October 30	Workshops/Plenary	7.50 CE hours
Saturday, October 31	Workshops/Plenary	7.50 CE hours
Sunday, November 1	Workshops	5.50 CE hours
TOTAL CE HOURS OFFERED		26.50 contact hours

*\*Continuing education credit is not offered for breakfast, luncheon or dinner events, social/party gatherings, receptions, or networking sessions.*

**If you have questions regarding continuing education credits and hours,  
or for a listing of learning objectives, please contact:**

**The Institute for Continuing Education** ☎ 800.557.1950 ☎ [instconted@aol.com](mailto:instconted@aol.com)

## Internal Family Systems Training Programs

The Center for Self Leadership offers progressive levels of training in IFS from beginning (Level 1) through advanced (Level 3). As a participant in these trainings, you will learn both IFS theory and technique, thus gaining the knowledge and skills you need to understand and actively use IFS with individuals, couples, children, families, and groups.

### Level 1: Mastering the Skills of IFS

Level 1 trainings are comprehensive programs in which participants develop an understanding of the conceptual basis of IFS and learn how to apply IFS techniques to various clinical populations. Participants are also invited to explore their own inner worlds within a training's safe, nurturing context.

### Level 2: Deepening IFS Work

Level 2 trainings offer opportunities to develop your expertise with IFS in a variety of content areas and with different clinical populations. The Center for Self Leadership offers both multi-topic and intensive Level 2 trainings and invites participants to take as many as they wish.

Multi-topic Level 2s delve into four key content areas over the course of one training program. Discrete modules on “Strengthening Skills and Advanced Techniques,” “Working with Trauma,” “Working with Multiple Systems,” and “The Therapeutic Relationship and Spiritual Aspects of IFS” are featured.

Intensive Level 2s offer participants two additional types of programs. Trainings called “Deepening & Expanding with IFS” give participants the opportunity to immerse themselves more fully in the core aspects of IFS practice and experience, while the other intensives provide participants with the chance to explore just one topic for the duration of a training.

### Level 3: Specialized Retreat with IFS Founder Richard C. Schwartz, PhD

Level 3 trainings are led exclusively by Dr. Richard Schwartz. In these programs, participants work intensively with fellow advanced practitioners to further develop their knowledge of IFS and hone their skills with its techniques.

### International Trainings

Please visit our website for a list of upcoming trainings.

### For more information on our trainings or to view a complete list of trainings:

Please visit our website: [www.selfleadership.org](http://www.selfleadership.org)  
or contact Mary Anne Gardner, Training Program Coordinator  
[maryanne@selfleadership.org](mailto:maryanne@selfleadership.org), 708-383-2519

### Upcoming Trainings

#### Level 1

New York, NY – November 2015  
Berkeley, CA – January 2016  
Portland, ME – February 2016  
Boston, MA – May 2016  
Chicago, IL – October 2016

#### Level 1 – Retreat Style

Arizona & California – January 2016  
Colorado & Tennessee – May 2016

#### Level 2 – Multi-topic

Chicago, IL – March 2016

#### Level 2 – Intensive

IFS, Neuroscience, and Trauma –  
February 2016  
Deepening and Expanding with IFS –  
June 2016

#### Level 3

Boulder, CO – April 2016  
New York, NY – July 2016  
Delray Beach, FL – December 2016



Internal  
Family  
Systems<sup>SM</sup>



## FOUNDATION *for* SELF LEADERSHIP

*Supporting IFS Research, Training & Advocacy*

**The Foundation for Self Leadership is pleased to have a presence at the 2015 IFS Conference. We look forward to the days ahead—getting to know you and meeting new faces as well as reconnecting with community members who have continued to support the Foundation and our efforts. There are many opportunities to connect this weekend, and we look forward to each of them.**

### **Thursday, October 29**

- Frank Anderson, MD, Foundation Chair, is presenting *IFS Meets IPNB* and *Phase-Oriented Treatment for Trauma* with Angela Huebner, PhD, and Martha Sweezy, PhD

### **Friday, October 30**

- Frank Anderson, MD, and Hilary Hodgden, PhD, present *What's New and Exciting in IFS: Research and Foundation Update* at the plenary.
- Silent Auction Grand Opening ~ Narragansett Ballroom Pre-Function, 1st Floor
- Jenn Matheson, PhD, LMFT, is presenting *Conducting and Publishing a Clinical Case Study* at 10:00 a.m. in Providence Ballroom 4
- “Foundation Friday Lunch” in the Narragansett Ballroom ~ Mingle with the Board Members during the lunch break
- Rainbow Dance Theatre Performance  
Join us for a remarkable evening and help support the Foundation! See what we have been up to, meet the board members, and participate in an exciting silent auction. Cash Bar Available

### **Saturday, October 31**

- Silent Auction winners will be announced during lunch at 1:30 p.m.

### **FOUNDATION INFO TABLE**

Please stop by to learn more about the weekend's events, participate in the Silent Auction, learn what you can do to help, or just introduce yourself!

We can be found in the Narragansett Ballroom Pre-Function on Thursday  
3rd Floor Hallway on Friday through Sunday

If you're interested in volunteering for the Foundation  
at the conference as well as in other projects,  
please contact Jill Stanzler-Katz at [Jillstanzlerkatzlicsw@gmail.com](mailto:Jillstanzlerkatzlicsw@gmail.com)

## Meet the Board



**Frank Guastella Anderson, MD** is the chair of the Foundation for Self Leadership. He has a long affiliation with the Trauma Center in Brookline, MA, and has spoken extensively on the Neurobiology of PTSD and Dissociation. After discovering Internal Family Systems, his passion has evolved into integrating the treatment of Trauma with Neuroscience and IFS. He has served as a member of the Research Advisory Committee and Speakers Bureau for the Center for Self Leadership and maintains a private practice in Concord, MA. [frank@foundationifs.org](mailto:frank@foundationifs.org)



**Nancy Shadick, MD, MPH** is an Epidemiologist and Director of Translational Research Development in the Division of Rheumatology at Brigham & Women's Hospital and Associate Professor of Medicine at Harvard Medical School. She was the principal investigator of the "Randomized Controlled Trial of an Internal Family Systems-Based Psychotherapeutic Intervention on Outcomes in Rheumatoid Arthritis" published in the *Journal of Rheumatology*. [nancy@foundationifs.org](mailto:nancy@foundationifs.org)



**Harley Goldberg, DO** is a physician executive in The Permanente Medical Group, Northern California Kaiser Permanente. Harley is the Director for Complementary and Alternative Medicine and the founding Director of the Spine Care Program. He is a Board Certified Family Medicine physician with a strong focus on the psychosocial factors in medical care. He has an active research portfolio and has been a student and supporter of IFS and Self-led system development. [harley@foundationifs.org](mailto:harley@foundationifs.org)



**Ilina Singh, PhD** is Professor and Director of Research in the Department for Social Science, Health and Medicine at King's College London. Her work examines the psychosocial and ethical implications of advances in biomedicine and neuroscience for young people and families. She finds IFS to be an inspirational approach that addresses a range of human suffering and hopes to develop an IFS research strategy that will eventually include children and adolescents. [ilina@foundationifs.org](mailto:ilina@foundationifs.org)



**Mark Milton** has been involved in the field of education and empathy for the past 20 years. In 2002, he founded Education 4 Peace, a Swiss nonprofit foundation that explores ways to enhance the future of education for children toward self-awareness, inner peace, and compassion. He practices as a therapist as well as a coach promoting Self-leadership, organizational development, and governance. He is interested in bringing IFS into the nontherapeutic environment. [mark@foundationifs.org](mailto:mark@foundationifs.org)



**Toufic Hakim, PhD** serves as an Executive Advisor to the Board. He is a Senior Managing Principal of Group i&i Consultancy, a young firm dedicated to ushering social change through organizational capacity development, funding, and impact assessments. Toufic is fascinated by systems and interactions, both of which have corresponding similarities within the IFS Model and offer hope for bringing calm and harmony to individuals and organizations. He has advised both the Center for Self Leadership and the Foundation for Self Leadership in areas of research, communication, and development. [outreach@foundationifs.org](mailto:outreach@foundationifs.org)

The Foundation is dedicated to the advancement of IFS research, professional development, advocacy, and outreach. With your generous contribution, you can help the Foundation achieve its goals to have IFS become an evidence-based treatment, provide greater access to training through scholarships, and continue the mission of bringing Self-leadership to the world.

*Please consider a contribution in support of the Foundation.*

*Your support for the Foundation will help advance IFS research and scholarships.*

*The Foundation for Self Leadership is a 501(c)(3) nonprofit organization. Your donation to the Foundation is tax deductible.*

<http://foundationifs.org/>

## THURSDAY, OCTOBER 29

**THURSDAY @ a Glance . . .****Registration and Continental Breakfast**

8:00–9:00 a.m., Narragansett Ballroom A, 1st Floor

**Preconference Institute (A–D)**

9:00 a.m.–4:30 p.m.

**Lunch Buffet**

12:00–1:00 p.m., Narragansett Ballroom A, 1st Floor

**IFS Conference  
Bookstore Hours**

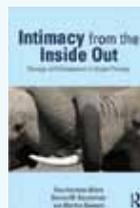
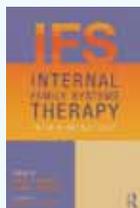
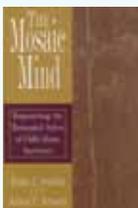
10:00 a.m.–5:30 p.m.

Narragansett Ballroom Foyer,  
1st Floor**PRECONFERENCE INSTITUTE****9:00 a.m.–4:30 p.m.****A. Identifying and Releasing Our Legacy Burdens***Richard Schwartz, PhD, Percy Ballard, MD, Marushka Glissen, MSW, and Michael Keane, PhD*

Legacy burdens are powerful organizers of our minds and behaviors, and we all have them. It is surprising, then, given their power and ubiquitousness, that we spend so little time on them in IFS trainings. This workshop is the beginning of an attempt to correct that mistake. Through video clips and experiential exercises, we will help you become more aware of the beliefs and emotions you absorbed from your family, peers, ethnic group, or our American culture regarding yourself and/or groups with whom you identify, as well as groups you consider “other.” We will also help you explore the sources of those burdens and the fears you have of releasing them, and we’ll offer opportunities to unburden those legacies if your parts are ready to do so.

*Track: Mind, Body & Spirit* *Level: All Levels Welcome***B. Intimacy from the Inside Out: Moving from Differentiation to Attachment in Couples Therapy***Toni Herbine-Blank, MS, RN, C-SP*

Intimacy from the Inside Out (IFIO) is a couples therapy model drawn primarily from Internal Family Systems (IFS) psychotherapy that includes aspects of psychodynamic theory, systems thinking, and neuroscience. IFIO is designed to uncover the strengths and resources in each partner as well as in the couple in order to heal wounds that are current or that occurred in childhood. The application of the model moves between fostering internal attachment work and doing relational work between partners. IFIO offers many ways to nurture a healthy, intimate connection between partners as defined by them. This workshop will provide an overview of the basic IFIO protocols, including helping couples break contentious patterns of relating, communicate skillfully, and understand how wounds from childhood impact adult relating.

*Track: Couples, Family, Parenting & Children* *Level: All Levels Welcome*

### C. IFS and the Addictive Process: Recognizing the Voice of Addiction

*Mary Kruger, MS, LMFT and Cece Sykes, LCSW*

Many of our clients, particularly those with trauma history, suffer with more than one addiction. This may not be readily evident to the client or the therapist. In this workshop, participants will learn how to identify the addictive process and how to clearly differentiate and track the many voices (parts) that help maintain self-destructive behavior. Treatment of substance abuse, disordered eating, sexual acting out, spending issues, and other types of impulsive/compulsive behavior will be addressed. We will redefine addiction from the IFS perspective, explore the dynamics of the addictive cycle, and offer various types of compassionate interventions to utilize with these entrenched systems. The importance of the therapeutic relationship will also be discussed. Lecture, discussion, experiential exercises, and demonstrations will be included.

*Track: Addiction 🌀 Level: All Levels Welcome*

### D. IFS Meets IPNB and Phase-Oriented Treatment for Trauma

*Frank Anderson, MD*

*Featuring special guests Angela Huebner, PhD and Martha Sweezy, PhD*

This workshop will begin by comparing IFS and various trauma treatments, including: phase-oriented treatment, EMDR, Sensorimotor Psychotherapy, and DBT. We will look at the ways each view the Self, the therapeutic relationship, PTSD symptoms, and what is required for healing as well as life after treatment. We will also explore the associated trauma diagnoses of Borderline Personality Disorder, Disorganized Attachment, and Dissociative Identity Disorder (DID), and look at them through the IFS lens. Participants will learn some of the similarities and radical departures that IFS therapy takes from other forms of trauma treatment, showing how it is an accelerated affect-based therapy that promotes permanent healing.

The afternoon will focus on the similarities between Interpersonal Neurobiology (IPNB) and IFS. We will discuss some of the highlights from the conference Dick Schwartz and Dan Siegel did this past April, along with some new insights and interpretations. Participants will learn about the Wheel of Awareness, Presence, COHERENCE, FACES, PARTS, the Plane of Possibility, and the Levels of Integration in relation to IPNB and understand Siegel's valiant attempt to bridge the gap between the field of psychotherapy and the scientific community. We will show how IFS and IPNB complement each other and overlap beautifully to heal traumatic wounds.

*Track: Trauma 🌀 Level: All Levels Welcome*

**~ Full-Day Preconference Workshops Offer 6 CE Hours ~**

#### *Stay Connected at the IFS Conference!*



PASSWORD: IFS2015



[www.facebook.com/DickSchwartzCSL](http://www.facebook.com/DickSchwartzCSL)



Let's use #IFSconference2015  
to stay connected!  
[twitter.com/DickSchwartzCSL](https://twitter.com/DickSchwartzCSL)

#### **ADDITIONAL INFORMATION**

Please refer to our website

**[www.selfleadership.org](http://www.selfleadership.org)**

for the most up-to-date conference details.

If you have any further questions regarding the IFS Conference, please contact the Center for Self Leadership by email at [Ashley@selfleadership.org](mailto:Ashley@selfleadership.org) or by calling 401.601.0445.



## FRIDAY, OCTOBER 30



### FRIDAY @ a Glance . . .

#### Yoga with Diana Cullum Dugan

6:15–7:15 a.m., South County, 3rd Floor

#### Registration and Continental Breakfast

7:00–8:00 a.m. Narragansett Ballroom, 1st Floor

#### Welcome to IFS 2015 Plenary

8:00–9:45 a.m. Narragansett Ballroom, 1st Floor

#### Workshops: Session 1 (#101–111)

10:00 a.m.–1:00 p.m.

#### Lunch Buffet

1:00–2:30 p.m. Narragansett Ballroom, 1st Floor

#### Workshops: Session 2 (#201–213)

2:30–5:30 p.m.

#### LifeForce Yoga Meditation with Amy Weintraub

6:00–6:30 p.m. South County, 3rd Floor

#### Rainbow Dance Theater Performance

7:00–9:00 p.m. Narragansett Ballroom, 1st Floor

### IFS Conference Bookstore Hours

9:30 a.m.–6:30 p.m.

Executive Boardroom, 3rd floor



### Morning Yoga with Diana

Diana Cullum-Dugan, nutrition therapist, Certified IFS Practitioner, and yoga teacher, believes you each reflect to others your own innate and intrinsic goodness. In early morning yoga, you will be supported by a dynamic and passionate platform that offers optimal alignment and balanced energy to all levels of experience. Through a grounded and committed foundation, your heart will open to be fully present for the deep, internal teachings of the conference. You'll use your body to explore a deeper understanding of your work. When we become quiet, and listen, we hear our deepest longings and desires. *Optional: Bring your travel yoga mat.*

6:15–7:15 a.m.

South County Meeting Room, 3rd Floor

### LifeForce Yoga Meditation: A Portal to Self with Amy Weintraub

We will use breath and sound to anchor the body-mind so that mindfulness naturally arises. Complete each day with time for Self-care and restore your energy for the evening. Each session will introduce a different LifeForce Yoga meditation protocol that clinicians are teaching clients worldwide.

6:00–6:30 p.m.

South County Meeting Room, 3rd Floor

## Tonight's Entertainment

# Rainbow Dance Theatre!



The Center for Self Leadership and The Foundation for Self Leadership are pleased to welcome back Rainbow Dance Theatre by popular demand!

ALL ARE WELCOME TO ENJOY THIS ONE-OF-A-KIND PERFORMANCE!

Narragansett Ballroom ~ 7:00 – 9:00 p.m.

Join us for a remarkable evening and help support the Foundation!

*Meet the Board Members*

*Mingle with Foundation Supporters*

*Browse the Foundation Silent Auction*

*Cash Bar*



## Welcome to IFS 2015!

### Plenary Session

8:00 – 9:45 a.m.

#### Welcome

*Jon Schwartz, MEd*

*Executive Director, The Center for Self Leadership*

#### Conference Opener: Rainbow Dance Theatre

*Darryl Thomas and Valerie Bergman, Artistic Directors*

#### What's New and Exciting in IFS:

##### Research and Foundation Update

*Frank Anderson, MD & Hilary Hodgden, PhD*

Individuals who experience complex trauma often display complicated symptom presentations, including depression, substance abuse and dissociation, co-occurring with symptoms of post-traumatic stress disorder. There are very few treatment approaches available today that have been shown to be effective in ameliorating the symptoms and functional difficulties stemming from complex trauma, and further research is needed to expand the evidence base of interventions. The Trauma Center at JRI, in collaboration with a team of independent IFS practitioners within our community, strongly believes that IFS is one such treatment. They are currently conducting a pilot intervention study examining the effectiveness of IFS for complex trauma as well as for improving interoceptive (body) awareness and self-compassion. This is the Foundation's first fully funded research study. This plenary will provide an overview of several exciting new developments in the Foundation for Self Leadership as well as present the current findings in the Complex Trauma-IFS Research Study.

##### Parts Work in MDMA-Assisted Psychotherapy Research, Further Validation of the IFS Model

*Michael Mithoefer, MD*

Recent FDA approved Phase II Clinical Trials have shown that MDMA ("Ecstasy"), used on only a few occasions as a catalyst to psychotherapy, can lead to resolution of PTSD symptoms in previously treatment-resistant patients. These studies have not used IFS protocols per se, but often include parts work that arises spontaneously and is informed by IFS principles. The most recent study, in veterans, firefighters, and police officers, has tracked the occurrence and extent of parts work in MDMA-assisted sessions and its correlation with PTSD outcomes. The results serve as further confirmation of the validity and clinical power of the IFS Model. This presentation will include a video clip with an example of parts work during an MDMA-assisted psychotherapy session.

## Full-Day Sessions

10:00 a.m. – 5:30 p.m.

### 101/201 Curious Teachers and Compassionate Schools: Utilizing the IFS Model to Create Safe and Sane Places for Kids to Grow and Thrive

*Jody Nelson, LMFT*

This workshop will involve participants in utilizing the IFS lens to consider the challenges and barriers faced by public education in this country. The workshop will also prepare participants to train teachers and school staff in the IFS Model with an emphasis on increasing Self energy, awareness of parts in extreme roles—theirs and their students'—and steps to take to unblend from protective parts.

The workshop introduces concepts and processes from complementary sources that will serve to contextualize use of the IFS Model in school settings. These topics will include:

- Organizational assessment utilizing the Global Assessment of Relational Functioning, Circumplex and Ecological Models
- Adverse Childhood Experiences (ACEs) and how trauma shows up in schools
- Attachment research/literature and how childhood and adult attachment impact teacher-student relationships
- Impacts of trauma and toxic stress on the brain and what teachers can do about it
- Assessing for resilience and protective factors
- Compassionate Schools Model

*Track: IFS Beyond Psychotherapy  Level: Advanced*

### 102/202 Intention and Transformation: IFS, Guides, and the Power of the Circle

*Edward Yeats, PhD & Lindsa Vallee, LCSW*

This experiential workshop will be an exploration of the use of intention, the IFS Model, Guides, and the power of the Circle to promote personal healing and transformation. Participants will come with an intention for significant change in their lives with which they desire spiritual help. Through a series of guided inner journeys, group rituals, reflective exercises, ceremony and song, we will cocreate a Circle of Self Energy. With the caring support of the Circle, we will encounter our Guides, befriend parts who have needed to hold back change, and have the opportunity to help them release the burdens they carry. This will be accomplished in an atmosphere of creativity, humor, safety, and support. While most of the experience will be internal, participants will have the opportunity for voluntary self-expression. In this way, privacy will be respected while each step of the process is witnessed and supported by the Circle. This program is intended for those who feel some confidence in working with their own parts. Early registration is encouraged to assure your place in the Circle and give you time to prepare your intention.

*Track: Mind, Body & Spirit  Level: Advanced*



**FOUNDATION** *for*  
**SELF LEADERSHIP**  
*Supporting IFS Research, Training & Advocacy*

Foundation's Silent Auction **Grand Opening!**  
Stop by the 3rd floor info table to participate.

## Morning Workshops 10:00 a.m. – 1:00 p.m.

Session  
1

### 103 Our Parts and Race: Self-Leadership from Across the Black and White Divide

*Jon Schwartz, M.Ed & Darryl Thomas, MFA*

The racial issues and barriers between black and white America have evolved over our nation's history, but the divide is far from healed. These barriers are not only manifest on the macro level but also live within our parts and our hearts. Through experiential and didactic processes, this workshop will explore our own parts experiences related to black/white race. In addition, we'll "look into the mirror" and "out the window" to consider the IFS community itself—a community made up of a very narrow American demographic—and consider how the tenets of IFS and Self-leadership may find their way into new racial and cultural landscapes.

*Track: IFS Beyond Psychotherapy* 🌸 *Level: All Levels Welcome*

### 104 Self-Led Inclusivity: Unpacking the Legacy Burden of Heterosexism

*Derek Scott, RSW & Kate Lingren, LICSW*

Do you have managers that want you to be the best therapist/practitioner you can be in terms of inclusivity? Are you curious about the invisible influences that might be informing your work? Through exercises, examples, and discussion, this workshop will invite you to become more aware of the impact of the legacy burden of heterosexism within your own system. In a safe environment, we will work to facilitate the development of greater internal attunement and cultural competence when working with members of the GLBT communities and those who love them.

*Track: Couples, Family, Parenting & Children*  
*Level: Intermediate to Advanced*

### 105 Using Expressive Modalities to Connect With and Soothe Traumatized Parts

*Lisa Ferentz, MSW, LCSW-C*

In this workshop, participants will explore and experience a number of creative modalities designed to enhance connection and communication between parts, while increasing inner safety and a newfound capacity for soothing and accessing Self. These strategies will help clients who struggle with affect dysregulation and an inability to safely process traumatic experiences, as well as clients who soothe in unhealthy ways. This work will promote true healing through increased empathy and compassion for all parts, as well as a newfound awareness of the wisdom of Self. Visualizations, guided imagery, focusing, writing experientials, mapping, bodywork, breathwork, and the drawings, journal entries, and sand trays of traumatized clients will be incorporated into the training.

*Track: Trauma* 🌸 *Level: All Levels Welcome*

### 106 Using Internal Family Systems Therapy to Assist Traumatized Children and Parents to Attach and Heal

*Lois Ehrmann, PhD*

While our Levels 1 and 2 trainings can give us some guidance in helping individuals and couples to heal their internal and external relationships, there is not a great deal of guidance in helping attachment-challenged and traumatized children to heal. This workshop is designed to help those who are interested in using the IFS Model with all components of the family. Through the use of lecture, demonstration, and recently taped sessions, participants will be invited to view and experience methods and strategies that assist children and their parents to understand, work with, and heal their own parts within the context of their families.

*Track: Couples, Family, Parenting & Children*  
*Level: All Levels Welcome*

### 107 Conducting and Publishing a Clinical Case Study— Guidance for the IFS Practitioner

*Jenn Matheson, PhD, LMFT*

IFS practitioners can benefit the IFS community by writing and publishing a case study of their willing IFS participants and clients. A case study is a story about one or more clients of interest that aims to reveal the processes that brought about a specific outcome. This presentation will provide a rationale for writing a clinical case study as well as step-by-step instructions on how to conduct rigorous case study research and write it up, along with where it may likely be published. This is an excellent tool for IFS practitioners who lack expertise in case study research and who aspire to contribute meaningfully to the emerging body of research on the IFS Model.

*Track: IFS Beyond Psychotherapy—Research!*  
*Level: All Levels Welcome*

### 108 Finding Positive Opposites: Getting Unstuck Weaving Yogic Psychology with IFS to Integrate Polarities within Self Energy

*Deirdre Fay, MSW*

The seesaw duality we can easily find ourselves in bounces us from one end of the polarity to the other. Using attachment theory, positive psychology, and the non-dual traditions of yoga psychology can help us unlock these polarities, holding them in a larger context, which then easily opens the door to Self energy. I'll be weaving in the current advances in attachment theory and yoga psychology as well as simple yoga postures with the principles of IFS to make for a rich yet easy-to-apply skill-based workshop for participants.

*Track: Mind, Body & Spirit* 🌸 *Level: Intermediate to Advanced*

### 109 Useful Conversation About Bad Habits

*Michael Elkin, LMFT*

The formation and maintenance of bad habits involves a complex relationship between firefighters and managers. Once formed, these parts collude to create an ecosystem that stabilizes the behaviors and resists change. This workshop intends to help participants address these parts in a non-shaming manner, which promotes healing and transformation.

*Track: Addiction* 🌸 *Level: All Levels Welcome*



**New to the Conference!**

FREE WIFI IN ALL WORKSHOP SPACES

Password: IFS2015

**110 Improvisation: The Art of the Moment**

*Daena Giardella, MLA*

This unique experiential workshop, specially designed for the IFS community, offers an opportunity to learn and practice the skills of improvisation to expand your repertoire of creative choices and gain greater access to your passion, confidence, and spontaneity, both personally and professionally. You'll develop your ability to get into the moment, take risks, express yourself freely, listen, and respond to others with generosity. Daena helps participants explore the cast of inner and outer characters who emerge through dynamic improvisational movement, scenes, monologues, and music. From an IFS perspective, the skills of improvisation offer the therapist a rich experience of navigating, exploring, and embodying in a three-dimensional way the various parts that arise as you improvise. The practice of improvisation cultivates freedom and trust, and opens greater access to Self for all the parts. Daena's workshops provide a safe and supportive container for you to discover new dimensions of yourself. Be assured of plenty of fun and humor in a safe and supportive atmosphere!

*Track: Mind, Body & Spirit* ✨ *Level: All Levels Welcome*

**111 IFS and Bodywork**

*Diane Simpson*

This workshop will demonstrate the effectiveness of an IFS session in conjunction with bodywork. Participants will observe a bodywork session that utilizes craniosacral therapy and breathwork as the mediums for healing using the IFS Model. Participants will be guided on a body journey using breathwork and gentle yoga to gain a greater understanding of a symptom or part they are currently experiencing.

*Track: Mind, Body & Spirit* ✨ *Level: All Levels Welcome*

**Afternoon Workshops**  
**2:30 – 5:30 p.m.**

Session  
**2**

**203 Compassionate Mediation™ and SELF-Led Divorce™—How to Add Passion to Marriage or Compassion to Divorce**

*Linda Kroll, JD, LCPC*

Compassionate Mediation™ is a process of Self-led conversation that creates a safe forum to peacefully and respectfully restructure relationships. When an individual or couple is deciding “Should I stay or should I go?” the Compassionate Mediation™ Process offers a new paradigm for conflict resolution and empathetic communication. When divorce is the decision, a SELF-Led Divorce™ helps heal the family for the highest good of all concerned. Attendees will learn how to help individuals and couples heal burdens from the past, let go of limiting beliefs, connect to their spiritual source, and relate from their highest and best Self. Techniques for offering Compassionate Mediation™ will be taught, as well as scripts for discussing all relevant issues—financial, emotional, legal, sexual, and parental. You and your clients will be able to heal and transform all your relationships with Self-leadership.

*Track: Couples, Family, Parenting & Children*  
*Level: All Levels Welcome*

**204 A Tool Kit for Program Assistants**

*Carol Graybeal, LCSW & Joy Shivas, LCSW, MSW*

Ever feel as though you have been asked to do or teach something you feel intuitively or know from experience how to do, but have little confidence to actually teach it? This is often the experience of CSL's program assistants, who are essential to the learning of students in IFS training, as students model themselves based on observing PAs. This workshop is a tool kit for being a good PA. It answers specific questions and offers ideas for leading home groups and triad practices as well as learning more about your own parts. This will be a very experiential workshop so you can get a realistic feel for the varied roles of PAs.

This workshop is a great opportunity for those who are interested in becoming a PA as well as those who have already been a PA and want to deepen their knowledge and expertise. The Center for Self Leadership invites all of our PAs and those interested in becoming a PA to take part in this session. This workshop offers an opportunity to build working relationships among PAs that will benefit you as well your trainings.

*Track: IFS Beyond Psychotherapy* ✨ *Level: All Levels Welcome*

**205 When You Can't Have Your Cake and Eat It, Too: Obstacles to Self-Led Eating**

*Jeanne Catanzaro, PhD*

We all carry burdens regarding food and our bodies from our families and our culture. We also have parts who use food to protect or take care of other parts. This workshop examines obstacles to Self-led eating and offers a way of shifting our inner dialogue about food and body image.

*Track: Addiction* ✨ *Level: All Levels Welcome*

**206 Tips and Tools for Self-Led Speaking**

*Sally Bonkrude, MA, LPC, MT-BC*

Step on stage and knock your next workshop, presentation, or speech out of the park! You'll explore ways to help your anxious parts stay focused, open, and connected with your audience through authenticity, presence, and Self-leadership. You'll learn how to use body language, timing, and intonation to develop your own personal style. Sally will show you how to use a bit of improv and comedy to keep your audience engaged and wanting more. This will be interactive and fun. Plus, you'll leave with a toolbox full of ideas for A+ presentations and be a part of sharing IFS with the world.

*Track: IFS Beyond Psychotherapy* ✨ *Level: All Levels Welcome*

**207 Using IFS Therapy in Groups: Formin', Stormin', Normin', and Performin'—Meet the 6 F's**

*Sue Richmond, LCSW*

Whether you work for an agency or are in private practice, group psychotherapy can be a powerful tool for healing. You will learn how to introduce members to the concept of Self and parts, how to teach members to speak for parts and give Self-led feedback, and how to create a safe space where members can hold Self-energy for others while witnessing a part tell its story or unburden its pain.

You will learn how to facilitate group cohesion by introducing members to a common language and group format that can be applied to both closed- and open-access groups. Through both didactic and experiential learning, this workshop will help instill confidence in clinicians who would like to apply the IFS Model to a group format.

*Track: Trauma* ✨ *Level: Intermediate to Advanced*

**208 Direct Access: An Essential IFS Skill***Fran Booth, LICSW*

This workshop is an opportunity to review and practice direct access skills. The seminar format will include teaching, discussion, videos, and practice. When stuck with a client, try direct access!

*Track: Trauma & Level: Intermediate to Advanced*

**209 LifeForce Yoga as a Portal to Self-Leadership: No Mat Required! Yoga Practices to Improve Mood, Soothe Anxiety, Decrease Trauma Reactivity, and Access Self***Amy Weintraub, MFA, E-RYT 500 with Laura Orth, LICSW*

Learn the timeless teachings of yoga that can open your clients into compassionate Self-led inquiry as they change their mood states and increase body awareness. We'll explore the wisdom of yoga with attention to current research, learning evidence-based aspects of yoga appropriate for a clinical setting. We will practice simple strategies that therapists can use in session and demonstrate ways to introduce them to clients so they can better: access Self energy, strengthen Self-to-part relationships, unblend parts, care for parts that are not yet unburdened, and safely tend to an exile at the end of a session.

We'll learn ways to move organically with these interventions in the treatment room—neither mat nor touch necessary! Come nurture your therapist parts and nourish your whole being. You will leave this session feeling relaxed and energized, confident in your ability to integrate yoga skills in IFS sessions.

*Track: Mind, Body & Spirit & Level: All Levels Welcome*

**210 Holding Your Seat: Working with High-Conflict Couples***Kate Lingren, LICSW & Ann Drouilhet, LICSW, LMFT*

In this workshop, we will address what happens for us as therapists while sitting with highly reactive couples and how to respond to couples in clinically effective ways. We will focus on working with our own parts that come up in the process of working with highly reactive couples as well as techniques for facilitating more loving interaction and effective communication between them through skills of mindful interrupting, unblending, and speaking for parts and listening from Self. This workshop will include a combination of didactic material and experiential exercises.

*Track: Couples, Family, Parenting & Children  
Level: Intermediate to Advanced*

**211 Whose Life Are You Living? Including an Introduction to Gender Variance for Therapists***Grace Stevens, MA*

In my book *No! Maybe? Yes! Living My Truth*, I articulate a framework, pretty much from the view of many of my parts, of how I blocked/protected my authentic self due to the fear of rejection and abandonment of everyone around me. Although my book is my own transgender memoir, the feedback from many non-trans people has been that once the framework is articulated, everyone can drop their own story into it.

The workshop will be divided (although probably not in a linear manner) between the concepts—mostly from an IFS viewpoint—about what parts are at work protecting us from our own truths while trying

to be connected to others while hiding or denying our truths. This content will be interactive with my story and an invitation for others to share their own or clients' experiences, including the fears and a discussion about whether the fears can be alleviated or "unburdened."

The workshop will include an overview of gender variance and the impact on individuals and families, as well as best practices for therapists who have gender-variant clients. In addition, a discussion of resources and support groups will be provided.

*Track: Mind, Body & Spirit & Level: All Levels Welcome*

**212 Where in Your Body Do You Feel It? Learning to Be a More Astute "Parts Detector" by Going to the Source—Our Bodies***Marilyn Unger-Riepe LICSW, MA & Kimberly McKeever, RSMT*

"The mind is like the wind, and the body is like the sand; if you want to know how the wind is blowing, look at the sand."

—Bonnie Bainbridge Cohen

Each emotion and each part carries its own pattern of posture, gesture, and movement. Somatic modalities such as Authentic Movement provide a felt connection to our parts, whose embodiment creates a compassionate connection to Self and to others.

This experiential workshop will offer a way to explore the information our parts hold in our bodies—how attuning to the sensations and movement of our bodies helps us to be more astute "parts detectors." Additionally, training as a compassionate witness in Authentic Movement offers another tool for the IFS therapist that gives parts the space to unburden and experience an infusion of Self energy.

The experiential portion of the workshop will begin with clearly establishing the boundaries that support compassionate witnessing, followed by a segment in which the mover and witness are gently guided through the meditative practice of attending to their body's feelings and sensations. Each participant will have the opportunity to discover the Self energy inherent in being both mover and witness—to see and be seen, to be deeply present to Self and to the other. The most essential portion of the workshop will be allowing enough space for participants to discover the joy of an embodied practice, to share their experiences of moving and witnessing in the mover/witness dyad and, if they choose, with the group. The workshop will conclude with a discussion of the possibilities for integrating Authentic Movement and somatics into IFS therapy.

*Track: Mind, Body & Spirit & Level: All Levels Welcome*

**213 Unblending "Blended Family" Relationships***Patricia Papernow, EdD*

IFS offers a powerful lens for understanding and working with the often intense and complex challenges of what we call "blended families." Whether you work with individuals, couples, or families, this workshop integrates four decades of research and clinical practice and offers an IFS-informed map for the difficult territory of "blended family" relationships. You will also leave with a very useful three-level model of clinical work that includes Self-led psychoeducation, interpersonal skills that access Self-energy, and the "U-turn" into parts work.

*Track: Couples, Family, Parenting & Children  
Level: Intermediate to Advanced*

🌿 SATURDAY, OCTOBER 31 🌿

**SATURDAY @ a Glance . . .**

**Yoga with Diana Cullum Dugan**

6:15–7:15 a.m., South County, 3rd Floor

**Registration and Continental Breakfast**

7:00–8:00 a.m. Narragansett Ballroom, 1st Floor

**Plenary Session**

8:00–9:45 a.m. Narragansett Ballroom, 1st Floor

**Workshops: Session 3 (#301–313)**

10:00 a.m.–1:00 p.m.

**Lunch Buffet**

1:00–2:30 p.m. Narragansett Ballroom, 1st Floor

**Workshops: Session 4 (#401–413)**

2:30–5:30 p.m.

**Book-Signing Event featuring Toni Herbine-Blank**

5:45–6:30 p.m., IFS Bookstore, 3rd Floor

**LifeForce Yoga Meditation with Amy Weintraub**

6:00–6:30 p.m. South County, 3rd Floor

**IFS Artists/Artisans Festival**

5:30–8:00 p.m. Narragansett Ballroom, 1st Floor

**IFS CONFERENCE DANCE PART-Y!**

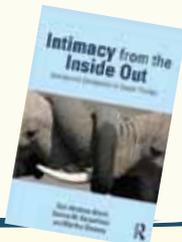
*with Darryl Thomas, Rainbow Dance Theatre*

8:00–10:00 p.m., Narragansett Ballroom, 1st Floor

**IFS Conference  
Bookstore Hours**

9:30 a.m. – 6:30 p.m.

Executive Boardroom, 3rd floor



**Morning Yoga with Diana**

Diana Cullum-Dugan, nutrition therapist, Certified IFS Practitioner, and yoga teacher, believes you each reflect to others your own innate and intrinsic goodness. In early morning yoga, you will be supported by a dynamic and passionate platform that offers optimal alignment and balanced energy to all levels of experience. Through a grounded and committed foundation, your heart will open to be fully present for the deep, internal teachings of the conference. You'll use your body to explore a deeper understanding of your work. When we become quiet, and listen, we hear our deepest longings and desires. *Optional: Bring your travel yoga mat.*

**6:15 – 7:15 a.m.**

**South County Meeting Room, 3rd Floor**

**LifeForce Yoga Meditation: A Portal to Self with Amy Weintraub**

We will use breath and sound to anchor the body-mind so that mindfulness naturally arises. Complete each day with time for Self-care and restore your energy for the evening. Each session will introduce a different LifeForce Yoga meditation protocol that clinicians are teaching clients worldwide.

**6:00 – 6:30 p.m.**

**South County Meeting Room, 3rd Floor**

**Second Annual  
IFS Artists/Artisans Festival**

*A Celebration of the Arts in Our Community*

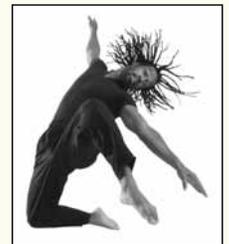
This New England-based event is expanding to include the entire national community and is being hosted at the IFS Conference for the first time. Come celebrate the vast creativity in our community—music, visual arts, crafts, photography, jewelry, and lots more! Much of this work will be offered for sale. Great timing for the holidays!

*A production of OpenHeartsArts*

**5:30 – 8:00 p.m. • Narragansett Ballroom, 1st Floor**

**IFS Conference  
Dance Part-y**

*with Darryl Thomas,  
Rainbow Dance Theatre*



Check out an ALL NEW DANCE PART-Y with Darryl Thomas from Rainbow Dance Theatre in an instructional dance movement before he opens the floor up to free dance! Join us for a few hours of music, dance, and good people!

**8:00 – 10:00 p.m.**

**Narragansett Ballroom, 1st Floor**

## Plenary Session

8:00 – 9:45 a.m.

### Opening Remarks

*Richard Schwartz, PhD*

*Founder, The Center for Self Leadership*

### Can IFS Help Release the Obstacles to Middle East Peace?

*Richard Schwartz, PhD*

Over the past decade, Dick Schwartz has collaborated with groups of Israeli Arab and Jewish leaders to find new ways to dialogue about the conflict between them and to identify and release the burdens that inevitably arise in that process. This past year, a documentary filmmaker joined the workshop, which has resulted in compelling videos that illustrate clearly some of the reasons the conflict there is so intractable and some potential solutions. Dick will discuss these issues and show videos to illustrate the process.

## Full-Day Sessions

10:00 a.m. – 5:30 p.m.

### 301/401 Creating and Sustaining Healthy Organizations: An IFS-Inspired Model for Generating Vitality, Engagement, and Community

*Laura Crandall, EdD & Toufic Hakim, PhD*

Organizations operate on the same principles as individuals. They can thrive and flourish, but they can also become burdened and unhealthy. Healthy organizations function at a high level with vitality, clarity, and connection among different parts that must work effectively together to fulfill the organizational mission.

This full-day workshop shares a practical framework, based on a theoretical model consistent with the IFS Model of parts and Self, for creating healthful, engaged, and creative organizations that are also high performing and goal-driven. The presenters will draw on real-world applications during pilot engagements with nonprofit, for-profit, and governmental organizations. This dynamic, interactive session will introduce the organizational model and illustrate a protocol for implementing the model for applying IFS in organizations. Feedback from the field applications will be shared, and participants will have the opportunity to explore practical ways of incorporating this work into their coaching or consulting practice—or directly into their own organizations.

*Track: IFS Beyond Psychotherapy*

*Level: Introductory to Intermediate*



**FOUNDATION** *for*  
**SELF LEADERSHIP**

*Supporting IFS Research, Training & Advocacy*

Foundation's Silent Auction

***Winners will be announced at lunch!***

### 302/402 Were Masters and Johnson Wrong? New Thinking About Female Sexual Desire and IFS- Informed Sex Therapy

*Sandra Scantling, PsyD, MSN, CST*

Contrary to the beliefs of many, a well-lubricated vagina or firm penis does not guarantee a satisfying or even adequate sexual experience. What makes sex satisfying, and what parts get activated in the quest? What are the bio-psycho-social components of sexual desire and arousal, and how has thinking about sexual dysfunction changed since the groundbreaking research of William Masters and Virginia Johnson?

According to M & J's findings in the 1960s, females and males experienced identical linear stages of desire, arousal, and response—with the exception that females didn't have a physiological refractory period (making multiple orgasms possible). Current research by Rosemary Basson and others has revealed a dynamic model of female sexual desire and arousal that is much more complex—as evidenced by the difficulty pharmaceutical companies are having trying to find a “pink Viagra.”

Because sex is a highly triggering subject, it is often avoided in the therapist's office. Confusions about normalcy make diagnoses of sexual “dysfunction” and treatment especially challenging. Many of the myths about normal sexuality held by clients and therapists are promulgated by ignorance. The popular press and Internet often promote mythology that is accepted whole cloth. Because of misinformation, many females believe they should have spontaneous desire (without external stimulation) that is accessible whenever it is called upon.

It's not unusual for couples to embark on a pilgrimage to locate an expert who will pronounce one of them as the “problem” and prescribe a speedy method to “fix him or her.” It's understandable that so many therapists feel pushed to resort to simple directives like “go on a date night,” fearing this suggestion will ultimately fail and couples will feel worse for the wear.

Today's workshop is an opportunity to discuss the subject of sexuality through the eyes of IFS. Through a blend of lecture, experiential exercises, small-group discussion, and case discussion, this workshop will consider ways this new model of female sexual desire can be useful in therapy with couples seeking a more fulfilling sexual connection.

#### **In Part One, we will review/explore:**

1. Current models of thinking about female sexual desire and arousal
2. BPS components of sexual response (including the brain, hormones, neurotransmitters, body, mind, and relationship)
3. Triggering myths/beliefs held about sexuality and pleasure
4. Predisposing, precipitating, and maintaining factors of sexual distress
5. Sex hormones/neurotransmitters and their effect on sexual response

#### **In Part Two, we will review/explore:**

1. Issues of uniqueness, attachment, and giving and receiving nurturing
2. Our own triggers around assessing and treating sexual issues
3. Assessment questions from an integrated IFS-informed perspective
4. Traditional cognitive behavioral management strategies (e.g., sensate focus, dilator use) from a fresh point of view
5. The responsibility of each partner in creating their own sexual pleasure. Not surprising, as sexually distressed parts trust the system enough to unblend, be witnessed, and unburden in the presence of Self energy, couples enter the flow of satisfying sexual experience.

*Track: Couples, Family, Parenting & Children*

*Level: All Levels Welcome*

**Morning Workshops**  
**10:00 a.m. – 1:00 p.m.**

Session  
**3**

**303 IFS and Tibetan Soul Retrieval:  
 The Cutting Edge of Ancient Wisdom**  
*Ann Sinko, LMFT*

Introduce yourself to the elementary concepts of Tibetan soul retrieval and increase your personal and therapeutic access to Self energy. The ancient Bon practice of Buddhism in Tibet believes our soul is fluid, a life force energy that can be lost or invited in. This workshop will explore the similarities of IFS and Tibetan soul retrieval and the useful integration of the two in the application and practice of IFS. Meditations and experiential practices will accompany concepts, making them user-friendly for personal use and with clients.

*Track: Mind, Body & Spirit ↔ Level: Intermediate to Advanced*

**304 Swimming the Midline: Finding Greater Balance  
 in Our Role as Caregiver to Others**  
*Alison Muyskens, MDiv, LICSW*

How do you swim your midline? How do you find balance between mind and body, right side and left side difference, inner and outer experience, or how to decide to speak or not to speak? How do you balance caring for others and caring for yourself?

For anyone who is a caregiver or an IFS practitioner or therapist, finding our own balance profoundly impacts the healing process, both personally and professionally. Exploring the polarities that exist in our lives, and in the lives of our clients, is uniquely different for each of us. Recognizing “the space” that exists between these polarities is to recognize the place where desire for change, or transformation, is born. This workshop is for those interested in enhancing their role as a caregiver to others and for those interested in deepening into swimming their own midline.

An explanation of how the concept of “swimming the midline” came to exist, using the Internal Family Systems Model, will be discussed through a case study presented. Experiential exercises, drawing, and storytelling will also be included to explore, expand, and nurture participants’ personal understanding of swimming the midline.

*Track: Couples, Family, Parenting & Children  
 Level: All Levels Welcome*

**305 KidsWorld, Inside and Out: A Conceptual  
 Model and Creative Strategies for Applying  
 IFS in Transforming Troubled Children, Teens,  
 and Their Families**

*Arthur Mones, PhD, ABPP & Ralph Cohen, PhD*

Children present with a full array of symptoms of internalization and externalization. Parents, schools, and society want to “shape up” these kids. This frequently leads to a drama of oppositionalism. This workshop will demonstrate that these symptoms are attempts at adaptation and survival in multiple contexts—family, school, peers. This workshop will also demonstrate ways to remove constraints on Self energy for children, parents, siblings, and schools, weaving back and forth from internal to relational dynamics.

*Track: Couples, Family, Parenting & Children  
 Level: All Levels Welcome*

**306 Part of Me Is Fat: Make Peace with Food  
 Using the Power of Yoga, Mindful Eating,  
 and Internal Family Systems**

*Diana Cullum-Dugan, RDN, LDN, RYT*

“There’s a part of me that’s fat.” Many have struggled to make that self-admission, yet it has a twist that recognizes that weight is only part of us. We all have parts that manifested ways to help us navigate through life. Some parts managed their way into roles of depression, anxiety, fear of abandonment, or unhappiness. Food behaviors develop due to external elements outside our control. Deep and tremendous conflict then develops within us. Ultimately compulsive overeating, binge eating, restricting calories, and abusing exercise are behaviors that these parts exhibit as they try to hold it together.

This workshop demonstrates a process to release the meaning placed on negative experiences that led to the dysfunctional behaviors in the first place. It offers a different taste perspective so we can successfully integrate what we really know about healthy food and activity in a way that doesn’t make us feel crazy.

We’ll explore impulses, urges, emotional eating, and old behaviors around food. With a clearer understanding of our parts involvement, we’ll renew our relationship with food by clearing out old habits, patterns, and beliefs.

With yoga\*, we’ll mindfully explore, play, pause, and begin to feel at home in our bodies. Interactive discussion, safe group sharing circle, and IFS-informed meditations, activities, and journaling support paying attention to all the parts of us intertwined in our relationship with food. We’ll connect to the inner healing of Self to regain an energetic balance in our system. And, we’ll enjoy a mindful eating practice.

*\*No yoga experience needed*

*Track: Mind, Body & Spirit ↔ Level: All Levels Welcome*

**307 A Strengths-Based Model  
 of the Internal Family System**

*Margaret Moore, MBA*

This presentation will explore a strengths-based model of the inner family system, proposing that a set of primary subpersonalities emerge from evolution that make up a scaffolding for the inner family. They include Autonomy, Body Regulator, Confidence, Creativity, Curious Adventurer, Executive Manager, Relational, Standard Setter, and Spiritual Meaning-Maker. An overview will be followed by a coaching demonstration and a group mindfulness exercise.

*Track: IFS Beyond Psychotherapy ↔ Level: All Levels Welcome*

**308 Listening to the Voices of the Group**

*Tracy MacNab, PhD, CGP*

This workshop is an immersion in the IFS group process. My aim is to demonstrate the usefulness of using IFS in group therapy. Our material will be parts of ourselves and our group that spontaneously arise in an experiential “fishbowl” group witnessed by an outer circle. Participants may choose to be in the inner circle or to take on the role of witnessing and containing the experience. Within the safety of this sacred space, we will see what we can learn and how we might authentically connect with one another. There will be a brief didactic presentation and time for processing and sharing at the end of the group.

*Track: Mind, Body & Spirit ↔ Level: Intermediate to Advanced*

### 309 Michi's Two New "Drop" Techniques

*Michi Rose, LMSW, PhD*

What if we view parts as energy rather than "units" or "entities"? Are there implications for new techniques? Michi suggests that we can think of parts as holograms. This means that a tiny piece of any part (even one drop) will contain all of the informational energy of that part. Based on this concept, Michi presents a new "DROP Technique" that she developed. She will teach how to work with only "ONE DROP" of a target part (rather than the part itself.) This DROP technique is helpful when working with extreme target parts and/or highly defended internal systems.

Michi will also present her "DROP Mini-Healing Cycle" for clients with fragile systems.

*Track: Mind, Body & Spirit ↔ Level: Intermediate to Advanced*

### 310 Helping Your Clients to Unblend: Creative Strategies and Exercises That Work!

*Gail Tomala, MA, LMFT, PhD & Kimberly O'Connor, LMFT*

This workshop introduces several very different and creative ways to assist clients in the interesting and enlightening process of unblending. Client video clips, journal entries, letters, and drawings demonstrating parts work and Self-led energy will be combined with participant role-play, drawings, work with manipulatives, brief written exercises, and more!

Practicing IFS therapists and professionals new to the IFS Model will leave with multiple strategies for helping clients externalize their parts in order to gain a perspective on their role, purpose, and positive intent. In the process, all participants will gently experience some of their own parts and tap into their Self energy.

Conceptually, this workshop places an emphasis on helping clients learn about their protective parts, access their Self Energy, and be gently introduced to their exiles. All exercises introduced are adaptable for adults, couples, families, and children.

*Track: Mind, Body & Spirit ↔ Level: All Levels Welcome*

### 311 Coaching the Spiritual Journey with IFS

*Karen Grayson, LPC*

This workshop will introduce the work of a "spiritual journey coach" and provide an opportunity to consider individual spiritual development from the IFS perspective. Drawing on a wide array of spiritual practices, some familiar and some perhaps not, we will work with parts that feel drawn to or wary of specific spiritual paths. We will explore the IFS Model as an instrument in developing, honing, and deepening individual Self energy as a core element of spiritual growth.

*Track: Mind, Body & Spirit ↔ Level: Intermediate to Advanced*

### 312 Using Art and Lifespan Integration Techniques to Enhance Exile Retrieval and Updating

*Katie Gurwell, MA, LMHC & Deborah John, PhD, ATR-BC*

Lifespan Integration, a therapy developed by Peggy Pace, and art therapy both provide methods to enhance the retrieval of exiled parts that are "stuck in time." These visual tools provide alternative ways of helping parts to come into the present and understand that they are not

stuck in the past. Combining left-brain visual and right-brain affective and creative modes provides an integrative mind-body-spirit healing system. Using these methods can not only help parts to get updated about the client's life and current (usually better) circumstances; their application also helps parts to "connect the dots" of how the past (scene) is connected to the client's current life. This helps the client's system to have a more coherent narrative of their life and story. The repetition of timeline work used in Lifespan Integration also seems to provide spontaneous unburdening for some parts. These methods may be folded into your IFS work for clients who respond well to using art to process. They may also be helpful for retrieving reluctant exiled parts or helping them feel more present.

*Track: Mind, Body & Spirit ↔ Level: All Levels Welcome*

### 313 Embodying Self Energy, Masculine and Feminine Energy, and Part Energy: What Are These Elusive Energies?

*Betta de Boer van der Kolk, LICSW & Ted Cation, LPC*

What are we actually experiencing in our bodies when we are in Self energy? Through various exercises, this workshop will demonstrate how to be more in Self and how to be more acutely aware of part energy in order to hone your skills as a parts detector. We will explore how other body/energy-oriented models such as Tantra Yoga, Reichian character structures, ideas of archetypes, and other systems inform us to become more aware when conducting an IFS session of both our own physical/energy bodies and our clients. We will use ideas from Tantra Yoga in order to describe and experience such concepts as energy in general, heart energy, masculine and feminine energy, and finally the chakras—the energy wheels along our spine. Our intention is to guide you through exercises that will be of use to both you and your clients.

*Track: Mind, Body & Spirit ↔ Level: Intermediate to Advanced*

## Afternoon Workshops

2:30 – 5:30 p.m.

Session  
4

### 403 IFS for Leaders and Aspiring Leaders: How to Make Parts Work Accessible, Useful, and Relevant to Leaders in the Workplace and in Their Lives

*Anna Tansi, MS & Drew Dougherty, MBA*

Emotional intelligence, self-awareness, and executive presence have become mainstream requirements for successful leadership in organizational settings today. Yet effective methods to develop and master those competencies remain elusive. Through presentation, experiential exercises, demonstration, and practice, this workshop will provide participants with an approach for using the IFS Model to help leaders lead their "inner team" (parts) so they can most effectively lead and influence others (their "outer team"). We will focus on ways to make the central concepts and practices of IFS practical and readily accessible to managerial leaders in the context of their results-focused, time-pressured environments. If you would like to increase your capability and comfort with explaining and applying the IFS Model while working with leaders and aspiring leaders, this workshop is for you.

*Track: IFS Beyond Psychotherapy ↔ Level: All Levels Welcome*

**404 The Elusive Self: Standing on the Shoulders of William James**

*Marcel A. Duclos, MTH, MED, DCMHS, NH-LCMHC; AZ-LPC + LISAC; ACS*

If mindfulness leads us to the operational conclusion that there is no self, then the endeavor to promote Self-leadership would find itself at odds, at least in language. This apparent contradiction merits an extended consideration and a conversation with “an above it” reflection such that William James offers us still, a century later. From William James’s stated premise as a pragmatist and his devotion to the study of what is beyond reason’s reach, this presenter will follow the treads laid down in the classic text. The presenter will attempt to weave a discernable pattern in William James’s inquiry that will be useful to the IFS therapist and practitioner in the conduct of witnessing, retrieving, and unburdening the multiplicity into wholeness. An appreciation of this giant’s meticulous and courageous venture into the outer limits of consciousness and beyond the subliminal intends to promote the IFS commitment to hope.

This presentation/seminar is based on William James’s thoughts expressed in his classic, *The Varieties of Religious Experience*, as related to a respectful expanded understanding of self/Self relevant to the development of Self-leadership in our clients and in ourselves as IFS therapists.

*Track: Mind, Body & Spirit* ✨ *Level: Advanced*

**405 Tantric Breath and Body Practice: A Powerful and Profound Practice**

*Robin McMahon, MA*

As yoga leads to increased body sense and wisdom, so too these exercises introduce the practitioner to explore increasingly subtle levels of the body. “The more deeply you probe the body, the more you come to understand it as the energy and awareness of the awakened state itself.” Those of us who practice IFS are already familiar with the felt sense, energy, and awareness of Self energy. These introductory practices resource and enhance that felt sense of Self-leadership.

*Track: Mind, Body & Spirit* ✨ *Level: Intermediate to Advanced*

**406 How to Love Yourself**

*Charlie Verge, PhD*

The idea of loving ourselves is prevalent in both the therapy world and the culture at large we all live in. And yet it is very common to hear that someone doesn’t have the first notion of what that really means. After several decades in the field, I have so often heard from my clients who are therapists themselves that they know they need to love themselves more, but upon further inquiry, they either don’t know how to practice it or have parts that prevent (protect) them from doing it in a variety of ways. And yet so many therapy and life issues can and do change or soften with just a bit more Self love in the system.

In this workshop, we will explore the notion of loving oneself and its profound value both as a therapy practice and for personal and spiritual growth. We will view IFS as an ideal paradigm for loving our various selves (parts) and demonstrate and practice simple yet powerful practices (some derived from IFS and some from other practices) that increase greater love into our inner and outer lives.

*Track: Mind, Body & Spirit* ✨ *Level: All Levels Welcome*

**407 Heal and Transform Your Relationship to Money**

*Gale West, MA, MFA*

Our relationship with money permeates every aspect of our life. It is a direct reflection of our feelings about ourselves and the predominant attitudes and beliefs of our parents and the surrounding culture. This workshop holds the premise that money has a consciousness and that our feelings about money and ourselves directly affect our ability to allow money to be a resource for guidance and support, joy and delight. We will identify and release ancestral legacy burdens, explore what parts stop us from being fully able to receive “good,” and begin a dialogue with money as a consciousness and personal guide. This workshop is an expansion of content that was offered two years ago.

*Track: IFS Beyond Psychotherapy* ✨ *Level: All Levels Welcome*

**408 How IFS Therapy Can Be Useful in the Treatment of Autism Spectrum Disorders**

*Ephrat David, LMHC, MFT*

Many people experience the burden of feeling different. It starts when children begin to compare themselves to their peers. We have all been affected by early experiences that made us feel that we failed to meet social expectations. However, for people with Autism Spectrum Disorders (ASD), this struggle is unique. In this workshop, we will explore the unique pain of being different, missing the mark repeatedly, and developing coping mechanisms that further alienate self from others. We will review cases of people with ASD and their families (wives, children, and parents) and discuss the unique exiles, managers, and firefighters that people with ASD may carry. Participants will learn how IFS therapy can help normalize their mixed feelings, heal the pain of feeling different, and identify parts with unique strengths and talents.

*Track: Couples, Family, Parenting & Children*  
*Level: All Levels Welcome*

**409 Body Betrayal: Catastrophic Illness, Losing (Body) Parts, and Gaining Access**

*Judi Addelston PhD, LMFT*

In IFS, we are taught to turn to the body as a source of information about our parts. This experiential workshop will explore what happens when the body is no longer seen as a source of refuge but instead as a betrayer and source of distress. How do we access our parts if “going inside” is no longer perceived as safe? This workshop will be a place for participants to explore their own experience of “body betrayal” and also learn how to work with others who have the same experience.

*Track: Mind, Body & Spirit* ✨ *Level: All Levels Welcome*

**410 The Best Things in Life Are Free—Or Are They?**

*Rina Dubin, EdD*

In this workshop, we will bring a very exiled area of all our lives into the light. How do our own backgrounds as well as our familial and community legacies impact how we see ourselves and others who come from different circumstances? Whether we come from “not enough” or privilege, we carry shame and isolation that is in the relational field and makes it difficult to process. This workshop will use presentation, experiential exercises, and group discussion to help us unblend from our parts and be in more comfortable relationship around this topic.

*Track: Couples, Family, Parenting & Children*  
*Level: All Levels Welcome*

**411 Write for the Part!**

*Nancy Sowell, LICSW & Melissa Febos, MFA*

Accessing presence and courage in the creative process is challenging and an integral tool for creating meaningful work. When we are able to stop overthinking and allow the voices of parts to emerge, we gain access to a richer, more complete emotional and creative life. This workshop is designed for therapists and practitioners who would like to improve their creative writing, those interested in the use of writing as a therapeutic tool, and those interested in using writing to gain deeper understanding of their internal world, including its more hidden regions. Through experiential exercises in writing, we will practice expanding awareness of parts, accessing Self, and opening to the creative process. For those who have written with us in the past, this workshop will introduce new material and exercises.

*Track: Mind, Body & Spirit* ♀ *Level: Intermediate to Advanced*

**412 Breaking the Wall of Silence: Facing Our Fears of Violence and Suicide in Clients and Family Members**

*Katie Winikates, PsyD & Cheryl Dielman, LCSW, LPC, CEDS*

The topic of violence and suicide can trigger parts in therapists—fear, vulnerability, or guilt that can be exiled. As therapists, we don't always know how to get the support we need or how to support other clinicians. Come join this discussion about facing our fears as clinicians around the topics of suicide and violence. Be a part of the healing circle of sharing stories and connecting with others. As we bring Self energy to the process, our parts will know they are not alone, and we can begin to unload the burdens we carry from vicarious trauma and the fear of vicarious trauma. Resources will be shared, including a demo of a suicide assessment that is collaborative and Self-led, ways to connect with a clinician survivor network, and transcripts of Richard Schwartz's work with a suicidal part. Clips of this video with a suicidal part will also be shown.

*Track: Trauma* ♀ *Level: All Levels Welcome*

**413 A Hands-On Approach to a Touchy Issue**

*Susan McConnell, MA, CHT*

Touch has been shown to be a vital dimension of healing in a wide range of clinical issues. Despite this vast amount of data, the field of psychotherapy has traditionally taken a "hands-off" stance. The IFS Model provides a framework to employ this valuable tool in every step of the IFS Model in a Self-led way. In this workshop, participants will explore their experiences with touch in general as well as specifically in their work as clinicians. There will be opportunities for working individually and in dyads with the Somatic IFS tool of Attuned Touch.

*Track: Mind, Body & Spirit* ♀ *Level: All Levels Welcome*

**Save  
the Date!**

**2016 IFS Conference**  
**November 10–13 • Providence, RI**

*Interested in presenting at the IFS Conference?*

Consider presenting in 2016.

The Call for Workshop Proposals is available  
on our website as of October 1st.

All proposals are due back in January 2016!

**SUNDAY, NOVEMBER 1** ♀**SUNDAY @ a Glance . . .****Continental Breakfast**

8:00–9:00 a.m., Narragansett Ballroom, 1st Floor

**Workshops: Session 5 (#501–111)**

9:00 a.m.–12:00 p.m.

**Lunch Buffet**

12:00–1:00 p.m. Narragansett Ballroom 1st Floor

**Post-Conference Workshop (#601)**

*Bringing More Self-Leadership to the Conflict  
in the Middle East*

1:30 p.m.–4:00 p.m. Providence Ballroom, 3rd Floor

**IFS Conference  
Bookstore Hours**

9:00 a.m.–5:00 p.m.

Executive Boardroom, 3rd floor

**Morning Workshops**  
**9:00 a.m. – 12:00 p.m.**

Session  
**5**

**501 Moving From Overwhelm to Engagement:  
How IFS Can Help People Become More Engaged  
with Larger-World Problems Like Climate Change**

*Beth Davenport, LICSW, Paul Neustadt, LICSW  
& Corky Becker, PhD*

With 24/7 news and social media, we are more aware than ever of the problems facing our communities and world today, such as climate change. This increased awareness does not necessarily lead to more engagement with the issues and, in fact, can lead to an increased sense of overwhelm and helplessness, which can get in the way of engaging with the issues. In this workshop, participants will have an opportunity to experience a model of dialogue that integrates principles from IFS and the Public Conversations Project model of dialogue. Participants will learn, through looking at their own relationship to climate change, how using the IFS framework can help people identify and deal with feelings of overwhelm, powerlessness, helplessness, and some of the common protector parts that can come up, such as denial, avoidance, and minimizing. Participants will have a better understanding of how using an IFS framework can lead to feeling more empowered and motivated to engage with the larger problems of the world, such as climate change.

*Track: IFS Beyond Psychotherapy*  
*Level: Introductory to Intermediate*

**502 Misery or Mastery: Documenting Medical Necessity for the IFS Therapist**

*Beth Rontal, LICSW*

IFS clinicians tend to be seasoned professionals who provide high-quality therapy but feel at the mercy of insurance companies as they struggle with authorizations and confidentiality issues. Parts that feel resentful and powerless can overwhelm clinicians' ability to describe what they do and how they do it in a way that honestly reflects their work and justifies medical necessity so insurance companies authorize continued treatment. Effective documentation organizes clinical thinking so writing notes and treatment plans can be done quickly and efficiently—and is a contribution to high-quality clinical work rather than a detour. This workshop will help the IFS therapist master the documentation process while using insurance-friendly language. In so doing, the process is simplified, medical necessity is justified taking into account the new uniaxial diagnostic system, authorizations are easy, and audits are passed without compromising the confidentiality of the client and in a way that represents the good work of an IFS therapist.

*Track: IFS Beyond Psychotherapy* 🌀 *Level: All Levels Welcome*

**503 Knowing What to Look For: A New Schema of Burden Constellations from Pat Crittenden's Dynamic-Maturational Model of Attachment**

*Jenny Gresko Schevers, MA, M.Div., LCPC*

This presentation is an integration of the Dynamic-Maturational Model of Attachment by Pat Crittenden, providing theory, and Internal Family Systems Therapy, providing the technical clinical modality. It will offer the twenty attachment strategies identified in the DMM, particularly considering exposure to danger and attempts to understand it and adapt. As we explore the DMM, patterns will begin to emerge identifying families of parts that carry burdens unique to each strategy. IFS work that considers these strategies is differently timed and offers a complete clearing of assumptive, experiential, and motivational burdens. Pattern detectors yield more sophisticated parts and burden detectors with this thorough and elegant attachment map.

*Track: Trauma* 🌀 *Level: Intermediate to Advanced*

**504 It's All in the Connection: Parenting with Compassion, Clarity, Confidence, and Calm**

*Leslie Petruk, LPCS, NCC, BCC & Elena Corral, LISW-CP*

IFS is the delivery system for promoting internal attachment and authentic connection with others. This workshop will present the basic tenets of traditional and contemporary attachment theory, how they correlate with IFS principles, and how to integrate them. Strategies to utilize IFS therapy to strengthen and facilitate a parent's internal connection, which translates into their ability to develop a stronger and healthier connection with their child(ren) will be presented. Experiential, role-play, and creative arts methods will be utilized in this workshop to demonstrate techniques that can be used with children, parents, and families to improve internal awareness and connections, and strengthen relational connections. Finally, an emphasis will be placed on how to help parents maintain Self-leadership during the most difficult moments of parenting and how to repair ruptured connections.

*Track: Couples, Family, Parenting & Children*  
*Level: All Levels Welcome*

**505 Writing from the Self**

*Jennifer Noel, LCSW*

Writing from the Self is a method that synthesizes IFS and Proprioceptive Writing. It prompts one to listen internally to parts' stories and record these stories during a timed writing session. Essentially, this practice is a way to unblend from parts and encounter Self through writing. This presentation will introduce Writing from the Self, including the material offered in a five-day workshop. We will explore other components of the method: tuning in to nature, visual aids, meditation, and music to stimulate the brain. There will be discussion about applications of the practice, and participants will experience it for themselves.

*Track: Mind, Body & Spirit* 🌀 *Level: All Levels Welcome*

**506 Treating the Parts of Those Who Did Their Part: Using IFS with Military Veterans**

*Sharon Cooper, PhD & Kim Corey, PhD*

Adjustment to civilian life can be difficult for veterans. As the longest war in U.S. history winds down, veterans are seeking mental health treatment not only from VA Medical Centers, but from therapists in their local communities as well. When treating veterans, it is helpful to understand something about their experience. This workshop will introduce participants to military structure and culture, discuss protector parts that get reinforced by military training, and show a case example of how IFS can be used to treat veterans with trauma. Through didactic discussion and film clips, participants will learn how to identify managers, firefighters, and exiles that are commonly reported by veterans, learn common adjustment issues veterans experience after returning to civilian life, and explore the impact that military service has on families. Through an experiential exercise, we will explore therapist parts that come up when working with veterans and their families.

*Track: Trauma* 🌀 *Level: All Levels Welcome*

**507 Anchoring to Core Intention: A "Positive" Trailhead and IFS Catalyst**

*Mark Hurwich, MBA*

Would you like an easy way to help your IFS sessions progress significantly faster and deeper than they do now, and access different aspects of your clients' systems? This session will teach how to viscerally reconnect clients to their "core intention"—e.g., purpose, soul's calling, and passions—and how to recall that state at will. This technique uncovers positive trailheads that open new doors for growth, and also catalyzes IFS work. Participants will have the opportunity of experiencing this work themselves and build their sense of "IFS Mastery" in the process.

*Track: Mind, Body & Spirit* 🌀 *Level: All Levels Welcome*



*New to the Conference!*

**FREE WIFI**  
IN ALL WORKSHOP SPACES

Password: IFS2015

**508 Re-editing Critical Memories: Helping Exiles Prepare for Retrieval and Unburdening**

*Stan Einhorn, PhD*

This workshop will explore how to support exiles that are anchored in critical memories and blended with the scene that first imposed a burden upon it. Exiles who experience being stuck in a critical memory are unable to accept an offer of being retrieved from the memory and are therefore blocked from unburdening. This workshop will introduce the concept of re-editing critical memories, a process that helps exiles gain Self-led energy. Methods of helping the anchored exiles such as direct access, psychodrama, movement, and introducing additional characters into the scene will be discussed, demonstrated, and practiced by workshop participants. A live demonstration with debriefing and didactic review of the process will be included.

*Track: Trauma 🌀 Level: Intermediate to Advanced*

**509 IFS Sanghas as Communities of Practice, Nurturing Connection to Self Energy and Parts Awareness: An Experiential Workshop and Exploration of the Model**

*Katie Winikates, PsyD, Sallie Ingle, MA, LPC  
& Michael Searles, MS, LPC*

Do you wish you could tap into the Self energy of the IFS community more regularly as a way to encourage and fortify this primary quality you offer clients? Come join us in this exploration of a model for creating communities of practice, circles where guided meditations invite us to deepen our awareness of embodied Self energy while noticing and acknowledging parts calling for attention in the present moment. Come experience an IFS Sangha and join us in this conversation to see what might be possible. Share your own experiences of being in meditation communities, including what worked and what didn't. Learn about the experience of a pilot project that was created after a Level 3 Training.

*Track: Mind, Body & Spirit 🌀 Level: Intermediate to Advanced*

**510 Healing from Affairs in IFS Couples Therapy**

*Mona Barbera, PhD*

IFS couples therapy helps partners release Self energy and access Self qualities—creativity, confidence, connection, calm, clarity, curiosity, compassion, and courage. Once they have access to these innate qualities, they have the resources they need to solve their relationship problems. These principles apply when there has been an affair, but special circumstances require careful navigation and awareness of pitfalls. When participants learn the six steps for healing from an affair, they will be able to assess different kinds of affairs, know how to treat each one, and be able to guide partners on a respectful, realistic path from raw affair to resolution. We'll use case examples, role-play, lecture, and guided meditations to understand the steps and therapist parts that might get in the way of being of service to partners when an affair has occurred.

*Track: Couples, Family, Parenting & Children  
Level: Intermediate to Advanced*

**511 Finding Self a Transparent Life: Parts Unblend from Trauma, Sexual Identity Confusion, and Attachment Wounds**

*Vince Sperduto, PhD*

Research on trauma, sexual identity confusion before and after sexual abuse, and attachment wounds seen through an Internal Family Systems lens will be presented in this workshop. We will explore the impact of sexual trauma on differentiation, sexual identity confusion, and ultimately the loss of Self. The speaker's unburdening process will be explored, which includes helping parts transform the current narrative into one of transparency through story and poetry. Systems theory assumes that all parts of the system are interconnected and the whole system cannot be understood if the parts are in isolation. For thirty-plus years, I considered my trauma and my identity as isolated events, compartmentalized and obscured from Self.

*Track: Trauma 🌀 Level: All Levels Welcome*

Session  
6

**Post-Conference Institute** 🌿

**1:30 – 4:00 p.m.**

**601 Bringing More Self-Leadership to the Conflict in the Middle East**

*Richard Schwartz, PhD with Ossi Arbel, PhD, LMFT, Einat Bronstein, MSW, LCSW and Nitsan Gordon, MA*

As we wrap up the 2015 IFS Conference, *Bringing Self Leadership Out of the Office and Into the World*, we want to take a deeper look at how IFS can go beyond the therapy room and into the realm of conflict transformation in the Middle East. We learned earlier this weekend of Dick Schwartz's work over the past ten years collaborating with groups of Israeli Arab and Jewish leaders. Today, Dick invites the leaders of IFS-Israel and Together Beyond Words to present their understanding of the background of the conflict and what they are doing to help, including how they are combining IFS and Playback Theater to heal traumatized communities. Join them in this discussion, which focuses on where the conflict is today, the main challenges they are facing, what possible solutions might look like in transforming the conflict, and next steps.

*Track: IFS Beyond Psychotherapy 🌀 Level: All Levels Welcome*



**Judi Addelston, PhD, LMFT** received her PhD in Social and Personality Psychology from the City University of New York in 1995 and her Master's in Marriage and Family Therapy from Stetson University in 2000. She is the Program Coordinator for the Psychology Discipline at Valencia College in Orlando, FL, and has a private practice in Winter Park, FL. Judi has completed all three levels of IFS training and is a Certified IFS Therapist.



**Frank Anderson, MD** is the chair of the Foundation for Self Leadership and co-trainer of the Level 2 Intensive "IFS, Trauma and Neuroscience." He is a psychiatrist who completed his residency and worked as an Associate Professor at Harvard Medical School and has a long-standing affiliation with the Trauma Center in Brookline, MA. He wrote the chapter titled "Who's Taking What? Connecting Neuroscience, Psychopharmacology and Internal Family Systems for Trauma" in *Internal Family Systems Therapy: New Dimensions* and maintains a private practice in Concord, MA.



**Osnat Arbel, PhD, LMFT** is an AAMFT Clinical Member and Approved Supervisor, a Lead Trainer and a Certified IFS Therapist. Ossi is a lecturer and a supervisor at the Marriage and Family Therapy program at Tel-Hai Academic College, Upper Galilee, Israel, and teaches marriage and family therapy courses and supervises newly trained therapists. Together with Einat Avni Bronstein, she cofounded the Israeli Institute for IFS, bringing Self-leadership to a land saturated with controversy.



**Mona Barbera, PhD** is an IFS Assistant Trainer, couples therapist, workshop leader, and author of the award-winning IFS relationship book *Bring Yourself to Love*. She is in private practice in Rhode Island.



**Percy Ballard, MD** is a Harvard-trained psychiatrist who completed Level 1 through Level 3 IFS trainings during his residency at Cambridge Health Alliance. He has aided in IFS research with Martha Sweezy, PhD, assisted in demonstrating IFS at the Harvard Conference on Meditation and Psychotherapy, and has presented several times with Richard Schwartz, PhD. Professionally, he is in private practice in the Greater Boston Area, practices psychopharmacology at Fenway Community Health Center in Boston, and is pursuing his interest in organizing a collaborative practice community of IFS practitioners. Apart from therapy, he is an avid meditator in the Tibetan lineages of Mahamudra, Dzogchen, and Bon, and a martial artist who has studied and competed in Karate, Taekwondo, and Kung Fu for over 15 years. Percy hopes to share his experience and discuss theories of working with IFS, race, ethnicity, and healthy identity.



**Corky Becker, PhD** is a clinical psychologist specializing in family and couple therapy. She teaches family therapy and couple therapy at Therapy Training Boston, Cambridge Health Alliance, and UMass Boston. She consults to the Project on Negotiation at Harvard Law School and has held several offices at the American Family Therapy Academy. She is a founding member and senior Associate with the Public Conversations Project.



**Valerie Bergman** danced professionally in New York with many internationally recognized post-modern choreographers. While with the Nina Wiener Dance Company, she served as principal dancer and ballet mistress, starred in several world premieres at the Brooklyn Academy of Music's Next Wave Dance Festival, and appeared on PBS and Dutch National Television. Bergman has danced as well with the National Ballet of the Netherlands and the Hawaii Opera Theatre Ballet. In 1991, she founded the Rainbow Dance Theatre (formerly Valerie Bergman Dance Company)

in Honolulu, Hawaii, where she collaborated with Hawaii's premier world-beat band, Cabaseke, and internationally acclaimed Taiko drum master Kenny Endo. As dancer and choreographer, Bergman has toured throughout Asia, Europe, Canada, Mexico, the mainland United States, and the Hawaiian Islands. An inspiring dance educator, Bergman has taught in New York for the Finis Jhung Ballet Studio, the Viola Farber Dance Studio, and the State University of New York at Purchase. Her signature work, *One Village, Many Tribes*, has been set on numerous university and professional dance companies, including most recently the Danza Contemporanea de Mexico.



**Sally Bonkrude, MA, LPC, MT-BC** has been a professional counselor and music therapist for the past 11 years. As an expert in the fields of Music Therapy, Psychotherapy, and Public Speaking, Sally creates and does webinars, workshops and presentations in person and online nationally through DBTMusic Online Classes. She recently moved to Sausalito, CA, where she is now using IFS to help speakers overcome anxiety and deliver dynamic, authentic messages.



**Fran Booth, LICSW** is a Certified IFS Therapist and Assistant Trainer with offices in Andover, MA, and at the Healing Garden Cancer Center in Harvard, MA. Her clinical and consultation specialties include anxiety, trauma, binge eating, somatic and medical concerns, cancer, and attachment disorders.



**Einat Avni Bronstein, MSW, LCSW** earned her law degree from Tel Aviv University and her Master's in Clinical Social Work from Washington University. Einat graduated from Level 1, 2 and 3 trainings and is a Lead Trainer and a Certified IFS Therapist with over 20 years of experience. She is a lecturer at the Marriage and Family Therapy program at Tel-Aviv University teaching couples therapy courses. Together with Osnat (Ossi) Arbel, she cofounded the Israeli Institute for IFS, bringing Self-leadership to a land saturated with controversy.



**Jeanne Catanzaro, PhD** is a clinical psychologist in private practice in Brookline, MA. A former director of the partial hospitalization program at the Renfrew Center of NY, she has worked extensively with clients with eating disorders and trauma. Jeanne is currently interested in how IFS can be used to promote long-term positive health choices.



**Ted Cation, LPC** is also a carpenter who notices much relationship between building and repairing in the physical world and building and repairing in the inner world. Ted is trained in Hakomi Therapy and IFS. He is certified in ear acupuncture, which he finds works well with IFS. He has worked more than ten years with foster children and cofacilitated men's groups at the women's shelter organization. When left to his own devices, he likes planning adventures: the most recent adventure has been to explore the body with Tantra Yoga classes and Susan McConnell's Somatic IFS training.



**Ralph Cohen, PhD** is a professor of Counseling and Family Therapy at Central Connecticut State University, Director for the master's program in Marriage and Family Therapy, Coordinator for the Internal Family Systems Continuing Education Program, and an AAMFT Approved Supervisor. He is an IFS Lead Trainer and has presented on IFS at state, national, and international conferences, teaches graduate courses on IFS, and was founding coeditor of the *Journal of Self Leadership*, an IFS-oriented professional publication. As a Licensed Psychologist and Marriage and Family Therapist, Ralph has an IFS-based private practice in West Hartford, CT.



**Sharon Cooper, PhD** is a Clinical Psychologist at the VA Connecticut Healthcare System. She is a Level 2-trained IFS therapist who has worked with veterans and their families since 2002. She was originally trained in psychodynamic psychotherapy from New York University and has been applying the IFS Model since 2011.



**Kim Corey, PhD** is a Clinical Psychologist and Level 2-trained IFS therapist who has worked with veterans and their families for more than 11 years. Originally trained in CBT and other empirically based psychotherapies, she was introduced to IFS in 2011 and recognized the benefit that this therapy could have in her VA outpatient practice. She has applied IFS to helping veterans of all ages and actively treats WWII prisoners of war, Vietnam-era veterans, and recently returning veterans and their families.



**Elena Corral, LISW-CP** is a clinical therapist with an independent clinical practice in Greenville, SC. She began her career in Romania, working with children from orphanages and specializing in issues of attachment trauma. Elena is also a Circle of Security Attachment Parenting Educator and is working with children, adolescents, adults, families and couples. She practices an eclectic approach that combines IFS Model with psychodynamic theory, attachment theory, TF-CBT, play therapy, art therapy, and mindfulness.



**Laura Crandall, EdD** is a corporate education and management consultant with over 25 years of workplace development experience, including 15 years managing teams. She approached consulting by being part educator and part auxiliary brain for leadership and works to help companies use all of their data, including emotional data from human beings, to create better successes at work. Laura holds an EdD in organizational behavior and cognitive neuroscience from Harvard University and is also certified in mediation and conflict management, inquiry-based curriculum design, and behavioral assessment. Laura owns Slate Communication, a consulting company based in the Greater Boston area.



**Diana Cullum-Dugan, RDN, LDN, RYT** has a private nutrition and Yoga for Mindful Eating practice in Watertown, MA, and relies on motivational interviewing, Internal Family Systems, and yoga therapy with clients working through behavioral change. Her expertise is in eating disorders, digestive health, intuitive eating, and vegetarian diets. She consults for [www.DashforHealth.com](http://www.DashforHealth.com) and [www.GoodMeasures.com](http://www.GoodMeasures.com) and contributes to *Environmental Nutrition*, *Today's Dietitian*, and *The Overnight Diet*.



**Beth Davenport, LICSW** has a private practice in Waltham MA, specializing in trauma, PTSD, anxiety disorders, couples therapy, and consultation. She is certified in IFS, Hypnosis, and EMDR and has training in AEDP. She has presented workshops at various graduate programs and in the community and is one of the original participants in the IFS and PCP practitioner group.



**Ephrat David, LMHC, MFT** is a seasoned IFS therapist. Her primary specialty is treating people with learning disorders and Autism Spectrum Disorders. She treats both adults and youth in Berkshires County, MA. She created the IFSchildtherapy online yahoo group and served several years on the IFSNE Program Committee. She also presented her work in several forums in Massachusetts. She is excited to share the innovative methods she developed to treat her clients.



**Betta de Boer van der Kolk, LICSW** is an IFS certified body-psychotherapist committed to exploring the universal principles for the process of healing. She practices at the Center for Integrative Healing in Watertown, MA. She was trained in the Rubenfeld Synergy Method, which combines Feldenkrais, Alexander Technique, Gestalt Psychology, and Principles of Hypnosis and easily incorporates IFS. She is a Tai Chi practitioner and an Advanced Certified Tantra Educator through the Source School of Tantra Yoga. She raised two children who themselves are committed to examining the questions of life through art.

**Cheryl Dielman, LCSW, LPC, CEDS** has been in practice using the IFS model for 10 years of a 30-year career. She is an approved supervisor for different disciplines and has found the IFS Model exceptional in its ability to resolve trauma and the healing of eating disorders. Cheryl is a family systems-trained therapist who would like to assist other therapists to learn this model in the Dallas/Fort Worth area.



**Drew Dougherty, MBA** (Stanford) and **MA** in Leadership (Claremont), is President of LeadershipDNA, a leadership consulting firm he founded 18 years ago to help leaders achieve results by optimizing the effectiveness of organizational culture, work teams, and individual leaders. He has worked with hundreds of leaders at companies ranging from Silicon Valley start-ups to global Fortune 500 corporations. In his role as executive coach, he uses IFS parts work for clients to gain awareness and exercise intentional choice of behaviors for most effective leadership impact.



**Ann Drouilhet, LICSW, LMFT** is a certified IFS practitioner and an Approved Supervisor for the AAMFT. She has been on the teaching staff for IFIO for the last three years and is a cocreator of the Strengthening the Basics, a six session training designed to help couples therapists integrate the learning from Basics IFIO in preparation for the advanced training.



**Rina Dubin, EdD** is an Assistant IFS Trainer who has also enjoyed assisting at the experiential workshops at both Esalen and Kripalu and loves bringing people into the work. Rina currently practices in Needham, MA.



**Marcel A. Duclos, MTH, MED, DCMHS, NH-LCMHC, AZ-LPC + LISAC; ACS** is a former college professor and administrator who has served as a Clinical and Executive Director at several nonprofit agencies throughout his career. He has many publications that he is very proud of and enjoys speaking engagements, both nationally and internationally. Marcel is a practicing philosopher, theologian, and psychotherapist who, at 76 years old, relishes writing, painting and learning.



**Lois Ehrmann PhD, LPC** has provided trauma and attachment treatment to families in Central PA for over 20 years. She began using IFS with children, adolescents and their parents in 2006. Certified in IFS, EMDR, and Attachment Focused Family Therapy, she is the Executive Director/Owner of the Individual and Family CHOICES Program, which uses IFS as one of its primary therapeutic tools.



**Stan Einhorn, PhD** is a licensed psychologist in California who completed the Level 3 IFS training in December 2014. He has worked for over 20 years with severely mentally ill people in community mental health settings and with a wide range of couples, families, and individuals in private practice. He has been a lecturer at Chapman University and has presented several workshops on families coping with Alzheimer's and other end-of-life issues.



**Michael Elkin, LMFT** is an IFS Senior Trainer who brings a background of strategic therapy and hypnosis to his practice and teaching. The author of *Families Under the Influence* and several articles, he is an original, amusing, and stimulating presenter. He has been helping people with bad habits for over 40 years.



**Deirdre Fay, MSW** has a private practice in Arlington, MA, and is a favorite workshop leader nationally and internationally. Her meditation and yoga practice of over 30 years informs her work, which includes being the founder of The Becoming Safely Embodied Skills, which are used throughout the world. Norton Publishing requested Deirdre to write a book weaving yoga and attachment in healing trauma; IFS will be a big piece of that book.



**Melissa Febos, MFA** is the author of the critically acclaimed memoir *Whip Smart* (St. Martin's Press, 2010). The recipient of numerous awards and fellowships, her essays have been widely anthologized and published in venues including the *New York Times*, *Glamour*, *Salon*, *The Kenyon Review*, *Hunger Mountain*, *The Chronicle of Higher Education Review*, *Dissent*, and *Prairie Schooner*, and she has been featured by Anderson Cooper, NPR's *Fresh Air with Terry Gross*, CNN's Dr. Drew, *New York* magazine, and elsewhere. She is Acting Director and Assistant Professor at Monmouth University and MFA faculty at the Institute of American Indian Arts.



**Lisa Ferentz, MSW, LCSW-C** is a nationally recognized expert in the field of trauma treatment and has been in private practice for 29 years. She has taught graduate students and medical residents, provides consultation to practitioners and mental health agencies, and is an international trainer, keynote speaker, and host of an Internet-based talk show. She is the founder and president of the Institute for Advanced Psychotherapy Training and Education, Inc., the recipient of the Maryland Society for Clinical Social Work 2009 "Social Worker of the Year" Award, and the author of *Treating Self-Destructive Behaviors in Trauma Survivors: A Clinician's Guide*.



**Daena Giardella, MLA** is an actor, director, coach, executive leadership /organizational consultant, and teacher. For over 30 years, she has taught hundreds of workshops pioneering an innovative method for teaching improvisation to people from virtually every profession. She has worked with many world-class companies, prominent organizations, psychotherapy groups, and academic institutions offering improvisation trainings as a skill-based model that cultivates leadership, creativity, self-awareness, spontaneity, and communication. Daena's numerous original one-woman theater performances have received wide critical acclaim throughout the USA and internationally. Daena's book *Changing Patterns: Discovering the Fabric of Your Creativity*, coauthored with Wren Ross, explores the creative process as a tool for self-development and change. She has worked with many IFS members over the years, and with generous organizational assistance from Shelley Hartz, Daena has been delighted to offer many improvisation workshops for the Boston IFS community.



**Marushka Glissen, LICSW** is in private practice and specializes in working with couples, families, young adults, people in transition, and individuals who have experienced trauma. As a relational therapist, Marushka places a particular emphasis on her patients' relationships to themselves and to the people in their lives. Over the past decade, she has embraced the Internal Family Systems (IFS) Model and is currently an IFS Assistant Trainer. Marushka's hypnosis and meditation expertise, combined with her passion for IFS, allow her to become an instrument for others to find love and compassion.



**Nitsan Joy Gordon, MA** is one of the founders and the director of the Together Beyond Words Organization. Nitsan spent a part of her childhood in the American South, where she experienced prejudice because she is Jewish. This and other experiences led her to found TBW and work for peace-building in Israel. She has expertise in dance/movement therapy, multilevel listening techniques, healing touch, and deep emotional work, including IFS.



**Carol Graybeal, LCSW** has over 20 years' experience in private practice, with prior work in hospitals and adoption agencies. Her practice is guided by the poet Rilke, who encourages us to "be patient toward all that is unsolved in your heart and learn to love the questions themselves." Her energy and humor also influence her practice.



**Karen Grayson, LPC** is a trained philosopher, licensed therapist, coach, and IFS practitioner. She has a private coaching practice in St. Louis, MO, where she supports clients' inner transformation and personal spiritual development.



**Katie Gurwell, MA, LMHC** is a Seattle psychotherapist in private practice since 2006. She has been honored to be a program assistant for a Level 1 IFS training. Katie has worked with clients dealing with anxiety, depression, trauma, life transitions, relationship issues, grief, burnout, and recovery from perfectionism. Her favorite mode of working is IFS.



**Jenny Gresko Schevers, MA, M.Div., LCPC** remains enthusiastic and engaged in the IFS Model through more than 20 years of clinical practice and personal application. She is currently most interested in working through the lens of the Model with more difficult, more subtle, and more variable burden constellations toward richer healing and integration for her clients. Otherwise, she agitates for justice, works on her farm, and indulges creative pursuits.



**Toufic Hakim, PhD** is a Senior Managing Principal of Group i&i Consultancy, a young firm dedicated to ushering social change through organizational capacity development, funding, and impact assessments. A former university professor of physics and engineering and senior research officer, Toufic continues to be fascinated by systems and interactions, both of which have corresponding similarities within the IFS Model.



**Toni Herbine-Blank, MS, RN, C-SP** is a Senior Trainer for the Center for Self Leadership, training students in IFS since 2004. She is the sole developer of the Intimacy from the Out® Training Programs, the application of IFS to couples therapy.



**Hilary Hodgdon, PhD** is a clinical psychologist specializing in the treatment of complex trauma in children, adolescents, and adults. She is Associate Director of Research at the Trauma Center, where she oversees treatment outcome research on novel interventions for those suffering from symptoms related to traumatic stress. She is the Associate Director of the Complex Trauma Treatment Network, a SAMSHA Category II training and technical assistance network housed at the Trauma Center. She has provided training in the neurobiology and developmental impact of complex trauma and evidence-based interventions for traumatic stress to a variety of provider groups. Her research interests center on the crossover of youth from the child welfare to juvenile justice systems, the impact of early trauma on the development of psychopathology during adolescence, longitudinal outcomes of trauma-impacted youth, and alternative treatments for complex trauma.



**Mark Hurwich, MBA** specializes in serving therapists, coaches, entrepreneurs, and other creatives who are irrationally “blocked” in something important ... like a published author with writer’s block who knows how to write but can’t. Mark works in a concentrated way to dissolve blocks so what clients “struggle” to do shifts toward what they “can’t wait” to do at a powerful pace. Mark has 30 years of partner-level experience in internationally recognized consulting firms in business strategy, transformational consulting, and incentive design; earned his BS from MIT and MBA from Wharton; and has IFS and advanced NLP/ Ericksonian Hypnosis certification.



**Sallie E. Ingle, MA, LPC** is an IFS therapist in private practice in Lakeway, TX. She is a certified Olweus Bullying Prevention Trainer and cofounder of the Supervision Roundtable, a collaboration of clinical supervisors promoting best practices in supervision through community building, trainings, and consultation.



**Deborah John, PhD, ATR-BC** is an assistant professor and undergraduate art therapy program director at Mercyhurst University in Erie, PA. She also taught and supervised graduate art therapy students at Southwestern College in New Mexico. As an art therapist, Dr. John has worked with a wide range of clients, including psychiatric patients, public school students, grieving children, and adults who have been victims of childhood abuse.



**Michael Keane, PhD** is a clinical psychologist specializing in couples work and family therapy. He has trained extensively and served as a program assistant in IFS trainings. He has worked with legacy burdens that have been passed down by his Irish Catholic forbears and immigrant parents. He has discovered long-unexamined beliefs that connect back to the placement of his grandfather in an orphanage run by Irish brothers, where he was neglected and abused. The story is complex and fascinating, and includes burdens from the potato famine and the genocide of the Irish by English blockade of food. There exists the positive in the mystical/magical beliefs and the folklore of the early Irish.



**Linda Kroll, JD, LCPC** is a therapist, mediator, attorney, and the founder of Compassionate Communication, Inc., who has counseled thousands of individuals and couples to heal and transform their relationships using IFS. Combining psychotherapy, spirituality, and legal information and guidance, Linda developed Compassionate Mediation™ and SELF-Led Divorce™ to help add passion to a marriage or compassion to a divorce—with the hope of transforming the face of divorce, one heart at a time. Linda is a devoted practitioner of IFS as well as a Chopra Certified Vedic Master (teacher of mediation, yoga, and Ayurveda). She also teaches other therapists, mediators, attorneys, and coaches in her IFS-based programs.



**Mary Kruger, MS, LMFT** is an AAMFT supervisor and an IFS Lead Trainer. She is founder of Rimmon Pond Counseling, LLC, an IFS-based group practice located in the New Haven, CT, area. She also offers private therapy, consultations, and workshops nationally and internationally. Mary has been working in the field of addictions, eating disorders, and trauma for over twenty years.



**Kate Lingren, LICSW** is a Clinical Social Worker and Certified IFS Therapist with over 20 years of experience in the field. She is on the staff of Intimacy from the Inside Out and has assisted at many Level 1 and 2 trainings and at Kripalu for CSL. She has cocreated “Strengthening the Basics,” a six-session training designed to help couples therapists integrate the learning from Basic IFIO in preparation for the advanced training.



**Tracy MacNab, PhD, CGP** has a career in psychology spanning four decades. Threads from psychodynamic, interpersonal, existential, and behavioral medicine have interwoven with the study and practice of Buddhist meditation, hypnotherapy, and medical Qigong. He has led or taught more than 150 graduate-level courses, workshops, conferences, and consultation and supervision groups focusing on group and individual therapy, group dynamics, medical trauma or illness, and addiction. IFS is the tapestry woven from these threads. IFS has transformed his life and his work.



**Jenn Matheson, PhD, LMFT** owns a private practice specializing in clients who are struggling with trauma, grief, and loss. Before becoming a therapist, she worked as an analyst on health and social policy research, where she developed expertise in qualitative research methods such as case study research. She is Level 1 IFS-trained and a former tenured faculty member in the MFT field.



**Susan McConnell, MA, CHT** is an IFS Senior Trainer who has taught IFS in the US and Europe since 1997. Developer of the first IFS training curricula, she has been committed to mentoring IFS Training Staff. In addition to her clinical practice in Chicago, where she specializes in recovering wholeness of body, mind, and spirit, she leads retreats in Costa Rica and a 63-hour Somatic training for IFS therapists and practitioners.



**Kimberly McKeever, RSMT** is pioneer in human developmental movement, and her work is taught in somatic and yoga programs worldwide. She was on the faculties of The School for Body-Mind Centering® and the Developmental Somatic Psychotherapy Training™; has presented at national and international conferences on subjects such as developmental movement and autism, embodied vision, and aquatics and movement; did a weeklong residency in Taiwan sponsored by the Republic of China’s Ministry of Education; was a member of the think tank The Somatic Study Group, directed by Don Hanlon Johnson; and was invited as an interdisciplinary expert for a symposium on movement and decision making at the US Naval War College. Kimberly is currently on the board of directors of the International Somatic Movement and Therapy Association and managing editor of *The Journal of Authentic Movement and Somatic Inquiry*.



**Robin McMahon, MA** (Transpersonal Psychotherapy) has trained extensively in bodywork, mindfulness, and trauma-informed therapies in both America and England, including Hakomi, IFS, and EMDR. While working specifically with interpersonal and intrapersonal issues to help clients find better access to their own Self-leadership, either individually or in couples therapy, she additionally treats complex childhood trauma and related issues in her community-based private practice in the Lake Tahoe area of California.



**Michael Mithoefer, MD** is a psychiatrist in Charleston, SC, where he divides his time between private practice and clinical research, with particular interest in experiential methods of psychotherapy, including Internal Family Systems Therapy (IFS). Collaborating with his wife, Annie Mithoefer, BSN, and Mark Wagner, PhD, he was Principal Investigator for the first FDA-approved clinical trial of MDMA-assisted psychotherapy for treatment-resistant PTSD completed in 2009, sponsored by MAPS, a nonprofit organization. He is currently completing a second study of MDMA-assisted psychotherapy in military veterans, firefighters, and police officers with PTSD, which includes tracking the frequency and extent of parts work that occurs in MDMA-Assisted sessions and its correlation with PTSD outcome. He is lead author of a treatment manual of MDMA-assisted psychotherapy with adherence measures for use in clinical research. He is also training and collaborating with MDMA research teams elsewhere in the US and in other countries. Dr. Mithoefer received his MD degree from the Medical University of South Carolina and completed residency training in Internal Medicine at the University of Virginia and Psychiatry at the Medical University of South Carolina. He is board certified in Psychiatry, Emergency Medicine, and Internal Medicine. He is also a Certified IFS Therapist and Holotropic Breathwork Practitioner, and has completed Levels I and II of EMDR training. He is a Fellow of the American Psychiatric Association and Clinical Assistant Professor of Psychiatry at the Medical University of South Carolina.



**Art Mones, PhD, ABPP** is a Diplomate in Clinical Psychology, Approved Supervisor, AAMFT, and Certified IFS Therapist. He is on the Postgraduate Faculty, Derner Institute, Adelphi University. Art's practice on Long Island is informed by a nonpathologizing approach to adults, children, teens, couples, and families. He offers consultation groups for therapists seeking to explore the essence of healing. His book, *Transforming Troubled Children, Teens and Their Families: An Internal Family Systems Approach to Healing*, offers a conceptual map for applying IFS to work with kids and families. His therapeutic board game, *Kids World: Inside and Out*, provides an experiential, hands-on technique for applying IFS principles for transformation while having fun!



**Margaret Moore, MBA** a 17-year veteran of the biotechnology industry, founded Wellcoaches School of Coaching for health professionals in 2002, which has trained more than 8,000 health and wellness coaches in 47 countries. Margaret is cofounder and codirector of the Institute of Coaching and codirector of the annual Coaching in Leadership & Healthcare conference offered by Harvard Medical School. She is a coleader of the nonprofit National Consortium for Credentialing Health & Wellness Coaches, which is building national standards and certification for health and wellness coaches. She has published several peer-reviewed papers and is coauthor of the *Coaching Psychology Manual* published by Lippincott, Williams & Wilkins and a Harvard Health Book titled *Organize Your Mind, Organize Your Life*.



**Alison Muyskens, MDiv, LICSW** has a Master of Divinity and is a Licensed Independent Clinical Social Worker and Certified IFS Therapist who has been working with individuals, couples, and groups for 20+ years. She has been a program assistant in the US and internationally in Levels 1 and 2 trainings. She integrates spirituality into her IFS-based psychotherapy and consultation practice in Cambridge, MA, where she specializes in chronic illness, grief therapy, alternative family systems, and mindfulness practice.



**Jody Nelson, LMFT** is Program Chair of the Master of Arts in Marriage and Family Therapy Program at Argosy University Twin Cities and Associate Director of Guadalupe Alternative Programs, a community-based social service agency. Nelson, with colleagues and partners, has created the Community School Collaborative, providing mental health services for children, adolescents, and their families with access through the school setting in 13 schools in Minneapolis and St. Paul. Nelson trains school staff in the IFS Model as part of a mission to create trauma-informed, compassionate schools.



**Paul Neustadt, LICSW** is an IFS Lead Trainer with a practice in Arlington, MA, specializing in couples therapy, parenting, and consultation to IFS therapists. He taught couples and family therapy in graduate programs and in a family therapy training institute. He coleads a monthly seminar for Level 1 graduates focused on integrating the skills learned in Level 1.



**Jennifer Noel, LCSW** was IFS Level 1 trained in 2013 and utilizes IFS in her private practice in Brunswick, ME. She is also an adjunct psychology instructor at Southern Maine Community College. She recently began a new venture called Room to Write, where she offers therapeutic writing workshops. A lifelong writer of memoir and personal essays, Jennie developed her Writing from the Self method by synthesizing IFS and Proprioceptive Writing.



**Kimberly O'Connor, LMFT** uses IFS strategies in creative ways with children and families in her private practice in Middlebury, CT. At the same time, Kimberly utilizes IFS techniques at a large outpatient clinic serving northwestern CT, where she utilizes IFS techniques with children and families as well as incorporating IFS into her clinical supervision. Kimberly previously introduced the IFS Model in innovative ways to students and their families in both individual and group therapy at a pre-kindergarten through grade 8 elementary school in Hartford, CT, and through her work as a director of a sexual assault crisis center.



**Patricia Papernow, EdD** is a psychologist in private practice. She is an avid IFS practitioner and an internationally recognized expert on stepfamilies and post-divorce families. Her IFS-informed book on stepfamilies, *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't*, has received rave reviews from both clinicians and stepfamily members, including a very supportive book jacket blurb from Dick.



**Leslie Petruk, LPCS, NCC, BCC** is the Founding Director of The Stone Center for Counseling & Leadership in Charlotte, NC. She is a Licensed Professional Counselor and Counselor Supervisor working primarily with children, couples, and families. She is a Level 3-trained IFS therapist, has worked as a PA for IFS Levels 1 and 2 trainings, and is a trained Play Therapist and Sand Tray therapist with 20 years of clinical experience.



**Sue Richmond, LCSW** is a psychotherapist in private practice in Rocky Hill, CT, where she works with individuals, groups, and couples. Sue is also a group psychotherapist in a community-based outpatient behavioral health clinic where she has introduced IFS into her psychotherapy groups. Sue brings over 15 years of experience to her work, with areas of specialty in the field of trauma, anxiety and mood disorders, and addiction.



**Beth Rontal, LICSW** has spent hundreds of hours supervising psychotherapists and teaching them how to write effective documentation while a clinical supervisor at a mental health clinic for over 13 years. She teaches this skill by linking good clinical practice with effective record keeping. Beth is a Level 2-trained IFS therapist who, in her private practice in West Roxbury, MA, specializes in emotional eating as well as working with women who have experienced early mother loss, along with providing consultation and supervision. An engaging speaker, Beth presents at national conferences on both emotional eating and clinical documentation. In her spare time, Beth is also a cabaret artist. Her newest one-woman show, *Mother in the Mirror*, opens November 6 in Somerville, MA. It is about losing her mother to cancer at the age of 17 and rediscovering their relationship 40 years later.



**Michi Rose, LMSW, PhD** has been involved with the creative development of IFS and has been a Lead Trainer of IFS Levels 1 and 2 trainings. Her holistic perspective bridges Eastern mysticism with Western science, inner understanding with outer action. She works with IFS clients by telephone in the United States and other countries.



**Sandra Scantling PsyD, MSN, CST** is an Associate Clinical Professor of Psychiatry at the UConn School of Medicine with over 30 years of experience as an AASECT-certified sex therapist and diplomate in sex therapy. Sandy has written several books and has a popular DVD series titled *Ordinary Couples, Extraordinary Sex*, which has sold over a million copies worldwide. She appears regularly as an intimacy expert locally and nationally on shows including *The TODAY Show*, *Good Morning America*, *CBS This Morning*, *The View*, and others. She has been a longtime sex and relationship columnist for the *Hartford Courant* and appeared weekly in a sexuality segment on Fox News. Sandy has been in full-time private practice since 1987. She has completed the Levels 1–3 IFS trainings and is a Certified IFS therapist.



**Jon Schwartz, M.Ed.** has worked in the mental health field for over 30 years, both as a clinician and in leadership positions within mental health organizations. Jon served as the Executive Director of Urban Peak, a center for runaway and homeless teens in Denver, CO, and as Executive Director for Poyama Day Treatment Center outside of Salem, OR. He also served as Director of Foster Care Services for the Albertina Kerr Center in Portland, OR. Jon began his directorship of the Center for Self Leadership in 2008. Along the way, Jon completed the IFS Level 1 and 2 trainings, was a Program Assistant for a Level 1 training, and has continued to apply IFS in his work over the years. Jon earned a bachelor's degree in Psychology from Macalester College and a Master's of Counseling Education from the College of Idaho. He lives in Salem, OR.



**Richard C. Schwartz, PhD** began his career as a systemic family therapist and an academic at the University of Illinois and at Northwestern University. Grounded in systems thinking, Dr. Schwartz developed the Internal Family Systems Model (IFS) in response to clients' descriptions of various parts within themselves. In 2000, he founded the Center for Self Leadership, which offers three levels of trainings and workshops in IFS for professionals and the general public, both in the United States and abroad. A featured speaker for national professional organizations, Dr. Schwartz has published five books and over fifty articles about IFS.



**Derek Scott, RSW** has spent 18 years working in the area of AIDS, sexual health, and diversity. He has presented at numerous national and international conferences and is a popular guest lecturer at the University of Western Ontario. He is a published author in the bereavement field, writing about IFS and grief.



**Michael Searles, MS, LPC** has been in private practice in northern Virginia for more than a dozen years. During this same period, he has provided counseling, management consultations, trainings, support groups, and twice-weekly guided meditation groups as a federal employee working for the in-house counseling center of a federal agency in Washington, DC. He has completed IFS Levels 1–3 trainings. He has practiced Vipassana meditation for nearly 20 years and holds a Master's in Clinical Counseling from Johns Hopkins University.



**Joy Shivas, LCSW, MSW** is an IFS Assistant Trainer and has a private practice in Lewisburg, PA. She has over 20 years of clinical experience working with families, couples, and individuals. Her passions are travel, family, movies, and great dining experiences.



**Diane Simpson** is a Licensed Massage Therapist and Certified Yoga Instructor. Diane specializes in somato-emotional healing using the IFS Model. With over 15 years' experience in the field of bodywork, Diane brings a wealth of knowledge and mindfulness to her practice. Diane's Yoga training includes Chakra Yoga and Yoga for Trauma.



**Ann Sinko, LMFT** has been a creative therapist for over 25 years. Her initial training in family therapy and Gestalt paved the way for her systemic orientation and seamless integration of the IFS Model. Ann is a natural teacher. Currently, she uses her gifts to teach IFS (Levels 1 and 2), is faculty in the Marriage and Family Therapy program at Central CT State University, and is in private practice in Portland, CT.



**Nancy Sowell, LICSW** is an IFS Lead Trainer for CSL, clinical supervisor at Harvard Medical School, and behavioral medicine specialist. She is known for her work with medical patients and with the rheumatoid arthritis research study at Brigham and Women's Hospital in Boston. She is author of a chapter on IFS and adult health in the book *Internal Family Systems Therapy: New Dimensions*, by M. Sweezy and E. Ziskind. Together with her daughter, creative writing professor and author Melissa Febos, she joyously teaches IFS-focused writing workshops.



**Vince Spurduto, PhD** is a victim and survivor of Catholic clergy sexual abuse. He is a current board member for MaleSurvivor and the Archdiocese of Chicago for the Child Abuse investigation and Review Board. He is currently a candidate for a Master's in Counseling Psychology. His areas of interest are trauma, attachment, and sexual identity.



**Grace Stevens, MA** is a transgender woman who transitioned at the age of 64. She is a father of three, grandparent of two, athlete, advocate, and author of *No! Maybe! Yes! Living My Truth*, an intimate memoir of her personal struggle to transition and live her true life authentically as a woman. Grace holds a degree in design engineering and was married for 25 years. After four decades working as an engineer, her marriage ended and she returned to school at age 58 to receive a Master's in Counseling Psychology at age 62. Grace transitioned between her IFS Level 1 and Level 2 training programs and has been an active member of the IFS community.



**Cece Sykes, LCSW** is an IFS Senior Trainer with over 30 years of clinical experience. Her practice includes working with the effects of trauma and addiction, and she contributed a chapter on addiction treatment for the next edition of *IFS Dimensions*. Cece also has special interest in the impact of the therapeutic process and developed the Heart Lessons of the Journey workshop to study therapist narratives. Cece teaches and consults internationally and writes and lectures on these and other related topics. She lives and works in Chicago.



**Anna Tansi, MS** (Organizational Behavior) is President of Counterbalance Consulting, LLC, and has been consulting to teams, coaching leaders, and intervening in human systems for over 25 years. She works with an array of clients and industries, from coaching CEOs and their teams within Fortune 50 companies to facilitating strategic planning within mission-driven organizations. She has a passion and expertise for deepening dialogue between people, creating greater self-awareness, and optimizing capability personally and professionally.



**Darryl Thomas, MFA** has toured the world as dancer and artistic collaborator in the world-renowned Pilobolus Dance Theatre, receiving an Emmy for his 1996 Kennedy Center performance of the Pilobolus work "Untitled,"

starting annually in the company's sold-out New York performances, and performing in the opening ceremonies of the 1996 Olympics in Atlanta, GA. He received his Master of Fine Arts in performance and choreography from the University of Hawaii at Manoa. Thomas has collaborated on programs in dance for at-risk youth in Florida, Ohio, Connecticut, and Oregon in conjunction with local police departments, school districts, churches, and high schools for the performing arts. One such program, "Youth At Risk Dancing" (YARD) based in Cleveland, OH, was awarded the 1999 United States President's "Coming Up Taller" Award given by Hillary Rodman Clinton. Thomas has taught as a visiting professor at the University of Florida of Gainesville, FL; the Centro Nacional De Las Artes of Mexico City, D.F.; Studio Dance Tanz of Osaka, Japan; and Pusan National University of Pusan, South Korea. Currently he is the Artistic Director of Rainbow Dance Theatre and Professor of Dance at Western Oregon University, where he teaches composition, partnering, Hip Hop, Hawaiian, Salsa, West African, and Modern Dance.



**Gail Tomala, MA, LMFT, PhD** teaches introductory IFS workshops to educators, therapists, prospective therapists, and the general public, where her primary goal is to inspire compassion and curiosity to replace criticism and blame.

Gail has a private practice and also teaches a research methods course for MFTs at the university level, where she introduces and incorporates IFS concepts into her course curricula. She is also certified in Connecticut as a School-Based Marriage and Family Therapist.



**Marilyn Unger-Riepe LICSW, MA** is a Level 3 IFS therapist who has an MA in Dance/Movement Therapy and an MSW in Clinical Social Work. She has a private practice in Sudbury, MA, specializing for over 30 years in treating individuals, couples, and families with eating disorders. As a dance therapist and IFS therapist, she's very excited to share the ways somatic movement can enhance our connection to our parts and to Self energy.



**Lindsa Vallee, LCSW** is a humanistic psychotherapist working with adults and teens in a variety of settings, specializing in medical support, spiritual exploration, addiction recovery, grief work, shame healing, and relationship strengthening. Lindsa also cocreates and facilitates rituals and ceremonies for life's stages and events—often informed and inspired by her lifelong love of nature. While her devotion to the practice and teaching of Sacred Council has trained, tamed, sustained, and nourished her for decades, IFS offers her one more powerful thread in the weaving of life, work, love, and spirit.



**Charlie Verge, PhD** is the founder and director of the Center for Intentional Living in Wellesley, MA. He is the former director of couples therapy training, Family Institute of Cambridge, and a former lecturer in psychiatry at Harvard Medical School. Charlie is a nationally known speaker on couples therapy. He is currently in private practice in Wellesley, MA.



**Amy Weintraub, MFA, E-RYT 500** is founding director of the LifeForce Yoga Healing Institute, which offers trainings for medical and yoga professionals. She is the author of *Yoga for Depression* and *Yoga Skills for Therapists: Effective Practices for Mood Management* and has been a pioneer in the field of yoga and mental health for over 20 years. The LifeForce Yoga protocol is being used in health-care settings worldwide and is featured on the award-winning *LifeForce Yoga* CD & DVD series. Amy is involved in ongoing research on the effects of yoga on mood disorders and, with her training in Internal Family Systems, integrates IFS into group work and individual yoga therapy.



**Gale West, MA, MFA** is a transformational coach and money mentor with 25 years' experience in IFS and a large menu of other modalities. She has taught business in universities in China and the US. In addition to breakthrough coaching and workshops on money and success, Gale offers intuitive consults and teaches classes around the world on connecting to spiritual guidance. She has been featured in *Forbes* magazine.



**Katie Winikates, PsyD** is a Level 3 IFS-trained licensed psychologist working at the University of Texas at Arlington, providing individual and group counseling for students. Katie's previous experience includes pastoral counseling, campus ministry, and teaching.



**Edward Yeats, PhD** is a Clinical Psychologist and a Certified IFS Therapist who has taught psychotherapy and family therapy at Mass. General Hospital, The Cambridge Hospital, and in the Boston community over the 30+ years of his career. He is codirector, with Carin Roberge, of Center of the Circle, an organization that offers programs in shamanism and shamanic healing in the Greater Boston community. A longtime meditator, shamanic practitioner, and integrator of psychotherapy and spiritual practice, he enjoys an integrative psychotherapy and consultation practice in Newton Corner, MA.

## The Center for Self Leadership Staff

Are you looking to connect with the CSL staff after the Conference? Here's how to reach us:



**For general questions about The Center for Self Leadership or financial questions:**

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**For Level 1, Level 2, or Level 3 trainings information:**

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## Preconference Institute

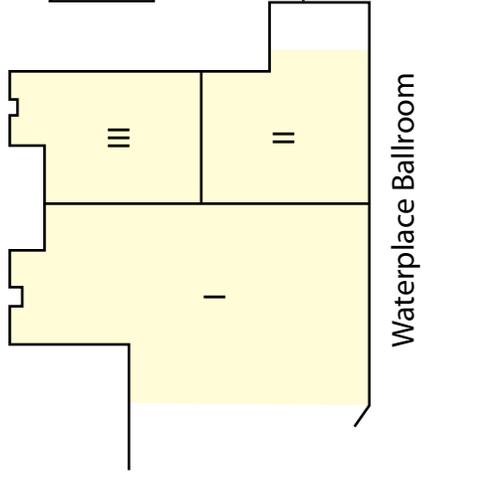
- A.** Identifying and Releasing Our Legacy Burdens;  
*R. Schwartz, Ballard, Glissen, Keane*
- B.** Intimacy from the Inside Out: Moving from Differentiation to Attachment in Couples Therapy; *Herbine-Blank*
- C.** IFS and the Addictive Process: Recognizing the Voice of Addiction;  
*Kruger and Sykes*
- D.** IFS Meets IPNB and Phase-Oriented Treatment for Trauma;  
*Anderson, Huebner, Sweezy*

## Workshops

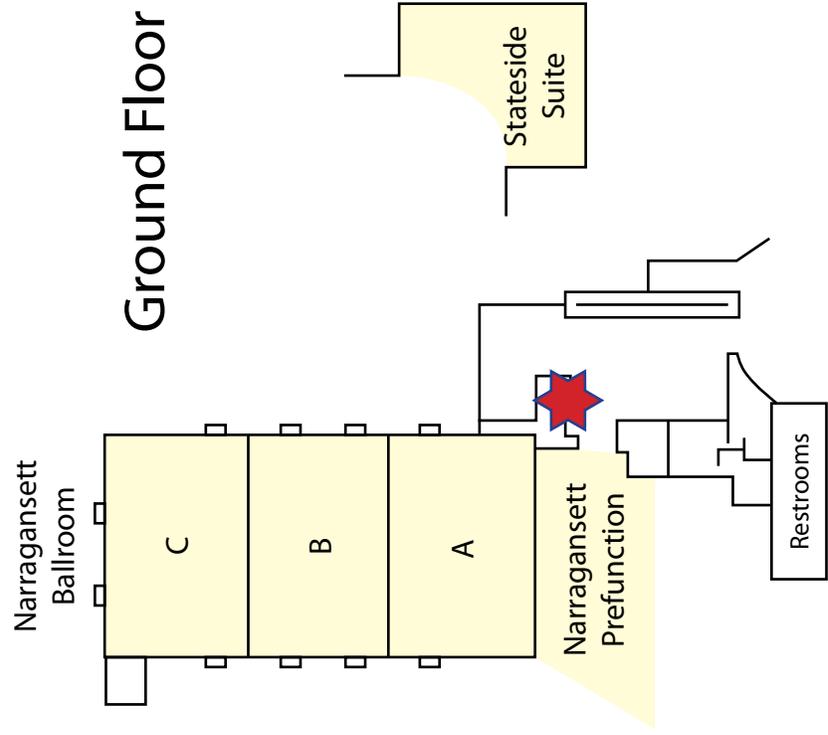
- 101.** Curious Teachers and Compassionate Schools (Part 1); *Nelson*
- 102.** Intention and Transformation: IFS, Guides, and the Power of the Circle (Part 1); *Yeats and Vallee*
- 103.** Our Parts and Race: Self Leadership From Across the Black and White Divide; *J. Schwartz and Thomas*
- 104.** Self-Led Inclusivity: Unpacking the Legacy Burden of Heterosexism;  
*Scott and Lingren*
- 105.** Using Expressive Modalities to Connect With and Soothe Traumatized Parts; *Ferentz*
- 106.** Using IFS Therapy to Assist Traumatized Children and Parents to Attach and Heal; *Ehrmann*
- 107.** Conducting Publishing a Clinical Case Study; *Matheson*
- 108.** Finding Positive Opposites: Getting Unstuck Weaving Yogic Psychology with IFS to Integrate Polarities within Self Energy; *Fay*
- 109.** Useful Conversation About Bad Habits; *Elkin*
- 110.** Improvisation: The Art of the Moment; *Giardella*
- 111.** IFS and Bodywork; *Simpson*
- 201.** Curious Teachers and Compassionate Schools (Part 2); *Nelson*
- 202.** Intention and Transformation: IFS, Guides, and the Power of the Circle (Part 2); *Yeats and Vallee*
- 203.** Compassionate Mediation™ and SELF-Led Divorce™; *Kroll*
- 204.** A Tool Kit for Program Assistants; *Graybeal and Shivas*
- 205.** When You Can't Have Your Cake and Eat It, Too: Obstacles to Self-Led Eating; *Catanzaro*
- 206.** Tips and Tools for Self-Led Speaking; *Bonkrude*
- 207.** Using IFS Therapy in Groups: Formin', Stormin', Normin', and Performin'; *Richmond*
- 208.** Direct Access: An Essential IFS Skill; *Booth*
- 209.** LifeForce Yoga as a Portal to Self-Leadership: No Mat Required! *Weintraub and Orth*
- 210.** Holding Your Seat: Working with High-Conflict Couples; *Lingren and Drouilhet*
- 211.** Whose Life Are You Living? *Stevens*
- 212.** Where in Your Body Do You Feel It? *Unger-Riepe and McKeever*
- 213.** Unblending "Blended Family" Relationships; *Papernow*
- 301.** Creating and Sustaining Healthy Organizations (Part 1); *Crandall and Hakim*
- 302.** Were Masters and Johnson Wrong? New Thinking About Female Sexual Desire and IFS-Informed Sex Therapy (Part 1); *Scantling*
- 303.** IFS and Tibetan Soul Retrieval: The Cutting Edge of Ancient Wisdom; *Sinko*
- 304.** Swimming the Midline: Finding Greater Balance in Our Role as Caregiver to Others; *Muyskens*
- 305.** KidsWorld, Inside and Out; *Mones and Cohen*
- 306.** Part of Me Is Fat: Make Peace with Food Using the Power of Yoga; *Cullum-Dugan*
- 307.** A Strengths-Based Model of the Internal Family System; *Moore*
- 308.** Listening to the Voices of the Group; *MacNab*
- 309.** Michi's Two New "Drop" Techniques; *Rose*
- 310.** Helping Your Clients to Unblend; *Tomala and O'Connor*
- 311.** Coaching the Spiritual Journey with IFS; *Grayson*
- 312.** Using Art and Lifespan Integration Techniques to Enhance Exile Retrieval and Updating; *Gurwell and John*
- 313.** Embodying Self Energy, Masculine and Feminine Energy, and Part Energy; *de Boer van der Kolk and Cation*
- 401.** Creating and Sustaining Healthy Organizations (Part 2); *Crandall and Hakim*
- 402.** Were Masters and Johnson Wrong? New Thinking About Female Sexual Desire and IFS-Informed Sex Therapy (Part 2); *Scantling*
- 403.** IFS for Leaders and Aspiring Leaders; *Tansi and Dougherty*
- 404.** The Elusive Self: Standing on the Shoulders of William James; *Duclos*
- 405.** Tantric Breath and Body Practice: A Powerful and Profound Practice; *McMahon*
- 406.** How to Love Yourself; *Verge*
- 407.** Heal and Transform Your Relationship to Money; *West*
- 408.** How IFS Therapy Can Be Useful in the Treatment of Autism Spectrum Disorders; *David*
- 409.** Body Betrayal: Catastrophic Illness, Losing (Body) Parts, and Gaining Access; *Addelston*
- 410.** The Best Things in Life Are Free—Or Are They? *Dubin*
- 411.** Write for the Part! *Sowell and Febos*
- 412.** Breaking the Wall of Silence: Facing Our Fears of Violence and Suicide in Clients and Family Members; *Winikates and Dielman*
- 413.** A Hands-On Approach to a Touchy Issue; *McConnell*
- 501.** Moving from Overwhelm to Engagement: How IFS Can Help People Become More Engaged with Larger-World Problems Like Climate Change; *Davenport, Neustadt, and Becker*
- 502.** Misery or Mastery: Documenting Medical Necessity for the IFS Therapist; *Rontal*
- 503.** Knowing What to Look For: A New Schema of Burden Constellations from Pat Crittenden's Dynamic-Maturational Model of Attachment; *Gresko Schevers*
- 504.** It's All in the Connection: Parenting with Compassion, Clarity, Confidence, and Calm; *Petruk and Corral*
- 505.** Writing from the Self; *Noel*
- 506.** Treating the Parts of Those Who Did Their Part: Using IFS with Military Veterans; *Cooper and Corey*
- 507.** Anchoring to Core Intention: A "Positive" Trailhead and IFS Catalyst; *Hurwich*
- 508.** Re-editing Critical Memories: Helping Exiles Prepare for Retrieval and Unburdening; *Einhorn*
- 509.** IFS Sanghas as Communities of Practice, Nurturing Connection to Self Energy and Parts Awareness; *Winikates, Ingle, and Searles*
- 510.** Healing From Affairs in IFS Couples Therapy; *Barbera*
- 511.** Finding Self a Transparent Life: Parts Unblend from Trauma, Sexual Identity Confusion, and Attachment Wounds; *Sperduo*
- 601.** Bringing More Self-Leadership to the Conflict in the Middle East; *R. Schwartz, Arbel, Bronstein, and Gordon*

# OMNI PROVIDENCE FLOOR PLAN

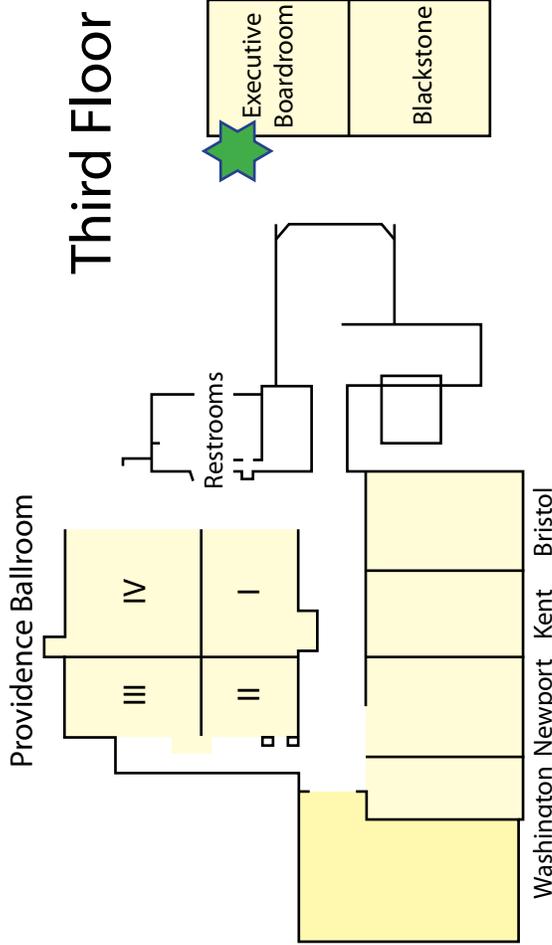
## Second Floor



## Ground Floor



## Third Floor



- ★ IFS REGISTRATION DESK
- ★ IFS BOOKSTORE