**Internal Family Systems (IFS) therapy has become an increasingly popular non-pathologizing approach to individual therapy.** Developed by Richard Schwartz, Ph.D. over 30 years ago, IFS is now an evidenced-based practice for depression, phobia, panic and generalized anxiety disorder. IFS is considered a promising treatment for Post-Traumatic Stress Disorder and complex trauma. In this webinar, Dr. Fatter will review the conceptual framework of IFS including basic assumptions of IFS, goals of the model, and research to date. Clinicians will learn a road map for steps in doing IFS therapy with specific interventions on how to get started applying IFS in clinical work. This webinar will include a guided experiential exercise for therapists to begin to identify their own parts to demonstrate the model experientially. Applications of IFS in clinical work and a case example using IFS for complex trauma will be discussed.

**Learning Objectives**

At the end of this seminar, participants will be able to:

1. Provide an overview of Internal Family Systems (IFS) theory
2. Identify characteristics of Self
3. Describe qualities of the three types of parts in an individual’s system
4. Explain ways to get started using IFS with clients
5. Identify your own parts activated through experiential practice of IFS during webinar

**Seminar Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>11:00 AM ET</td>
<td>Begin 11 AM ET</td>
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<tr>
<td>11:00 AM ET</td>
<td>Conceptual Framework of IFS: Basic Assumptions of IFS</td>
</tr>
<tr>
<td>11:15 AM ET</td>
<td>Goals of IFS Therapy</td>
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<tr>
<td>11:30 AM ET</td>
<td>3 Different Types of Parts</td>
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<tr>
<td>11:45 AM ET</td>
<td>Steps of IFS Therapy</td>
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<tr>
<td>12:00 PM ET</td>
<td>Skills – How to Get Started using IFS</td>
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<tr>
<td>12:30 PM ET</td>
<td>Guided Experiential Meditation Exercise</td>
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<tr>
<td>12:45 PM ET</td>
<td>View of Therapeutic Relationship</td>
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<td>1:00 PM ET</td>
<td>Research to Date</td>
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<tr>
<td>1:15 PM ET</td>
<td>IFS as an Evidenced Based Practice</td>
</tr>
<tr>
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</tr>
<tr>
<td>1:45 PM ET</td>
<td>Case Example: Using IFS with Complex Trauma</td>
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<tr>
<td>2:00 PM ET</td>
<td>Additional Training Resources</td>
</tr>
<tr>
<td>2:15 PM ET</td>
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</tbody>
</table>

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- Conceptual Framework of IFS: Basic Assumptions of IFS
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- 3 Different Types of Parts
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**Case Example:** Using IFS with Complex Trauma

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**Seminar Schedule**

- **Typically begins at 11 AM and ends at 2:15 PM Eastern time**
- **There is one 15 minute break**
- **However, check the webinar schedule**

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**Internal Family Systems Therapy**

**Target Audience**

Psychologists

Social Workers

Counselors

Psychiatrists

Nurses

Course level: Intermediate

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**Case Example:** Using IFS with Complex Trauma

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