

# Internal Family Systems Therapy

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.

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## 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

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

## Outline

Begin 11 AM ET

Conceptual Framework of IFS:  
Basic Assumptions of IFS  
Goals of IFS Therapy  
3 Different Types of Parts  
Steps of IFS Therapy  
Skills - How to Get Started using IFS

Break 12:30-12:45 PM ET

Guided Experiential Meditation Exercise  
View of Therapeutic Relationship  
Research to Date  
IFS as an Evidenced Based Practice  
Applications of IFS  
Case Example: Using IFS with Complex Trauma  
Additional Training Resources

End 2:15PM ET

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## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times.. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Daphne Fatter, Ph.D. is a mid-career psychologist, certified Internal Family Systems (IFS) therapist, and clinical IFS consultant. She is also certified in EMDR and has completed advanced training in Cognitive Processing Therapy. She draws on her background in transpersonal psychology, Taoist and Buddhist meditative practices, and clinical work with traumatic memory, grief, and attachment wounds to guide trainings for other psychotherapists. She was awarded her doctorate in Counseling Psychology from The Pennsylvania State University and completed her clinical internship at the University of Tennessee Counseling Center. She completed a postdoctoral fellowship in Clinical Psychology at the Trauma Center, an affiliate of the Boston University School of Medicine, under the direct supervision of Dr. Bessel van der Kolk, MD. She is the former Military Sexual Trauma Coordinator at the Fort Worth Veteran Affairs Outpatient Clinic. She has trained with Challenging Racism to facilitate discussions on racism. She is also a certified ancestral medicine practitioner based on the work of Dr. Daniel Foor, Ph.D. She is currently in private practice in Dallas, Texas and practices from an anti-racist, queer-inclusive, and culturally mindful framework. Contact Dr. Fatter directly for opportunities for consultation at [info@daphnefatterphd.com](mailto:info@daphnefatterphd.com)

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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