

2018 IFS CONFERENCE



# New Horizons *for* IFS

*Self-Leadership as a  
Universal Human Paradigm*



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

Friday–Saturday, November 9–10, 2018

Preconference Institute

Thursday, November 8, 2018

Omni Providence Hotel, Providence, RI

*Integrating IFS with:*  
race and diversity  
coaching and mediation  
refugees • medical education  
neurofeedback • neuroscience  
education and academics  
OCD • schizophrenia  
couples and group work  
12-step • somatic work • EMDR  
expressive arts • improvisation  
singing • writing • spirituality

## Welcome!

If you've been coming to the annual IFS Conference for the past three years, you have participated in our efforts to showcase initiatives that take IFS out of the office and apply it to issues of cultural diversity, diversity within our own community, and social activism. This year we want to celebrate and explore many of the new areas into which IFS is spreading.

I am amazed and overwhelmed with gratitude for the enormous growth of IFS and the demand for IFS trainings and other content. This explosion in demand is true of IFS both within and outside of psychotherapy. At CSL, we're working diligently to stay apace with the demand that accompanies this "good problem," and we're expanding our administrative and training staff in order to meet that demand going forward. I feel humbled as I reflect on IFS's history up till now and excited beyond words as I imagine the future of the IFS Model and this community.



With this increased popularity of the Model have come initiatives from people who are taking IFS into new territory. In the first plenary, for example, you will learn about different groups that are bringing IFS to the field of education in innovative ways, both in teaching it to teachers and introducing it to students. In the second plenary, I will report on my experiences using IFS with schizophrenia and, with David Medeiros, will present a video of my work with a client that illustrates the power of IFS with this population.

In addition to being a psychotherapy, IFS is increasingly being seen as a philosophy of living and a life practice. Thus, it is being tried out in many new arenas, including business, spirituality, mediation and conflict resolution, coaching, and medicine. It is also being brought to difficult-to-treat conditions like OCD, autism, depression, PTSD, and schizophrenia. Many of this year's workshops are about efforts to bring IFS to new places, and we have also brought back some old favorites.

I feel blessed that we have so many people in our community who have the talent and expertise to take IFS to places I cannot. I hope you'll join us this year to learn from them.

Dick

P.S. As we explore the "New Horizons for IFS" theme this year, I want to also take this opportunity to celebrate all that we have accomplished as a community together in New England, specifically in Providence, Rhode Island, which has been our home for the IFS Conference these last seven years. We are truly grateful to everyone who has contributed to our conference over the years—presenters, attendees, IFS staff, Omni Hotel employees, and the city of Providence. As we look ahead to our future, I am honored by our experience here in Rhode Island, and at the same time I am excited to share with you that we will be bringing the IFS Conference to a new location in 2019. We hope you will continue to join us in our next adventure. Stay tuned!

The IFS Conference is open to all—seasoned IFS practitioners as well as non-therapists—interested in learning about or expanding their knowledge of IFS. Earn continuing education credits, discover a wide range of learning opportunities, and connect with other IFS practitioners. Workshop tracks include: Trauma; Addiction; Couples, Family, Parenting & Children; Mind, Body & Spirit, and IFS Beyond Psychotherapy.

## Who Should Attend?

The Center for Self Leadership welcomes all people of every age, race, religion, gender identity, sexual orientation, class, ability, language, and cultural background. You are welcome here, and all of your parts are welcome, too. If you are new to the IFS Model or if this is your first time attending the IFS Conference, we welcome you in joining the IFS community.

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

## Conference Registration

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

	Early Bird Registration	Postmarked after September 15
Preconference Institute: Thursday, November 8	\$255	\$280
Friday, November 9	\$245	\$265
Saturday, November 10	\$245	\$265
<b>*Special Rate —3-Day Package</b>	\$715	\$780

## Hotel Accommodations

The Omni Providence is offering a special Conference rate of \$173.00 plus tax per night for single- or double-occupancy rooms. Although the rate is guaranteed until September 21, 2018, you are urged to make your hotel reservations as early as possible. To reserve a room, please visit the 2018 IFS Conference page at [www.selfleadership.org](http://www.selfleadership.org) and click on “Hotel Reservations.” You may also call the Omni Providence directly and state that you are attending the Internal Family Systems Conference. If you wish to join our room/ride share list, please check the box provided during your registration. You will be provided with a list of attendees who have the same/similar need.

Your destination: The Omni Providence, One West Exchange Street, Providence, RI 02903, Phone 401.598.8000.  
 For directions, please refer to the hotel’s website: [www.omniprovidence.com](http://www.omniprovidence.com)

## Changing Workshops

For attendees who want to change workshops *during* the Conference, please stop by registration for available open workshops. To avoid disruptions and overcrowded workshops, all workshops are closed to anyone who hasn’t been assigned to them in advance. We appreciate your cooperation.

## Cancellation Policy

Registration cancellations made **by October 13, 2018, at 11:59 p.m. Eastern Standard Time** will be charged a \$50.00 fee. All cancellations must be submitted **in writing** to the Center for Self Leadership/Ashley Curley. No refunds or credits will be given after this time.

## Attendees with Disabilities

We are happy to accommodate your ADA needs. Viable accommodations are provided upon request. Please email [Ashley@selfleadership.org](mailto:Ashley@selfleadership.org). Should you need any appropriate guest room accommodations, please notify the Omni Providence directly in advance at 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 each session attended. Partial session credit is not offered. The CE processing fee is \$25.00/person and is not included in the registration fee. Application forms will be available on site at the registration area.

**To receive continuing education credit,** Conference attendees must complete all CE forms, sign in/out of every workshop, and submit an evaluation of workshops attended. CE verification is mailed to applicants approximately 30 days following receipt of CE materials.

**Commercial Support:** The Institute for Continuing Education receives no funds from any commercial organization for financial support of its activities in providing CE sponsorship of the Conference. The Institute's sponsorship of this Conference does not imply endorsement of featured exhibits.

**NOTE:** It is the responsibility of each attendee to determine if credit offered by the Institute for Continuing Education meets the regulations of his or her licensing/certification board.

**Non-Credit Workshops:** Not all workshops may be available for CE credit for various professional disciplines. CE materials picked up on site will indicate any non-credit sessions.

### CONTINUING EDUCATION OFFERED:

**Psychology:** The Institute for Continuing Education is 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. Not all sessions may be eligible for psychology credit.

**Counseling:** The ICE will submit a co-sponsorship application to NBCC for this program. Not all sessions may be approved for counseling CE credit.

**New York:** The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. Provider MHC-0016.

**Ohio:** The ICE is recognized as a provider of continuing education by the Ohio Counselor, Social Worker Board, Provider RCS 030001.

**Florida:** The Institute for Continuing Education is recognized as a provider of continuing education by the Florida Dept. Health, Division of Counseling, Social Work, MFT, Provider BAP 255, expiration 03/2019.

**Social Work:** The Institute for Continuing Education, provider #1007, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org, through the Approved Continuing Education (ACE) program. The Institute for Continuing Education maintains responsibility for the program. ASWB Approval Period: 4/13/2018–4/13/2021. Social workers 21.00 clinical continuing education contact hours. Not all sessions may be approved for social work credit.

**New York:** The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers. Provider No. SW-0025.

**Ohio:** Counseling and Social Work Board, Provider RCS 030001.

**Florida Dept. Health,** Division Social Work, MFT, Counseling, Provider BAP 255, expiration 03/2019.

**New Jersey:** This program has not been submitted for pre-approval.

**Marriage/Family Therapy:** The Institute for Continuing Education is recognized by the Florida Dept. Health, Division of Counseling, Social Work, MFT, as a provider of continuing education, Provider BAP 255, expiration 03/2019.

**New York MFT:** The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. Provider MFT-0012.

**Ohio:** Provider RTX 100501,

**Texas:** The ICE is recognized as a provider of continuing education by the Texas State Board of Examiners of Marriage and Family Therapy, Provider 177.

**California Professionals:** The Institute for Continuing Education, Provider 56590, is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs. The Institute for Continuing Education maintains responsibility for this program and its content. This course meets the qualifications for 10.00 hours of continuing education credit for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences.

**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, lecture, demonstrations, audio-visual, case vignettes, experiential exercises of techniques, small- and large-group exercises, and discussions.

### Continuing Education Hours Offered Per Day:

Thursday, November 8	Preconference Institute	6.00 CE hours
Friday, November 9	Workshops/Plenary	7.50 CE hours
Saturday, November 10	Workshops/Plenary	7.50 CE hours
<b>TOTAL HOURS OFFERED</b>		21.00 contact hours

*\* Continuing education credit is not offered for breakfast, luncheon or dinner events, social/party gatherings, receptions, or networking sessions. The conference offers no "academic" credit, and CE hours are not eligible toward fulfillment of a degree. No "ethics" hours are offered.*

**If you have questions regarding continuing education, the program, faculty, grievance issues, or noncredit sessions, or for a listing of learning objectives & comprehensive speaker bios, please contact The Institute at 800-557-1950 or 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

Intensive Levels 2s offer opportunities to develop your expertise with IFS in a variety of content areas and with different clinical populations. 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.

- IFS, Neuroscience and Trauma
- Deepening and Expanding with IFS
- IFS, Addictions & Eating Disorders
- Intimacy from the Inside Out

### Level 3: Advanced Retreat

Level 3 trainings are led by Dr. Richard Schwartz or IFS Senior Trainer Toni Herbine-Blank, MS, RN, Cs-P. Participants work intensively with fellow advanced practitioners to further develop their knowledge of IFS and hone their skills with its techniques.

**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)**



***IFS ONLINE  
LEARNING PROGRAMS***

**IFS ONLINE CIRCLE**

**IFS ONLINE CONTINUITY PROGRAM**

Special membership programs for in-depth discussions of the IFS Model. Both programs offer LIVE monthly calls with Richard Schwartz and other IFS trainers, demos, and prerecorded teachings to prepare you for the monthly calls. Visit our website for more information and to see which program is the best fit for you.

***Additional programs coming soon!***

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## Thursday, November 8

### Thursday @ a glance

#### Registration and Continental Breakfast

8:00–9:00 a.m.  
Providence Ballroom Foyer, 3rd Floor

#### Preconference Institute (#A–D)

9:00 a.m.–4:30 p.m.  
Please refer to your attendee schedule.

#### IFS Conference Bookstore – GRAND OPENING!

10:00 a.m.–5:30 p.m.  
Executive Boardroom, 3rd Floor

#### Lunch

12:00–1:00 p.m.  
Waterplace Ballroom, 3rd Floor

#### IFS Sangha – All Are Welcome!

5:00–6:00 p.m., Location TBD

#### Evening Yoga with Diana

5:00–6:00 p.m., Location TBD

### Evening Yoga with Diana

Diana Dugan Richards, nutrition and yoga therapist and Certified IFS Practitioner, believes our innate goodness and inherent beauty are reflected to others. Yoga supports the recognition and reflection of our true nature. During this one-hour session, prepare to release, let go, and dive into hip openers, seated twists, and forward folds, all designed to allow your body and mind to rest after the conference day comes to a close.

**5:00–6:00 p.m.**

**Location TBD**

### IFS Sangha: A Meditation Circle for Exploring Self and Parts

**Wende C. Birtch, MA, MS, LMHC, RYT;**  
**Michael Searles, MS, LPC; Katie Winikates, PsyD**

Welcome your Self and all your parts to a calming hour of community connection. Join us for an opportunity to slow down, listen, and be witnessed in a gently structured, Self-led, safe environment. Discover what the day has held for you and all your parts. Connect with Self and share the deep empowerment of creating Self-led community.

**5:00–6:00 p.m. Location TBD**

*All are welcome!*

### Continuing Education Information

CE credit from boards can vary for some workshops.

For more information, see page 4

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

for the most up-to-date details.

### Stay Connected!

Complimentary Meeting Space Wifi

Password: IFS2018

<http://www.facebook.com/Internalfamilysystems/>



**PRECONFERENCE INSTITUTE ~ 9:00 a.m. – 4:30 p.m.**

All the workshops featured in our Preconference Institute are designed for all levels of experience, from practitioners new to the IFS Model to those well versed in the Model.

**A. Self-Leadership in Schools: Exploring the Integration of IFS for the Whole School Community**

*Ralph Cohen, PhD; Joanna Curry-Sartori, LMFT; Jody Nelson, LMFT; Timothy Amaral; Anna Tansi*

Our school communities are seeing ever-increasing symptoms of disconnection from Self: there is a rise in anxiety, depression, bullying, school avoidance, distraction, disregard for authority, and violence to self and other. With this, there is a widespread recognition that our educational systems need a new paradigm to nurture authentic connection to Self and compassionate connections with others. Recognizing the profound gift that IFS can provide, numerous individuals in the global IFS community have been actively exploring how best to introduce and integrate IFS in schools. In this workshop, participants will hear from some of these individuals as they share their current visions, objectives, and approaches to introducing IFS in schools. Participants will also have the opportunity to experience select exercises currently being used in schools and contribute to discussions of ways we can collaborate, refine, and expand possibilities to most effectively introduce IFS in schools.



*Track: IFS Beyond Psychotherapy*

**B. Helping Clients and Clinicians Use Expressive Modalities to Be Self-Led**

*Lisa Ferentz, LCSW-C, DAPA*

IFS therapists understand the importance of being Self-led in their work. They also understand how beneficial it is for clients when they can access their wisdom, clarity, compassion, and creativity both in and out of therapy sessions. In this highly experiential workshop, participants will learn how to use expressive modalities to access and strengthen the wise, creative, and compassionate qualities of Self. Embodiment, physical gestures, guided imagery and visualization, art techniques, and writing prompts will all be explored. These strategies will allow for a deeper and more spontaneous connection to Self. Participants will discover how using expressive modalities encourages clients and clinicians to acknowledge and appreciate their inherent strengths, including their ability to be compassionate toward themselves and others while helping them stay more grounded and present in therapy as well as in their daily lives.



*Track: Mind, Body & Spirit*

**C. Change Your Conversation, Change Your Relationship:  
Moving from Hard, Painful Interactions to Courageous Communication**

*Toni Herbine-Blank, MS, RN, Cs-P*

This workshop will explore how to help couples (people in relationship) move from hard and painful discourse to safe, courageous conversations. We will address how a couple therapist knows when the timing is right to challenge protectors to remain unblended and allow couples to consciously change their conversations. We will explore how to help each individual unblend to a state of optimal regulation, understand the fiction in their story of their protectors, and speak responsibly, letting go of shaming, blaming statements.



*Track: Couples, Family, Parenting & Children*

**D. Shame and Worthlessness: The Drivers of Our Parts' Extremes**

*Richard C. Schwartz, PhD*

When a person's parts take on a lot of worthlessness, they are left with a constant fear of not surviving, which in turn fuels frantic and severe manager and firefighter activities. Whether these activities involve hypo-arousal—such as depression, dissociation, or despair—or hyper-arousal—such as rage, anxiety, or drug addiction—beneath them is the constant sense that the person is unlovable and therefore alone. Consequently, the unburdening of shame and worthlessness is a crucial aspect of successful IFS therapy. Through experiential exercises, demos, and videos, this workshop will explore this important topic.



*Track: Mind, Body & Spirit*

## Friday, November 9

### Friday @ a glance

#### Morning Yoga with Diana

7:00–8:00 a.m., Location TBD

#### Registration and Continental Breakfast

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

#### Welcome to IFS 2018 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 (#201–211)

2:30–5:30 p.m.

#### Foundation for Self Leadership Community Event

5:45–6:45 p.m.

Narragansett Ballroom Foyer, 1st Floor

#### IFS Sangha Experience

6:00–7:00 p.m., Location TBD

#### A Soothing Moving Meditation

6:15–7:15 p.m., Location TBD

#### Upliftment, Songs, and Stories with Anna

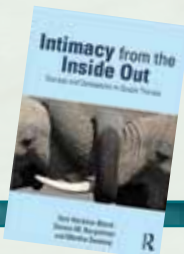
7:00–8:00 p.m., Narragansett Ballroom, 1st Floor

### IFS Conference

### Bookstore Hours

9:30 a.m.–6:30 p.m.

Executive Boardroom, 3rd Floor



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

### Community Reception & Gallery Walk

Engage with us and learn about what the Foundation is doing to advance IFS Research, Advocacy, Education & Community Connections

#### Surprise announcement to follow!

“Giving the Gift of Self-discovery”

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

**5:45–6:45 p.m.**

**Narragansett Ballroom Foyer, 1st Floor**

*(Cash bar available)*

### Morning Yoga with Diana

Diana Dugan Richards, nutrition and yoga therapist and Certified IFS Practitioner, believes our innate goodness and inherent beauty are reflected to others. Yoga supports the recognition and reflection of our true nature. In morning yoga, you will be supported by a dynamic and passionate platform that offers optimal alignment and balanced energy. Through a grounded and committed foundation, your heart will open to be fully present for the deep, internal teachings of the Conference. When you become quiet in yoga and listen, you hear your deepest longings and desires and realize an embodied understanding of your work.

*Optional: It's helpful to bring your travel yoga mat.*

**7:00–8:00 a.m. Location TBD**

### IFS Sangha: A Meditation Circle for Exploring Self and Parts

**Wende C. Birtch, MA, MS, LMHC, RYT;**  
**Michael Searles, MS, LPC; Katie Winikates, PsyD**  
Welcome your Self and all your parts to a calming hour of community connection. Join us for an opportunity to slow down, listen, and be witnessed in a gently structured, Self-led, safe environment. Discover what the day has held for you and all your parts. Connect with Self and share the deep empowerment of creating Self-led community.

**6:00–7:00 p.m. Location TBD**

*All are welcome! IFS CEs available*

### A Soothing Moving Meditation

Restore your energy, unblend from tired and tense parts, and dip your toes into Authentic Movement/Internal Family Systems.

Marilyn Unger-Riepe, MA, LICSW, and founder of “Move into Self Compassion,” is offering an opportunity for you to discover how a nonjudgmental, compassionate witness facilitates a deepened connection to your body, which nourishes a deepened connection to Self and each other.

No prior Authentic Movement experience needed.

- Welcome to all and to all your parts -

**6:15–7:15 p.m. Location TBD**



## Welcome to IFS 2018!

### Plenary Session

8:00 a.m. – 9:45 a.m.

#### Welcome

Jon Schwartz, MEd

Executive Director, The Center for Self Leadership

#### Foundation for Self Leadership: An IFS Update

Presented by Members of the

Foundation for Self Leadership Board

#### IFS Goes to School: Supporting Self-Led Teachers to Welcome All Their Students' Parts

Ralph Cohen, PhD, Joanna Curry-Sartori, LMFT,

Jody Nelson, LMFT, and Anna Tansi, MS

Over the past several years, many IFS-trained helping professionals have been inspired to apply the transformative power of the IFS Model to work in classrooms and schools. Workshops and other plenary presentations at the annual IFS Conference have focused on new and developing efforts to bring the principles and practices of IFS to work in schools. This plenary presentation spotlights three such efforts that represent people and teams who have developed models and projects with an eye toward research, replication, and sustainability.

- A team from Central Connecticut State University—Ralph Cohen, Anna Tansi, and Joanna Curry-Sartori—have developed and are beginning to implement the Self Leadership School model in school districts in Connecticut. Their work embeds IFS in the broader context of social/emotional learning.
- Supported by a research grant from the Foundation for Self Leadership, Jody Nelson has designed, implemented, and evaluated the Inner Lives of Teachers project: 16 Minneapolis middle-school teachers trained in IFS over a 10-month period. Teachers plan and implement action research projects using IFS in school and in the classroom.
- Neil and Jane Hawkes, from England, will join us through video to share Values-based Education, a program they have developed that supports schools in creating authentic values-based cultures that promote well-being and resilience for all.

## Full-Day Workshop

10:00 a.m. – 5:30 p.m.

*\*Full-day workshops offer 6 CE Hours and require full-day attendance*

#### IOI/2OI Intention and Transformation: IFS, Guides, and the Power of the Circle

Ed Yeats, PhD; Lindsa Vallee, LCSW, Susan Littlefield, LMHC, and Ken Jaeger, LICSW, CGP

A new horizon often dawns when the work of IFS therapy eases the suffering of protective parts and exiles, allowing us the possibility of connecting more and more deeply with our spirituality (regardless of the specific tradition).

This workshop offers participants an opportunity for deepening spiritual connection through an experience of healing and transformation combining IFS and shamanic practices.

*Participants come with an intention for a significant change in their lives and are invited to use this opportunity to work deeply and safely with any issue, theme, or burden.* Using a series of guided inner journeys, reflective exercises, group ritual, ceremony, and song, we will connect with our Guides and cocreate a Circle of Self Energy. Supported by this holding environment, we will befriend protectors who have been working hard to hold back change and potentially release the burdens they carry and heal the exiles they protect. Most of this experience will be internal; however, participants will have the voluntary opportunity to share landmarks in the journey with the Circle. In this way, privacy and choice will be respected while each step of the process is witnessed and supported.

Our program is intended for those who feel some confidence in working with their own parts. The Intention and Transformation Leadership Team will reach out in advance by email to assist the process of cocreation and help participants prepare for the gathering at the Conference. Early registration is encouraged and allows time to prepare.

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

### An Evening of Upliftment, Songs, and Stories with Anna Huckabee Tull

At the special request of Dick Schwartz, award-winning author and singer-songwriter Anna Huckabee Tull offers up a rare and special evening—a collection of powerful stories of healing and inner spaciousness brought to life through words and song. Anna, along and her musical partner, Mickey Zibello, will be performing songs from her new album *The Days of Your Opening* and sharing insights from the wild ride of her new IFS-friendly book *Living the Deeper YES*, which Dick has called, “poetically evocative,” “skillful” and “highly recommended.” *Come finish out your day in a restorative, uplifting, and centering environment with music that soothes and inspires, and stories that invite you to remember that more is possible and all is well.*

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

## Morning Workshops

### Workshop Session 1

10:00 a.m. – 1:00 p.m.

#### **102 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. Daena's workshops provide a safe and supportive container to discover new dimensions of yourself. Be assured of plenty of fun and humor in a safe, supportive atmosphere!

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

#### **103 IFS Approaches to Anxiety, Depression, and Shame**

*Michael Elkin, LMFT and Ann Sinko, LMFT*

This workshop will challenge what we think we know about anxiety and depression, the most common presenting problems of those seeking psychotherapy. The IFS perspective opens up our perceptions by depathologizing symptoms and allows us to get curious about the function of symptoms. This workshop will show how they are both driven by shame and how IFS engages them. The inner dynamics that generate symptoms will be highlighted, and shame—the engine that drives these dynamics—will be explored in detail.

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

#### **104 Making IFS User-Friendly, Deep, and Fun for Groups Using Relational Creative Arts**

*Adrienne Glasser, LCSW, RDMT, Life Coach*

IFS groups can be tricky to negotiate. Have fun with them by accessing your creative Self!

Creative ways of starting groups, marketing groups, and making IFS language easy to digest are only a few of the many things that make running groups a fulfilling experience. Participants will experience ways to work with groups that make IFS accessible through movement, role-play, and the creative arts. Becoming clear on the intention of the group and specific themes or cultural

considerations can guide which experiential activities to use. Special focus will be on similarities and differences in working in treatment settings with addictive behaviors versus general workshop settings.

Participants will learn practices to more easily access their inner creative healer. In addition, we will experience interpersonal parts meditations to inspire group cohesion, compassion, and movement, even in those who identify as non-movers.

Mapping—traditionally called “sculpting” or role-play—will be demonstrated, with special focus on how to externalize connections to Self. Through experiential exercises, we'll explore present-moment closing rituals that can be applied to group settings.

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

#### **105 Parts, Self, and Sexuality: Courageous Communication for Couples**

*Nancy Wonder, PhD and Andrew Prokopis, PsyD*

This workshop will explore working with ordinary sexual issues that emerge in couples' therapy and how therapists react to these topics. Participants will be given a contained, safe space to explore their parts that get activated when the topic of sex arises between the members of a couple. We will also learn how to set up the Intimacy From the Inside Out protocol “Courageous Communication” with couples who need to talk about their sex life. *\*This workshop is not meant for sex therapists but rather general couples therapists.*

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

#### **106 Deepening the Home Group Experience: Building Confidence and Competence in Helping Others Speak for Their Parts**

*Rina Dubin, EdD*

What was your experience of Home Group? As an IFS Assistant Trainer, I have found that Home Group has the most variation in satisfaction and the most confusion as to its purpose. Participants frequently question the intention of Home Group, and PAs frequently struggle with their own understanding. The most important task of Home Group is to help participants speak for their parts. Facilitating this skill requires that PAs create structure, which includes many interventions that trigger participants. Confidence and skill in interrupting, slowing down, and helping participants unblend and get in relationship with their part are required. There is often no time to offer preparation to PAs. This workshop will teach skills using practice and demonstration to help PAs feel ready to hold and help guide participants into this practice. It will also be of great benefit for those who want a deeper immersion into getting the Model inside their own systems.

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

**107 Anchoring to Core Intention:  
A Way to Create Positive Trailheads**

*Mark Hurwich, MBA and Gale West, MA, MFA, IFSPC*  
Wouldn't it be great if we could create positive trailheads that can energize our clients and their work? Core Intention viscerally connects us to our gifts and calling in a way that resonates in heart, body, and spirit (not just the head). This highly experiential workshop will help you reconnect to your own core intention. You will create an actual experience of the outcomes you want, developing a gesture/phrase to recall energy and clarity when most needed.

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

**108 Our Voices, Our Selves**

*Naaz Hosseini, LP*  
Voice is an integral part of the therapeutic process. When we, as therapists, are not aware of our own voices, we can undermine our intention. When we are not aware of our clients' voices, we can miss important cues. Through lecture, practice, and experimentation, we will explore how our voices carry Self energy and parts energy, and ways to attune to voice as it reveals, informs, and helps guide our work with our clients and ourselves.

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

**109 Deepening IFS Using Sandtray: Unblending and Unburdening Parts of Parts with Miniatures**

*Peg Hurley Dawson, LMHC, CST*  
Sand tray is a modality that effectively uses IFS by allowing clients to express themselves and their parts through the use of miniatures placed within a tray of sand.

This workshop will be didactic and will utilize videos showing the exact process of working an IFS session in the sand tray. It clearly displays how to access parts, utilize direct access, use clients' negative beliefs about themselves in finding a protector, ask parts to step back and parts of a part to step back, discover young parts that are frequently protectors to an exile (not actually the exile), unburden exiles, and support parts in taking new roles after they unburden. If time allows, we will explore working with polarizations, legacy unburdenings, dissociation, and sexual issues.

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

**Self-Guided Wilderness Connections**

*Led by Ray Mount*

Join us at breakfast on Friday & Saturday

*See page 15 for details!*

**110 All Voices Welcome: Accessing Creativity and Connection through Community Singing and Reflective Writing**

*Kirsten Lundeberg, LPC, LMFT*  
This workshop invites participants to come together in community to reclaim our inherent creativity through the process of singing and writing in a safe, nonjudgmental way. This will be a highly experiential workshop with the goal of allowing participants to have a felt sense of Self energy through the process of singing and writing and through being witnessed and witnessing others in these pursuits. In this nonjudgmental space of singing together in community, participants will be able to reclaim the joy of creativity. This workshop is for nonsingers and nonwriters because all of us (yes, you!) can sing and express ourselves in these ways.

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

**111 Parts in White People Associated with Conversations About Race: Using IFS to Understand White Fragility**

*Virginia Seewaldt*  
Most white people in North America can live their entire lives without having to confront issues of race. Because they are so insulated, "racial stress" can be triggered when these racial issues disrupt assumptions or expectations. Even the slightest amount of racial stress can be intolerable to many white people, triggering a range of defensive moves known collectively as "white fragility." These moves include the outward display of emotions such as anger, fear, guilt, and shame as well as behaviors such as argumentation, silence, and leaving the stress-inducing situation. These feelings and behaviors can cause interruption in, and even completely halt, important dialogues about race. They also result in centering conversations on white people and their feelings rather than the issues people of color are facing. The feelings and behaviors associated with white fragility can be viewed as parts that get triggered by racial stress that block compassion for people of color. Like all parts, they can be met with compassion and understood, paving the way for deeper, Self-led engagement with racial issues. In this workshop, we will explore white fragility through the lens of IFS. Robin DiAngelo's concept of "white fragility" will be described. We'll learn an overview of the phenomenon, including what commonly triggers it and why; the thoughts, feelings, and behaviors involved; and how to understand the phenomenon from a parts perspective.

White participants will have an opportunity to become more familiar with their own parts associated with racial stress and white fragility. Participants who are people of color will have the opportunity to become more familiar with their parts that have reactions to expressions of white fragility.

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

## Afternoon Workshops

### Workshop Session 2

2:30–5:30 p.m.

#### **202 Relationship and the Brain: Neuroscience and IFSO**

*Frank Anderson, MD and Toni Herbine-Blank, MS, RN, Cs-P*

Frank Anderson and Toni Herbine-Blank have joined forces to create a new and exciting workshop that combines neuroscience and relationship. We'll look at how brain development relates to the origins of our early experiences with caregivers and describe the science behind our protectors' adaptations. We'll explore Self energy and unblending as they intersect with the different dimensions of empathy, compassion, and our brain's capacity for neuroplasticity. We'll demonstrate the healing power of IFS through internal and external connection and how, when we rewire our relational template, we are able to bring more joy, love, and freedom to ourselves and others.

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

#### **203 The Power of Parts Art**

*Michi Rose, PhD, LMSW*

In this experiential workshop, Michi teaches different ways to use drawings in therapy. These include clients drawing their own treatment plan, heart's desire, and parts before and after healing. Participants will learn through doing their own drawings.

Because drawing taps into right-brain information, parts art is a powerful way to make the unconscious conscious. Drawings can provide insightful perspectives on problems, identify key target parts, and anchor positive changes.

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

#### **204 Compassionate Mediation®—A Transformation Process for Conflict Resolution for Therapists (and Coaches, Clergy, Mediators, and Attorneys)**

*Linda Kroll, JD, LCPC*

Compassionate Mediation® offers your individual and couples clients a new paradigm for conflict resolution that educates, empowers, and enlightens. Techniques in Compassionate Mediation will be shared, as well as scripts for discussing all relevant issues—financial, emotional, legal, and parental. If you have taken this workshop in the past, new information will be provided this year. You can offer your clients emotional and spiritual healing (along with financial and legal information) to help them add passion to their marriage or compassion to their divorce. *\*Please bring your challenging clients for role-play and feedback.*

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

#### **205 The Gifts of Our Exiles: Reconnecting with Our True Selves**

*Paul Neustadt, LICSW*

For most people, the prospect of approaching exiles is frightening. Our protectors tend to see our exiles as dangerous, shameful, or fragile. They are unable to see beyond the exiles' burdens, and even the exiles often think they are a burden. When we help clients and their parts recognize exiles' gifts, it can ease clients' resistance to connecting with and healing their exiles.

This workshop will describe the different kinds of gifts that exiles give us. Perhaps the most important gift is that when exiles are unburdened, they enable us to connect with our True Self and the unique qualities and gifts we have to offer the world. Our aliveness, our joy, our passion, and many other qualities are brought back to us when we reintegrate our exiles. Awareness of exiles' gifts adds to the power of the healing steps and strengthens the integration of the unburdened exiles.

This workshop will include case examples and a demo to show how we can integrate this work into the IFS healing steps as well as dyad exercises that will enable participants to experience this work for themselves. We will also discuss how the concept of the True Self, which is unique to each individual, fits with the concept of Self and parts.

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

#### **206 Angels in Disguise: Exploring a Spiritual Framework from Which to Understand and Access the Mystical Nature of Parts**

*David Stern, PsyD*

Religious and spiritual cosmologies are descriptions of reality seen through many minds' eyes that have been immersed in rigorous spiritual practice. These cosmologies, the product of spiritual research across many cultures over many millennia, provide maps that can guide, widen, and inform our own mind's eye as we develop a relationship with our parts. When we allow this widening of our mind's eye, our parts cannot but reveal the many flavors of their spiritual essence. The relational field becomes more luminous, luscious, and saturated with love, and the healing process is deepened and quickened.

In this workshop, we will briefly explore maps drawn from Eastern and Western wisdom traditions and use these to guide and widen our own body-mind's eye as we explore the spiritual dimensions of our own parts. We will discuss the benefits and implications of this kind of deepening for ourselves and our clients. This workshop will balance didactic and experiential modes of learning.

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

**207 Looking at Conspiracy Theories Through an IFS Lens**

*Donna Dallal-Ferne, LMFT*

Conspiracy theories conjure up a notion of illegitimacy, untruth, fantasy, paranoia, or other means of dismissing an idea or thought process. This workshop will look at the polarizations around conspiracy theories in an effort to understand the commonality between an onlooker’s dismissal and a conspirator’s assertion of a conspiracy theory. We will look at how racism, classism, religious biases, and internalized oppression contribute to these differing perspectives. How can Self-leadership and the witnessing of our parts facilitate negotiations and deeper understandings between peoples coexisting within unbalanced power differentials? This experiential workshop will give participants the opportunity to role-play parts and explore the polarizations associated with conspiracy theories. Participants will be challenged to think about Self-leadership and parts in the context of global issues, local communities, national politics, and world peace.

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

**208 An IFS Community Approach to Integrating IFS into Medical Education**

*Lou Lukas, MD*

Every day, thousands of patients present to medical practitioners with floridly unbalanced systems that contribute to or are caused by symptoms of illness. These range from the cancer patient who is unable to make decisions about her life-threatening disease to the “objectively healthy” patient who presents with myriad symptoms and no physical pathology. Lacking the theoretical lens and self-awareness of IFS, practitioners fail to recognize the problem, compensate by overutilizing medical intervention, and ultimately become frustrated or angry because of the lack of progress. This workshop is a call to seasoned IFS practitioners who are professional educators or who work primarily with medical illness or medical professionals to share their experience and to collaborate to develop pragmatic tools and curricula that introduce IFS theories and methods to all levels of medical learners, from medical students to staff physicians. As a group, we will review the literature from members of our own community—Sowell, Livingstone and Gaffney, and Schwartz. We’ll use three common clinical scenarios to focus group efforts to identify or create appropriate teaching tools.

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

**209 Exploring the Story of Stillness**

*Deb Dana, LCSW*

Have you touched an experience of stillness? Do you wonder what new stories an experience of being safely still might bring? For many of us, stillness is the place our protectors desperately and courageously work to keep us away from and where our exiles are hidden. It is Self energy that allows us to find safety in stillness and join with our protectors and exiles in quiet connection. Biologically, stillness is a blend of autonomic states dependent on the actions of the vagus—a complicated and challenging physiological process. The vagus can bring us alive in joy, passion, ease, and calm or take us into a survival state of dissociation, numbing, and collapse. It is only when these two vagal pathways—the ancient energy of immobilization and the new energy of connection—join together that we can experience stillness without fear. Knowing safety in stillness is the experience that allows us to be comfortable with silence, attune with another person and meet them in wordless connection, gather information from self-reflection, have restful sleep, and be present to the joy of intimate experiences. Together, the vagal platform and Self energy create the conditions necessary to become safely still.

In this experiential workshop, we will explore the neurophysiological basis for, and the autonomic challenges of, stillness and will experiment with ways in which the actions of the vagus work with Self to create the ability to sit quietly with parts. This workshop will offer you a personal experience of creating safety in stillness and an understanding of the process that you can bring into your work with clients. We will explore ways to safely sequence from movement to rest using the actions of the vagus in combination with the active presence of Self. We will experiment with words, images, breath, movement, and guided meditation using individual and partner practices to discover a moment of quiet and create a safe pathway to stillness.

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

**210 Memory Reconsolidation: Amplifying the Brain’s Own Processes to Heal and Make Whole Through IFS**

*Simon d’Orsogna, MA*

Memory reconsolidation (MR) is increasingly understood as the brain’s innate way to protect, review, and shift implicit emotional truths. Ecker’s 2012 *Unlocking the Emotional Brain* outlines the key steps and tips to evoking MR. IFS aligns powerfully with these necessary movements to create neurogenesis. In this workshop, you will relearn the steps of IFS through the lens of MR and will learn tips and techniques to elicit meaning making and search out “mismatches.” You will see how IFS aligns with the phases of Memory Reconsolidation and how and when to direct Self energy through specific moments of the process.

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

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## 211 Working with Groups of Parts: What to Do When More Than One Part Shows Up

Ralph Cohen, PhD

One place where IFS therapists often become stuck is when many parts “jump in” during the therapy process, sometimes overwhelming both the client and the therapist. Often, several extreme parts, usually protectors, are organized around protecting or exiling another part in alliances, coalitions, and polarizations much like what occurs among members of a family. By inviting all concerned parts to convene together and express their concerns, the client has an opportunity to establish Self-leadership by mediating conflicts among the various parts.

Techniques borrowed from group, couple, and family therapies and mediation are used to depolarize the various factions of parts in service of fostering Self-leadership and moving toward and healing exiled parts who are at the center of the internal conflict. In this workshop, the presenter will describe various techniques and will demonstrate how they work. Participants will have an opportunity to practice key techniques.

*Track: Trauma*

*Level: Intermediate to Advanced*

## 212 Internal Family Systems & Expressive Art Therapy: Introducing the Journey Through Collage and Clay

Peggy Kolodny, MA ATR-BC & Salicia Mazero, MA, ATR, LPC

In this highly experiential three-hour workshop, we will explore the integration of art therapy principles with IFS in virtually any clinical setting. Ethical guidelines for appropriate use in creative interventions with non-art therapists will be addressed. Art is used in treatment as an effective form of expression to depict the healing journey and to enhance both the client's experience and the clinician's work. The workshop will review case material that demonstrates how expressive arts have been applied to the IFS process effectively with individuals and groups. Participants will be able to experience collage and clay activities to explore their own internal parts and Self, and will learn how this process can enhance emotional and clinical development. We will practice dialoguing, unblending, and utilizing the six F's to allow for a somatic understanding of the concepts. Bring your curiosity to explore your creative self. *No art skills required!*

*Track: Trauma*

*Level: All Levels Welcome*

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## 213 Out of the Shadows

Deran Young, LCSW

Last year, Deran co-led a workshop on Shadow parts (parts that have been buried in shame and are often associated with topics surrounding bias and prejudice). Since that time, Deran has intentionally continued her IFS journey, seeking to gain personal wisdom around her parts that have been impacted by oppression and how to best move forward in her life as a Self-led single parent and a Black woman raising a Black son. She has gained some significant insight from the IFS Model regarding her own unburdenings and hopes to empower others to explore their parts that might often go unspoken, around diversity, race, class, gender, and privilege. Through Self-led dialogue, exercises, and didactic learning, workshop participants will explore potential trailheads to further discover parts that may create barriers to authentic connection with individuals from diverse backgrounds.

*Track: IFS Beyond Psychotherapy*

*Level: All Levels Welcome*

**“I’m Black,  
AND...”**



*Deran Young, LCSW, Founder & President of  
Black Therapists Rock, and Tamala Floyd,  
Black Therapists Rock's new IFS Consultant*

Please join us with Deran Young and Tamala Floyd, along with a few of their colleagues from Black Therapists Rock, for a panel discussion exploring parts, duality, and intersectionality as it pertains to navigating the world with multiple layers of diversity. If you joined us in 2017, you'll remember that this group's presentation was one of the most memorable, emotional, and transformative segments of the conference, and you won't want to miss this year's conversation!

**Saturday, 6:30–8:30 p.m., Location TBD**

IFS Conference

**Dance Party**

Join us as we celebrate the end of another great conference together, and our last in Providence.

*Let's dance the night away!*

**~ All Parts Welcome ~**

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

## Saturday, November 10

### Saturday @ a glance

**LifeForce Yoga to Manage Mood**

6:30–7:30 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 Richard Schwartz**

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

**LifeForce Yoga Meditation**

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

**IFS Sangha Experience**

6:00–7:00 p.m., Bristol, 3rd Floor

**Special Presentation! Black Therapists Rock**

6:30–8:30 p.m., Location TBD

**IFS CONFERENCE DANCE PART-Y**

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



### LifeForce Yoga to Manage Mood

*All Parts Are Welcome!*

Laura Orth, LICSW, KYT, and LifeForce Yoga Mentor will lead a gentle morning yoga practice designed to create a compassionate container for all your parts. Come together for a sweet hour of breath, sound, and accessible postures and begin the day feeling refreshed and connected to Self.

**6:30–7:30 a.m. South County, 3rd Floor**

### LifeForce Yoga Meditation

*30 Minutes of Rest, Relaxation,  
and Rejuvenation*

Liz Brenner, LICSW, will lead us in yogic meditation techniques that help the mind move into mindfulness even in the midst of distress. This nondual meditation will incorporate ancient yogic strategies including mudra (hand positions), mantra, and pranayama breathing to give the “busy mind a bone,” reestablishing your equanimity and focus. These techniques are especially useful in clearing the mental chaos that often accompanies anxiety and depression. You’ll experience more somatic vitality, clarity of mind, and a sensing back to Self.

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

### Self-Guided Wilderness Connections

Led by Ray Mount

We invite you to join us for breakfast to take some time to prepare your parts for a “wilderness hike” and continue to join us (at a scheduled time) so the parts you’ve been “hiking” with can debrief. Participants will get to slow down working with one part and learn the practice of group witnessing and its effects on unblending from and clarifying target parts.

*Join us at the table with the green balloons!*

**Friday & Saturday during breakfast  
Narragansett Ballroom Foyer, 1st Floor**

### IFS Sangha: A Meditation Circle for Exploring Self and Parts

Wende C. Birtch, MA, MS, LMHC, RYT;

Michael Searles, MS, LPC; Katie Winikates, PsyD

Welcome your Self and all your parts to a calming hour of community connection. Join us for an opportunity to slow down, listen, and be witnessed in a gently structured, Self-led, safe environment. Discover what the day has held for you and all your parts. Connect with Self and share the deep empowerment of creating Self-led community.

**6:00–7:00 p.m. Location TBD**

*All are welcome! IFS CEs available*

## Plenary Session

8:00 a.m. – 9:45 a.m.

### Opening Remarks

*Richard Schwartz, PhD*

*Founder of the Internal Family Systems Model*

### What Can IFS Do with Schizophrenia?

*Richard Schwartz, PhD and Dave Medeiros, MSW, LICSW*

Through the course of his career, Richard Schwartz used IFS with a number of schizophrenic patients with good success. He found that the “voices” were parts that sounded as though they were coming from outside the person, and the paranoid parts were protectors that had gone very extreme. Until now, however, he had not had a way to illustrate that work. He is so grateful to a young man who is allowing us all to watch a video of several consult sessions that he and Richard had. David Medeiros, this young man’s IFS therapist, will also describe his history and follow-up. We will conclude by discussing the implications for the treatment of this syndrome that has destroyed so many lives.

## Full-Day Workshops

10:00 a.m. – 5:30 p.m.

*\*Full-day workshops offer 6 CE Hours and require full-day attendance*

### 301/401 “I can’t believe I just said that!” Finding Self When Encountering Diversity

*Jory Agate, MA, LMHC, MDiv*

We live in a multicultural/multiethnic world, and encountering individuals different from ourselves can be challenging. This skill-building workshop explores a model of diversity, equity, and inclusion that can help frame our struggles as we navigate differences between age, race, religion, gender identity, sexual orientation, class, ability, language, cultural background, or other traditionally marginalized communities. We will explore legacy burdens, implicit bias, and burdened parts that may block our ability to be Self-led with those who are different. We will look at intercultural conflict styles and how those styles can impact our ability to successfully unblend from parts to find Self. We will explore Mitchell Hammer’s model of intercultural sensitivity through an IFS lens. The interface of IFS and Hammer’s model provides a unique opportunity to explore parts with bias; decrease fear, shame, anger, and guilt; and facilitate unblending while deepening compassion for oneself and those who are different from us. The workshop aims to facilitate greater understanding of parts and Self vis-à-vis difference while creating a safe space that welcomes all of our parts who may react in intercultural interactions.

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

### 302/402 Aligning the Inner System: Fundamentals of IFS-Inspired Coaching

*Brian Jaudon and Anna Tansi, MS*

Seasoned executive coaches Brian Jaudon and Anna Tansi have developed an IFS-inspired coaching curriculum that incorporates the core principles of IFS as part of an innovative and transformational coaching methodology called Total Alignment Coaching. This workshop will include foundational pieces such as the differences between therapy and coaching as well as opportunities to build coaching skills utilizing IFS-inspired approaches.

Many coaching models focus on desired outcomes and client aspirations without fully recognizing and engaging parts that are not aligned with stated desired goals and may even unwittingly sabotage attempts to change the status quo. Ignoring or trying to exile these disengaged/burdened parts can actually reinforce internal resistance to forward progress. The approach taught in this highly interactive and experiential workshop will help participants learn how to engage their clients by working directly with the parts that could prevent sustainable change in an efficient yet honoring and transformational way.

At the core of the workshop is an innovative coaching methodology that identifies the internal influences of one’s behaviors, communication, and decision-making. Workshop participants will have the opportunity to practice mapping another person’s internal influences (parts), identify trailheads based on the mapping results, and apply a coaching (not therapeutic) approach for working with a burdened part or a polarization of parts. While the mapping system remains the core of this workshop, these deeper-dive approaches are a new element in this year’s offering. This workshop is for seasoned coaches looking to incorporate an IFS-inspired approach as well as therapists who are curious about coaching as an alternate way of working with clients.

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

## The Advisory Committee for Diversity & Inclusion

For more information on how to support the Advisory Committee for Diversity and Inclusion:

[DiversityandInclusionTeam@selfleadership.org](mailto:DiversityandInclusionTeam@selfleadership.org)

Thank you,  
Percy Ballard, Kate Lingren,  
Julie Honeycutt,  
Jon Schwartz, & Ashley Curley





## Morning Workshops

### Workshop Session 3

10:00 a.m. – 1:00 p.m.

#### **303 From Tears to Transformation: IFS and the Journey of Parenting**

*Frank Anderson, MD*

For many of us, parenting is one of the most challenging experiences we go through in life. It can range from frustrating to joyful, from enabling to loving, and from humbling to amazing. This workshop explores the journey of parenthood from the initial hopes and expectations, to the day-to-day struggles through each developmental stage, to the gifts as well as the burdens passed down from the family of origin.

We will discuss how to incorporate “a part of me” language in the family and explore the moments when parents are not at their best. By understanding the roots and origins of reactive parts and explaining the “triggering agreement,” parents will discover healthy ways to co-parent and respond to their kids, thus minimizing the negative impact of their protectors and exiles. We show how healing parental wounds will allow parents to lead from a place of power, fostering love while still being able to set limits and deliver consequences. The parenting journey can be one of our greatest gifts, allowing parents and children to grow together, teach each other, and become the loving, nurturing family we all desire.

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

#### **304 Creative Strategies and Exercises to Help Your Clients Unblend**

*Gail Tomala, PhD, LMFT and Kimberly O'Connor, LMFT*

This workshop introduces several creative ways to assist clients in the process of unblending. Client drawings, journal entries, and video clips demonstrating parts work and Self-led energy will be combined with participant role-play, drawings, and work with manipulatives. So, you will be actively engaged in this session! Small-group and/or whole-group sharing and processing will also be included.

Participants will leave with multiple experiential IFS strategies for assisting clients in externalizing 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 also tap into their Self energy.

Because all exercises are adaptable for adults, couples, families, and children, all workshop participants will leave with new strategies and ideas for immediate use. A packet of handouts that complements the examples, and exercises will also be provided.

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

#### **305 Deepening Partners’ Attachment with Therapeutic Warmth and Self-Led Touching in IFIO Couples Therapy**

*Larry Rosenberg, PhD and Judi Zoldan, LICSW*

This lively workshop will help couple therapists—and anyone who is in a relationship—to develop their skills with therapeutic warmth and to teach couples to deepen their safety and intimacy through Self-led touching. Research has shown that when the therapist expresses warmth, the couple’s parts experience a relational softening, and that healthy touch helps regulate the autonomic nervous systems for the one who is touching and the one who is receiving touch, bringing both partners into the stable “window of tolerance.” We will weave the principles of Intimacy From the Inside Out couples therapy through our guided experiential exercises, didactic teaching, and case illustrations. You will learn specific ways to convey warmth to clients verbally and nonverbally; to explore your parts who might block the expression of therapeutic warmth, particularly in reaction to clients whose parts trigger your protective parts; and to help clients introduce safe and paced touching into their relationship, which involves unblending from parts in order to stay present with one’s own internal experience while maintaining physical contact with one’s partner.

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

#### **306 Integrating IFS into a 12-Step Process for Long-Lasting Recovery from Addiction**

*Naomi Nygaard, ADMP*

Since the common defining experience of addiction is one of isolation from both others and our own Self energy, this workshop aims to highlight the immense value and power of 12-Step fellowships and processes while showing how it can be a complete healing experience for anyone struggling with addiction when viewed through an IFS lens. We will learn IFS practices that are helpful to incorporate into and supplement a journey through the 12 Steps in order to bring about the replenishable unburdening experiences that offer a lasting recovery from addiction.

*Track: Addiction  
Level: Intermediate to Advanced*



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### 307 Accessing Self for the Therapist and Clients

*Loch Kelly, M.Div., LCSW*

In this workshop, you will learn contemporary versions of ancient wisdom practices related to IFS therapy. In our ongoing journey of unburdening parts, it is very important to distinguish managers and Self-like parts from our Self. Self is discovered as an interconnected, openhearted awareness that is different from a detached mindful witness. The ground of Self can feel as if you are simultaneously boundless and embodied, free and interconnected, joyful and supported, surrendered and empowered, unconditionally loving and naturally welcoming of all parts. The focus of this workshop is to learn ways to return to Self and remain in Self. What is the difference between being motivated from anger or from compassion? We will explore ways of accessing and speaking from our true Self through open-eyed meditations, small shifts of awareness, and partner exercises. These exercises will help distinguish Self energy from managers, a mindful witness, and Self-like parts.

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

### 308 IFS and EMDR: Synthesizing Two Transformative Modalities

*Dave Medeiros, MSW, LICSW and Ken Jaeger, LICSW, CGP*

This workshop offers two conceptual frameworks for integrating IFS and EMDR. IFS and EMDR are similar in that both modalities offer the capacity for transformational healing. However, in clinical practice, IFS and EMDR are strikingly different. Because both modalities offer transformational capacity, many IFS therapists are interested in EMDR and vice versa, but the integration of the two warrants thought. The first framework we will describe is to use IFS as the primary modality, with EMDR practices introduced in support of fostering Self-to-part connection and healing. The second framework places EMDR as the primary modality, with IFS employed to work with extreme protective parts or overwhelming exiles so that the EMDR adaptive information processing can proceed. We will offer hands-on experiences, brief didactics, and videos of sessions as well as encouraging lots of discussion.

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

### 309 Is Gender a Part?

*Nic Wildes, LMHC*

Messages about gender are internalized from the moment the doctor declares a newborn to be either a boy or a girl. The ways one is socialized, perceived, and related to are all directly impacted by this gender designation and the dominant culture's beliefs about what it means to be a particular gender. How does this relate to a person's internal sense of who they are since an individual's experience of gender is often a core aspect of their identity? What does it mean when a person experiences their gender as different from what was assigned to them at birth? Furthermore, how does

a core aspect of one's identity fit into the IFS Model of Self and parts? This workshop will allow participants to begin to discover and learn more about each of their unique experiences of gender. We will talk about the basic concepts of gender identity, which includes learning about those who identify as transgender or non-binary. Through this process, we will begin to explore and discuss how we can better understand gender identity within the IFS framework.

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

### 310 Suffering, Straying, or Sanctimonious? How to Identify and Work with Religious Parts in Therapy

*Alison Cook, MA, PhD*

This workshop teaches participants how to identify and work with religious protectors, firefighters, and exiles, especially with clients who have been influenced by various forms of Christianity. Participants will learn how to use resources from within the Christian tradition to help clients gain access to the Self. They will also learn how to help clients identify and gain access to religious guides that can help facilitate their process of internal healing. Attendees will be given the opportunity to identify and work with their own religious parts and explore together how these parts influence the process of therapy. Participants of all faith backgrounds are encouraged to attend this lively discussion about the role of religious parts in therapy.

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

### 311 Warning! Reflections in This Mirror May Be Distorted by Your Inner Critic

*Diana Dugan Richards, RDN, LDN*

Care to get a glimpse of how your inner food system pulses? Meet defiant, scheming, rebellious, hurting, and angry food parts that deflate your self-esteem. Validate their tireless efforts and unrelenting ability to show up. Repair broken relationships within. Unload vats of frustration and helplessness that long for comfort through food. Yoga gets you in touch with your abandoned body; experience sensation as parts communicating with you. Meditation creates a deeper connection to inner wisdom and Self energy. With experiential eating meditation, you'll dissolve into the taste, texture, and aroma of chocolate. Intuitive group listening nudges awake Self-compassion.

Your relationship with food is inherently dependent on a loving, compassionate relationship with all your parts. Unblending and unburdening parts leads to clarity about what's really right for you and shifts your relationship with food and body. *Wear comfortable clothes for yoga and bring a mat if you have one. No yoga experience needed!*

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

**312 Using IFS in Work with Refugees from the Middle East**

*Tom Holmes MSW, PhD*

This workshop will focus on my work using IFS with people working with refugee populations in Jordan and its relevance for work in the USA. This will include the development of a model that integrates IFS with Islamic psychology. I will also share my work using IFS to help prevent secondary trauma and burnout of therapists and translators working with traumatized refugees. Research shows that at least 20 percent of those translating for refugees experience secondary trauma and develop PTSD symptoms. The second half of this workshop will offer participants a chance to develop ideas and plans for how the IFS community might work to support refugees in the USA. Participation in this workshop helps support the efforts of the presenter in conjunction with the Foundation for Self Leadership.

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

**313 Navigating Scarcity Mindset in a Culture of Never Enough: Personal and Professional Practices for Wholehearted Living Through the Integration of The Daring Way™ + IFS**

*Rebecca Ching, LMFT*

Our personal IFS and shame-resilience practices support us in living an integrated life instead of a parts-led life fueled by scarcity and shame. Through didactic and experiential components, along with demos and videos, participants will develop a practical foundation for how to integrate Internal Family Systems and The Daring Way™ and Rising Strong™ methodologies—based on the research of Brené Brown, PhD—with a special focus on the compassion/empathy connection, the power of not rushing through the reckoning with the stories our parts are telling, scarcity mindset, the failure-perfectionism polarization, curiosity, offloading hurts (protectors), boundaries, worthiness, and the superpower of the You-turn. We will also discuss where these methodologies differ and how to build a bridge between these differences while integrating these two approaches.

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

**Afternoon Workshops**

**Workshop Session 4**

**2:30–5:30 p.m.**

**403 Befriend and Transcend Your Sexual Story: Welcoming Sex Parts for Increased Self-Energy, Pleasure, and Healing**

*Patricia Rich, LCSW, CST*

IFS tells us that all parts are welcome, but many of us have difficulty welcoming parts associated with sexuality—in ourselves and in our clients. Even those who have relatively unburdened sexual systems get little opportunity to find, befriend, and witness the stories of their sexual parts. This matters not only for our own healing, pleasure, and connection with partners, but also because we may overreact or underreact to client material, which can limit the Self energy in the room and possibly perpetuate experiences of exiling or shaming of sexual parts. As sexual norms become increasingly complex due to technological and social change, therapists are called upon to grow and adapt, which may add to the challenges faced by some of our parts. This workshop seeks to help therapists become curious about internal sexual systems and safely engage in exploration using meditation, body mapping, gentle movement, and other guided experience. Case material will be provided from the presenter’s experience of using IFS to treat a wide range of sexual problems in her practice.

All ages, LGBTQIA, sexually active or inactive, and partnered and solo participants are welcome, and privacy is respected.

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

**Book Signing Event!**

*featuring*

**Richard Schwartz, PhD**

**and select IFS Conference presenters**

*Stop by the bookstore  
to find out who!*

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



A special thank-you to our Online Circle and Continuity Program Presenters who are also presenting this weekend!

**Toni Herbine-Blank, Pamela Krause,  
Loch Kelly, Michael Elkin, Ann Sinko,  
Brian Jaudon & Anna Tansi**

*New programs and new presenters coming soon!*

#### **404 Applying IFS to Psychotherapy Groups: Helping Groups Connect and Heal Through the Use of the 6 F's and Compassionate Witnessing**

*Sue Richmond, LCSW*

Whether you work for an agency or are in private practice, group psychotherapy can be a powerful tool for healing. This workshop will show how to use the IFS Model in a group setting. Many groups today use manualized treatment protocols and focus primarily on psychoeducation. IFS group therapy is the next generation of process-oriented groups. As group members begin to develop an inner relationship with their parts, long-held beliefs and thought patterns begin to shift. This inner shift inspires participants to innately make healthy behavioral changes on their own. In this workshop, you will learn how to introduce members to the concept of Self and parts, how to teach group members to speak for their 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, group norms, and group format, which 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: Mind, Body & Spirit*

*Level: All Levels Welcome*

#### **405 Internal Collective Unburdening of Complex Trauma**

*Stan Einhorn, PhD*

This workshop explores the concept of complex trauma as related to multiple critical memories. The process of Internal Collective Unburdening (ICU) will be introduced as a technique in which multiple exiles come together in a ritualized unburdening process. This process is a unique combination of aspects of the do-over, retrieval of exiles, unburdening, and the ritualized healing process used with legacy burdens to help individuals experience the unburdening of multiple exiles at one time. Clients familiar with the process of IFS are often surprised by the intensity of release experienced during the Internal Collective Unburdening. A video of an ICU session will offer a clinical example of the technique, and a live demonstration will deepen the learning experience.

*Track: Trauma*

*Level: Intermediate to Advanced*

#### **406 What (the) F Am I Doing?**

*Tammy Sollenberger, LCMHC*

Have you just finished IFS Level 1 and find yourself frustrated that you're not doing the F's in sessions as much as you like? This workshop will provide strategies to help you move from blankly staring at your patients, wondering, "What in the world do I say now?" to starting the F's—the IFS protocol for assessing and

eliciting Self energy. We will focus on ideas to get you using the material you spent a lot of money and time learning. We will practice integrating phrases, questions, and statements to help you learn ways to transform your sessions from chatting about the week and the current problem into an IFS session. You will also learn about your own parts who may get in the way of doing the IFS protocol and discover ways to help them relax. Finally, you will notice what it feels like to perform differently in the session, from being in your head in an analyzer/teacher role to being in your heart and in your Self.

*Track: Mind, Body & Spirit*

*Level: Introductory*

#### **407 Documenting Medical Necessity and Preventing Legal Nightmares**

*Beth Rontal, LICSW and Frances Schopick, JD, MSW, LICSW*

Clinical documentation is a professional standard of care, but there is little written about what to write or how to write it. IFS clinicians tend to be seasoned professionals yet may be unsure how to document the good work they provide and may feel at the mercy of insurance companies as they struggle with authorizations and fear or prepare for audits and legal issues that can include sensitive protected health information. This workshop will help therapists write treatment plans and session notes with skill and ease in a way that represents their work with integrity so that medical necessity is justified, it is easier to get authorizations, and audits aren't threatening.

Additionally, therapists may not understand the legal implications of words that may otherwise seem innocent. For example, Who is the client? What are the implications of "advocacy," what does it mean to offer an "opinion" or "recommendation," to provide an "evaluation" and understand how they are documented? Understanding these distinctions can help therapists avoid inadvertently entering a relationship that may compromise the therapeutic alliance or put them at risk of board complaints. The second part of this workshop will help therapists learn to identify legal issues and how to document with legal issues in mind.

This workshop will help therapists document to meet clinical, legal, and payor requirements that are consistent with compassionate quality care so that you can protect yourself from legal nightmares before they happen.

*Track: IFS Beyond Psychotherapy*

*Level: All Levels Welcome*

#### **408 Class Matters: Exploring the Healing Potential of IFS as a Model Serving Clients Burdened by Economic Distress**

*Jennie Knott, LICSW*

Who do we include in our perception of the healing potential of IFS? How do we define clinical work? Who do we include as being capable of engaging in clinical work? How do we define transformation, and who do we think of when we think about

a person capable of transformation? What parts of us arise when we think about providing services to people living on the margins? When we talk about diversity—in our offices and in our larger IFS community—what are we doing to represent class differences? In this workshop, we will make space to witness ways in which IFS has been utilized to work with people experiencing homelessness and other forms of complex marginalization, and we will begin a mutual, Self-led exploration of what parts of us get activated when we think about continuing to expand the healing potential of the IFS Model to include working with people living and, at times, thriving within such extreme conditions.

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

**409 “I Used to Be Indecisive, Now I’m Not Sure”: Treatment of OCD Using IFS Therapy**

*Robert Rox, LMHC*

OCD can be a challenging condition to treat in therapy. It can also be a debilitating condition to live with. As an individual who has experienced this condition on “both sides of the couch,” there is much to share about how it truly is—living with it and also helping successfully those who suffer with it. The IFS Model offers promising treatment in a very different manner from ERP, which has for years been the “gold standard.” Come learn how these entrenched protectors are doing their job to keep clients from being overwhelmed, much as most IFS firefighter distractors do.

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

**410 Bringing the Brain into IFS: Integrating Neurofeedback and the IFS Model**

*Sarah Houy, MA, LPC, RYT, BCN*

Working with survivors of complex trauma can often include lengthy treatment timelines. In an effort to reduce the length of treatment, integrating multiple trauma treatment approaches provides specific advantages. Utilizing state-of-the-art neurofeedback technology allows for the possibility of faster treatment progress and greater treatment outcomes. Utilizing neurofeedback to help facilitate a regulated brain promotes the ability of clients to arrive at a faster understanding and awareness of Self and the experience of parts, as clients are able to see, in real time, neuroelectric state changes that can correlate with parts and Self. Likewise, the IFS Model informs neurofeedback, as tools of unblending and unburdening are used to create neuroelectric state changes in the brain, offering greater overall neural regulation.

*Track: Trauma  
Level: Advanced*

**411 Shapeshifting Our Relationships Through Somatic IFS**

*Maura Matarese, MA, LMHC, RYT and Marilyn Unger Riepe, MA, MSW, LICSW*

Shapeshifting refers to the mythological transformation from one being to another—an ancient privilege reserved for shamans, deities, and a few select heroic mortals. If we view shapeshifting as a metaphor for the powerful transformative changes that occur when one connects to one’s own Self energy rather than an externalized force only available to a select few, shapeshifting is something everyone can do should they so desire. It can change the relationship one has with Self and, in turn, change interactions with others from being parts-led to being Self-led. This workshop will use creative movement and theater games to help people access their Self energy. Participants may unblend from, befriend, and establish a Self-to-parts connection with their protective parts while allowing their exiles to connect somatically to their Self energy, thus paving the way for unburdening, systemic reorganization and becoming more Self-led.

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

**412 Visioning Personal & Collective Spirituality and Justice with Adult Play in Sand Tray**

*Rev. Dr. Michelle Walsh, PhD, LICSW*

Come spend a few relaxing hours playing in and learning about an approach to sand tray with miniature objects for adults that is compatible with the concepts and processes of Internal Family Systems. Ample direct experiential opportunities will be provided for personal spiritual exploration with your own tray as well an opportunity to engage in a collective tray for group visioning of justice in these challenging times. We will open with a brief didactic segment offering an overview of the history of developments in sand tray and sand play and some core concepts in Internal Family Systems.

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

**413 Self-Compassion—A Soft Place to Connect**

*Anne Redmond, LCPC and Susan Mason, LCSW*

As therapists, we’ve practiced at extending compassion to our clients and others. In this workshop, we will focus on providing this loving energy of compassion to ourselves. We will review the current research of Kristin Neff, Christopher Germer, and Tania Singer, and go on to distinguish between compassion and self-compassion. Didactic material will be presented, including ways to create self-compassion and what blocks it, specifically exploring the concept of shame. Guided meditations will allow for the identification of parts in one’s own system and a process to move toward more self-compassion and Self energy.

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

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**Jory Agate, MA, LMHC, MDiv, IFS Certified** comes to the field of psychotherapy after a 20-year career in Unitarian Universalist ministry that focused on youth, families, sexuality, leadership development, and diversity, equity, and inclusion trainings. Her current practice of psychotherapy and spiritual counseling specializes in individuals, families, clergy, couples, and staff teams. Fluent in American Sign Language, Jory provides therapy for those who communicate in ASL. She maintains a private practice in Cambridge, MA.

**Timothy Amaral** is an award-winning teacher from Salinas, CA, who works with at-risk adults in a multilevel, multilingual high school equivalency program. His wonderful students bring with them a wide variety of diagnoses and disorders as well as issues of addiction, trauma, and incarceration. He applies IFS principles in the classroom to produce an extremely safe and welcoming space and a graduation rate that is four to five times higher than the average.



**Frank Anderson, MD** completed his residency in psychiatry at Harvard Medical School and specializes in teaching and treating the effects of psychic pain and trauma. Unique as both a psychiatrist and psychotherapist, he focuses on the treatment of PTSD and dissociation in his private practice and is passionate about teaching brain-based psychotherapy, integrating current neuroscience knowledge with the IFS Model of therapy. He teaches the Level 2 Intensive “IFS, Trauma and Neuroscience” for CSL and regularly teaches IFS workshops for PESI, including the two-day workshop titled “IFS for the Treatment of Complex Trauma.” He is a coauthor of the new *IFS Skills Manual* published by PESI.



**Wende Birtche, LMHC**, Registered Therapeutic Yoga Teacher and a Certified IFS Therapist, maintains an active private practice for teens and adults offering a unique form of holistic, mind-body psychotherapy. She has supervised local therapists and provided lunchtime restorative, trauma-informed yoga classes for therapists in a local mental health agency. Additionally, she has studied and taught meditation and led “Creative Spirituality” retreats for women for over 15 years. Her most recent passion is being an IFS Program Assistant for Level 1 and 2 trainings.



**Liz Brenner, LICSW** is the Director of Therapy Training Boston, providing continuing education grounded in family systems therapies in Watertown, MA. Liz teaches, supervises, and provides agency training as well as individual, couple, and family therapy with adolescents and adults. She finds the integration of LifeForce Yoga with IFS to be deep, efficient work and is excited to share it.



**Rebecca Ching, LMFT** is a therapist, speaker, facilitator, and writer based in San Diego, CA. She has worked in politics, business, and international youth work and now runs her own integrated mental health practice, Potentia Family Therapy, Inc. Rebecca integrates all of her professional experiences to support clients and advocate for integrating mind-set and mental health.



**Ralph S. Cohen, PhD** is 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 a Lead Trainer in the IFS Model; 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.



**Alison Cook, MA, PhD** is a Certified IFS Practitioner who practices in Lexington, MA. She specializes in integrating Christian spirituality with the IFS Model and is the author of *Boundaries for Your Soul: How to Turn Your Overwhelming Thoughts and Feelings into Your Greatest Allies*, with Kimberly Miller, MTH, MA.



**Joanna Curry-Sartori, LMFT** is a Level 2–trained IFS therapist who implements the IFS Model in a clinical setting as well as in her extensive work consulting and presenting in schools, working with students, teachers, administrators, and parents. Joanna is on the steering committee for the Center of Excellence in Social and Emotional Learning at Central Connecticut State University and is collaborating with other faculty to develop a model to bring Self-leadership into schools. With over 20 years of study and practice in the field of yoga and mindfulness, Joanna presents widely in schools and community settings, introducing mindfulness and social and emotional skills to both adults and children. Joanna has seen the strengths and some of the limitations with current SEL curricula and the profound impact that the IFS Model can have in the school environment.



**Donna Dallal-Ferne, LMFT** is a Certified IFS Therapist with a private practice in Syracuse, NY. She has immersed herself in the IFS Model since beginning her Level 1 training in the fall of 2013 and has particularly appreciated the deeper training she has been privileged to receive from working as a PA in Level 1 and 2 trainings. Through her own personal work and connections in the IFS community, Donna has developed greater attunement to the legacy burdens associated with her Palestinian roots and aspires to use the teachings of the IFS Model to bring us all closer to world peace. To balance out her life, Donna is an avid yoga practitioner and instructor who understands the benefits of inverting one’s body and perspective.



**Deb Dana, LCSW** is a clinician and consultant specializing in the treatment of complex trauma. She is the coordinator of the Traumatic Stress Research Consortium in the Kinsey Institute and lectures internationally on ways in which Polyvagal Theory informs work with trauma survivors. Deb is the developer of the Rhythm of Regulation clinical training series, author of *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation* (Norton, 2018), and coeditor with Stephen Porges of *Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies* (Norton, 2018).



**Peg Hurley Dawson, LMHC, CST** is a Certified Sex Therapist specializing in individuals, couples, LGBTQIA, sex addiction, complex trauma, kink, and polyamory.



**Simon d’Orsogna, MA** completed his Clinical Master’s in Systemic Family Therapy at La Trobe University and continues to study Grove’s “Clean” language/space and Greenberg’s EFT L2. He facilitates experiential learning events, including IFS and Coherence Therapy, in workshops across Australia and Asia. Simon is a certified Immunity to Change Coach (Kegan/Lahey’s adult development approach).



**Rina Dubin, EdD** has a private practice in West Newton, MA, where she sees individuals and couples and also provides consultation to individuals, dyads, and small groups. She is currently an IFS Co-lead Trainer Mentee whose style brings the Model alive into the present moment. Rina is particularly grateful for the tools IFS brings to all levels of systems and helps “make the world better.”



**Diana Dugan Richards, RDN, LDN** is a nutrition and yoga therapist and Certified IFS Practitioner in private practice in Watertown, MA, with 20 years as a registered, licensed dietitian. IFS and yoga therapy significantly inform her work with clients as they move through eating challenges such as dysfunctional and disordered eating (bulimia, anorexia, binge eating, and compulsive overeating) and food addiction. She also offers collaborative guidance about digestive health and a vegan/vegetarian lifestyle.



**Stan Einhorn, PhD** is a Licensed Psychologist in California who completed the Level 3 IFS training in December 2014. His 25-year career spans working with severely mentally ill patients in community mental health settings and with a wide range of couples, families, and individuals in private practice. He presented workshops at the IFS conference from 2015–17, has offered IFS workshops for the Santa Cruz County Behavioral Health Department, and conducts a monthly IFS study group.



**Michael Elkin, LMFT** is an IFS Senior Trainer who has been using the Model since 1995. His approach to IFS is informed by hypnotic and strategic technology, and he has developed innovative approaches to addictions, phobias, high-conflict couples, complex trauma, and somatic issues. His presentations throughout the US and Europe have been known for quirky humor. He is the author of *Families Under the Influence* and several articles.



**Lisa Ferentz, MSW, LCSW-C, DAPA** has been in private practice for 35 years, specializing in a strengths-based approach to treating trauma, and is the founder of the Ferentz Institute, which is now in its 11th year of providing continuing education to mental health professionals. An internationally known author, speaker, clinician, and consultant, she participates in documentaries, webinars, and podcasts related to trauma, self-care, and well-being. She is the author of *Treating Self-Destructive Behaviors in Trauma Survivors: A Clinician's Guide* (second edition), *Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing*, and *Finding Your Ruby Slippers: Transformative Life Lessons from the Therapist's Couch*. In 2009, she was voted Social Worker of the Year by the MD Society for Clinical Social Work.



**Tamala Floyd, LCSW-BACS** is a psychotherapist in private practice with over 20 years of experience. She is also a consultant and corporate trainer. She recently transitioned from a brick-and-mortar private practice to exclusively servicing clients online. She serves as the IFS consultant to Black Therapists Rock. She uses IFS and mindfulness practices in the treatment of adults with trauma histories, depression, anxiety, and grief and loss.



**Rob Fox, LMHC** is a Certified IFS and EMDR Therapist located in Woburn, MA. He specializes in work-related mental health issues, addictions, and OCD. His colleague, Gizmo, a six-year-old cockapoo, travels with him to the office each day and makes an excellent, confidential listener as well. Rob loves cycling and sailing.



**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 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.



**Adrienne Glasser LCSW, RDMT**, an IFS coach, is the creator of Present Moment Transformational Workshops in Los Angeles and founder of Present Moment Psychotherapy & Coaching (PMPC) in New York. Both practices combine IFS parts work and meditation with the creative arts. Adrienne is passionate about making creative parts work, IFS, and meditation practices available to everyone and helping healers find their inner creative Self.



**Toni Herbine-Blank, MS, RN, Cs-P** is a senior trainer for the Center for Self-Leadership and the sole developer of the Intimacy From the Inside Out® (IFIO) training programs. She offers trainings, retreats, and workshops on both methods nationally and internationally and has a private psychotherapy practice in Durango, CO.



**Tom Holmes MSW, PhD** is Professor Emeritus at Western Michigan University and has taught and trained psychotherapists for more than 30 years. Trained in IFS by Richard Schwartz in the late '80s at IJR, Tom has specialized in training therapists in the integration of spirituality and IFS, and he offers more than 20 workshops internationally each year. His book, *Parts Work*, has been widely used by IFS therapists as an adjunct to therapy and has been translated into German, Korean, and Italian.



**Naaz Hosseini, LP** is an IFS-trained New York State Licensed Psychoanalyst, Qualified Gestalt Therapist, and Master Vocalist with an extensive background in the performing and healing arts. She has been on the faculty of the Gestalt Center for Psychotherapy and Training since 2004 and formerly served as adjunct faculty at Teachers College at Columbia University in the Department of Counseling and Clinical Psychology and visiting faculty at the Harvard Graduate School of Education Project Zero Summer Institute. Naaz has a private psychotherapy practice in Nyack, NY, and offers her PowerfulPresence® voice empowerment coaching to individuals and teams worldwide.



**Sarah Houy, MA, LPC, RYT, BCN** has a practice dedicated to equipping clients to live empowered lives. She specializes in teen and adult mental health, including trauma across the lifespan (PTSD and childhood abuse/neglect) and mood disorders. She is a Registered Yoga Teacher, is certified in EMDR, is Board Certified in Neurofeedback, and has completed IFS Level 1 and 2 trainings.



**Mark Hurwich, MBA** serves clients who have become stuck—there's something important they are able to do but struggle with. He helps them quickly resolve blocks by reconnecting them to their core intention and settling “civil wars” among parts. He also trains coaches and therapists in these methods. He brings 34 years of experience as an international business consultant specializing in strategy, transformational consulting, and incentive design, and holds IFS, NLP, and Ericksonian Hypnosis certifications.



**Ken Jaeger, LICSW, CGP** is an IFS-certified psychotherapist in private practice in Providence, RI. He worked with borderline and traumatized patients, integrating Relational, DBT, and EMDR therapies while resisting the existence of IFS. In 2013, his resistance collapsed, and he has been reintegrating his practice entirely around the IFS Model since then. He is an adjunct professor at Lesley University, where he teaches group dynamics and IFS.



**Brian Jaudon** is a gifted executive coach who works with organizations ranging from global manufacturing clients to regional nonprofits. He helps clients create both internal and external alignment between their mission, strategy, narrative, and individual gifts. Brian has trained extensively in IFS as well as other models, including Emotional Intelligence, mediation, and Systemic Constellations.



**Loch Kelly, M.Div., LCSW** is an international leader in modernizing meditation, psychotherapy, and social engagement. He the founder of the nonprofit Open-Hearted Awareness Institute and author of *Shift into Freedom*, a book endorsed by Dick Schwartz that combines meditation, neuroscience, and IFS psychotherapy. *Shift into Freedom* was recently chosen one of the Top 10 Best Books of the Year by *Spirituality & Health*. Loch has collaborated with Dick Schwartz in teaching retreats and with neuroscientists to study how awareness training can enhance compassion and well-being.



**Peggy Kolodny, MA, ATR-BC** is a Board Certified and Licensed Art Therapist and a founder of The Art Therapy Collective of Owings Mills, MD. She is a trauma-focused therapist with Level 2 certificates in IFS and EMDR. An adjunct faculty member of the University of Maryland School of Social Work, Peggy is also on the professional training faculties of the Ferentz Institute, Chesapeake Beach Play Therapy Seminars, and Expressive Therapies Summits and teaches nationally.



**Jennie Knott, LICSW** is a Level 1–trained IFS psychotherapist and practitioner of integrative harm reduction psychotherapy. Jennie has experience working in a variety of community-based settings, including the Cambridge Health Alliance, Healthcare for the Homeless, the AIDS Action Committee of MA, MassArt, and most recently, as a therapist at PsychGarden. Jennie is passionate about providing transformative clinical care to individuals burdened by traumatic experiences due to interpersonal trauma throughout development and systemic violence associated with marginalization related to class, gender, sexual orientation, education status, and other forms of systemic oppression. Jennie endeavors to radically embody the philosophy that all parts are welcome by leading with compassion, curiosity, empathy, and a commitment to collaboration across academic disciplines and in the therapy room.



**Linda Kroll, JD, LCPC** is a therapist, mediator, attorney, and author of *Compassionate Mediation® for Relationships at a Crossroad: How to Add Passion to Your Marriage or Compassion to Your Divorce*. She is the founder of Compassionate Communication Academy. Linda has counseled thousands of individuals and couples to heal and transform their relationships with IFS—combining psychotherapy and spirituality with legal information and guidance. A devoted practitioner of IFS, Linda is also a Chopra Certified Master Teacher (teacher of mediation, yoga and Ayurveda). She also teaches other therapists, mediators, attorneys, and coaches in her IFS-based programs. Linda developed Compassionate Mediation® and SELF-Divorce®. She combines IFS, higher consciousness, mindfulness, and compassion with the hope of transforming the face of divorce one heart at a time.



**Susan Littlefield, LMHC** combines the embodied teachings of IFS, yoga, and expressive arts in her private practice and when facilitating groups, including parenting classes, youth rite of passage retreats, and women's leadership circles. Susan has worked in community substance abuse prevention for over two decades and brings the compassionate wisdom of IFS to parents and families impacted by poverty. A certified Kripalu yoga instructor and poet, she has taught classes and led retreats for over 20 years and is trained in IFS, Polyvagal Theory, and the Hakomi Method. Susan's practice is in East Greenwich, RI.



**Lou Lukas, MD** is an Associate Professor of Family Medicine who treats people with life-threatening illness and is an active faculty member for hundreds of medical students and residents. She has integrated IFS principles into her work and is now looking for ways to introduce IFS to medical learners at various stages of their personal and professional development.



**Kirsten Lundeberg, LPC, LMFT** is a Licensed Marriage and Family Therapist and a Certified IFS Therapist. She is in private practice in Fairfax, VA, and provides psychotherapy, supervision, and consultation in the IFS Model. She loves to sing with others (which is so much more fun than singing alone in her car) and looks forward to creating community through singing and writing together.



**Susan Mason, LCSW** is in private practice in the Chicago area. She has been in the IFS community for many years and has been a Certified IFS Therapist since the certification's inception. She has been a program assistant for numerous Level 1 and 2 trainings and is on the staff of Toni Herbine-Blank's IFIO trainings.




**Maura Matarese, MA, LMHC, RYT** is an author, speaker, and IFS-trained psychotherapist. A former actress and television producer, she has a private practice in Sudbury, MA, focusing on helping people develop secure inner attachments so they can become Self-led in their relationships and authentic in their daily lives. Her first book, *Finding Hope in the Crises: A Therapist's Perspective on Love, Loss and Courage*, was published in May 2018.




**Salicia Mazero, MA, ATR, LPC** is a trauma-focused therapist in private practice in Kirkwood, MO. Salicia is a Registered Art Therapist and is trained in Internal Family Systems and EMDR. She has spent the last five years working in eating disorder treatment centers and is working on her CEDS.



**David Medeiros, MSW, LICSW** is a former touring and recording musician who shares the same passion for IFS as he does for music. He is an IFS Level 2–trained practitioner and an EMDR presenter and consultant. David works with children and adults in the field of complex trauma and has expertise in Thread Assessment and Risk Management.




**Jody Nelson, LMFT** is the Associate Director of Guadalupe Alternative Programs, a community-based nonprofit agency serving communities challenged by racism and poverty, and is Department Chair of the MA, MFT, and DMFT programs at Argosy University/Twin Cities. She and her team have created the Community School Collaborative, a school-based mental health effort serving 25+ schools in the Twin Cities. With support from the Foundation for Self Leadership, she is currently facilitating a training in IFS for teachers.




**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 co-teaches a seminar for Level 1 graduates and leads several IFS consultation groups. For several years, he taught couples and family therapy in graduate programs and in a family therapy training institute.




**Naomi Nygaard, ADMP** is a Therapeutic Coach in private practice in Sheffield, UK, who specializes in helping people recover from compulsive addictive tendencies of all kinds. Naomi's work includes group IFS constellation processes where members represent different parts involved in the addictive cycle. Naomi's passion is to integrate IFS concepts into the 12 Step movement for the benefit of her clients, workshop participants, and people in recovery worldwide.




**Kimberly O'Connor, LMFT** is the founder of Hop Brook Counseling Center, LLC, a multi-specialty group private practice with offices in Middlebury and New Britain, CT. She currently uses IFS strategies in creative ways with children and families in her private practice. Kimberly previously utilized IFS techniques with clients and incorporated IFS in her past experiences as a clinical supervisor for a large outpatient clinic, as a school family therapist in an urban neighborhood school, and as the director of a sexual assault crisis center.



**Laura Orth, LICSW** and Kripalu Yoga teacher, provides individual and family psychotherapy and patient relaxation groups at Southboro Medical Group. Trained in both LifeForce Yoga and Internal Family Systems, she has been integrating yoga breath work and mindfulness skills into her psychotherapy practice for several years. She is inspired to teach others these practices in an openhearted and affirming way.



**Andrew Prokopis, PsyD** is a Licensed Psychologist in Boston, MA, in private practice. He has been studying and working with the Internal Family Systems Model since 2009. He serves as a Program Assistant for the Center for Self Leadership and is on the faculty of Intimacy From the Inside Out.



**Anne Redmond, MS, LCPC** is a Certified IFS Therapist and has worked in hospice and wellness programs with a special focus on grief support. She loves expanding her intuition and finding the sacred in everyday moments. Anne has a private practice on the North Side of Chicago.



**Marilyn Unger Riepe, MA, MSW, LICSW** is the founder of Move into Self-Compassion Authentic Movement workshops for IFS practitioners and friends. Marilyn is an IFS therapist with an MA in Dance/Movement Therapy and an MSW in Clinical Social Work. She is passionate about IFS and Authentic Movement and is eager to share the ways somatic movement can enhance our connection to our parts and to Self energy. Marilyn has a private practice in Sudbury, MA, specializing for over 30 years in treating individuals, couples, and families with eating disorders.



**Patricia Rich, LCSW, CST** owns The Relating Well Center, LLC, a relationship-focused private practice in the Philadelphia area, and has over 20 years of clinical experience. She is a Certified IFS Therapist and is AASECT Certified as a Sex Therapist and Supervisor of Sex Therapy. She welcomes clients of diverse ethnicities, sexual orientations, and genders.



**Sue Richmond, LCSW** is a Certified IFS Therapist in private practice in Rocky Hill, CT. In her practice, she works with individuals, groups, and couples. Prior to full-time private practice, she created an outpatient behavioral health psychotherapy group program at a community hospital for adults, exclusively using the Internal Family Systems Model in group. Sue brings 20 years of experience to her work and specializes in the areas of trauma, anxiety, mood disorders, and addictions. In addition to her clinical work, Sue offers IFS consultation to individuals and groups and is the coordinator and master of ceremonies of the Central Connecticut State University IFS Continuing Education Workshop Series.



**Beth Rontal, LICSW** mastered documenting medical necessity when she worked as a clinical supervisor at a mental health clinic for 15 years. She spent thousands of hours supervising psychotherapists and interns, teaching them how to write effective documentation by linking it to good clinical practice. She was instrumental in developing the clinic's first electronic documentation system, which significantly reduced documentation time and errors. An engaging speaker, Beth is a Level 2–trained IFS therapist and has a private practice in Brookline, MA, specializing in emotional eating and women who have experienced early mother loss.



**Michi Rose, PhD, LMSW** has been involved with the creative development of IFS and is a former Lead Trainer of IFS Level 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.



**Larry Rosenberg, PhD** is a psychologist, teacher, and supervisor in Cambridge, MA, and at Cambridge Health Alliance, Harvard Medical School, with specialties in integrative therapy, sexuality, couples, and trauma. He is on the staff of Toni Herbine-Blank's Intimacy From the Inside Out couples training and regularly assists at IFS workshops. Larry appreciates that life is full of inherent polarizations and welcomes parts who easily take center stage as well as those relegated to the unspoken shadows.



**Frances Schopick, JD, MSW, LICSW** worked for nearly 20 years as a mental health diagnostician and clinician in agency, research, and private practice. She has served on the faculties of two major medical institutions: in New York City at the Icahn School of Medicine at Mount Sinai in the Departments of Psychiatry and Preventive Medicine, and in Boston at Harvard Medical School in the Department of Psychiatry. In her law practice, Ms. Schopick represents psychologists, social workers, licensed mental health counselors, marriage and family therapists, chemical dependency professionals, and other licensees under the Department of Health (DOH) throughout Washington who have DOH complaints against them.



**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 in response to clients' descriptions of various parts within themselves. In 2000, he founded the Center for Self Leadership ([www.selfleadership.org](http://www.selfleadership.org)), which offers three levels of professionals trainings in IFS as well as workshops for the general public in both the US and abroad. A featured speaker for national professional organizations, Dr. Schwartz has published six books and over fifty articles about IFS.



**Michael Searles, MS, LPC** is an IFS Level 3–trained Licensed Professional Counselor in private practice in Alexandria, VA, providing individual, couples, and group counseling for adults. Michael's previous experiences include work as an in-house employee assistance counselor at a federal agency in Washington, DC; as a public elementary school teacher in Los Angeles and in Arlington, VA; and as a newspaper reporter and editor.



**Virginia Seewaldt** is a Clinical Psychologist in private practice in New York. She is a program assistant for Level 1 and 2 IFS trainings.



**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 Level 1 and 2 trainings, is on the faculty of the Marriage and Family Therapy program at Central CT State University, and is in private practice in Portland, CT.



**Tammy Sollenberger, LCMHC** was introduced to IFS during the Cape Cod Institute with Dick Schwartz in 2014. She began her own IFS therapy soon afterward and completed Level 1 in Portland, ME, in 2016. She has a successful private practice, writes a monthly blog, posts parts pictures on Instagram, and still wonders what F she is doing.



**David Stern, PsyD** is a psychologist and Certified IFS Therapist who has been in private practice in Providence, RI, for more than 20 years. Formerly on the Committee for Spirituality and Psychotherapy at the Massachusetts School of Professional Psychology and the New England Center for Existential Therapy, he has presented locally and nationally on the practical and theoretical aspects of the spiritual dimension of psychotherapy. In addition, he has led groups and workshops at local organizations, introducing practical spiritual tools into the life of those groups and organizations.



**Anna Tansi**, president of Counter Balance Consulting, is a seasoned coach and consultant who has been guiding leaders amidst change efforts for over 24 years. Her focus is on revealing the system to itself, which happens not only at the individual level but also at the team, department, and whole-organization level. She works with a wide variety of industries and specializes in facilitating strategic planning, coaching teams and individuals, and helping organizations align the culture with their business direction.



**Gail Tomala, PhD, LMFT** has taught introductory IFS workshops to therapists, prospective therapists, educators, and the general public and has also introduced IFS to students, teachers, and school staff. Currently, when teaching prospective MFTs, Gail uses IFS to assist her students in welcoming all parts that surface when learning new and challenging content and skills required for the degree. She also has a private practice with offices in West Hartford and Marlborough, CT, where she is energized and inspired by individual adults, couples, families, and children who embrace IFS concepts and create their own positive shifts.



**Anna Huckabee Tull** is a Master Life Coach of 20 years and an award-winning singer-songwriter with more than 250 commissioned works created for individuals all over the globe. She received her Master's in Spiritual Psychology from the University of Santa Monica while simultaneously attending the Harvard Divinity School. In 2008, she founded Make Stuff Up University, helping individuals become intentional about creating a life that aligns with their deeper desires and offerings. *Living the Deeper YES*, Anna's first book, is timed for simultaneous release with her fifth national album, *The Days of Your Opening*.



**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 co-creates and facilitates rituals and ceremonies for life's stages and events, often informed and inspired by guides and her lifelong love of nature. Her devotion to the practice and teaching of Sacred Council has trained, tamed, sustained, and nourished her for decades. New horizons include the exploring of Revisioning Medicine, a new way/old way that welcomes all parts in expression of dis-ease/suffering/healing. Lindsa offers deep gratitude for IFS for its powerful threads in the weaving of life, work, love, and spirit.



**Rev. Dr. Michelle Walsh, PhD, LICSW** is a Lecturer at the School of Social Work, Boston University. She is a licensed independent clinical social worker and scholar activist, is ordained as a Unitarian Universalist community minister, and holds a PhD in practical theology. She also is the author of *Violent Trauma, Culture, and Power: An Interdisciplinary Exploration in Lived Religion* and maintains a part-time IFS practitioner spiritual and life-coaching practice called Sacred Play Explorations.



**Gale West, MA, MFA, IFSPC**, Artist, Shaman, Transformational Coach, and Money Mentor, brings more than 25 years of IFS experience to her work. She is passionate about supporting those who are making a difference and bringing more soul into the world to be magnificently successful. Her upcoming book, *Money, Come Dance with Me*, brings a spiritual perspective to healing money wounds globally and individually. She offers group workshops and retreats internationally and online, along with individual coaching.



**Nic Wildes, LMHC** (pronouns: they/them/theirs) is a cofounder of The Living Room in North Andover, MA, where they are in private practice and specialize in working with members of the LGBTQ+ communities. Nic is a Certified IFS Therapist and has been a PA for Level 1 trainings in CT and Boston. Nic is especially passionate about how IFS can be used to empower queer, transgender, and non-binary people.



**Katie Winikates, PsyD** is an IFS Level 3–trained Licensed Psychologist 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.



**Nancy Wonder, PhD** is a Licensed Psychologist in Tallahassee, FL. She serves as an Assistant Trainer for the Center of Self Leadership and as Senior Faculty of Toni Herbine-Blank’s Intimacy From the Inside Out. Dr. Wonder also consults with IFS therapists and presents nationally on topics concerning IFS, IFIO, and couples therapy.



**Ed Yeats, PhD** is a Clinical Psychologist and a Certified IFS Therapist who enjoys an integrative practice of psychotherapy and consultation in Newton Corner, MA. Ed taught psychotherapy and family therapy at the Massachusetts General Hospital and The Cambridge Hospital in the Department of Psychiatry of Harvard Medical School for 35+ years. He is Codirector of Center of the Circle, which supports the teaching and practice of shamanism and shamanic healing. Ed also serves as a Mitra (Preceptor) for the Natural Dharma Fellowship in its two-year program of study and practice in the Tibetan Buddhist tradition. A long-time meditator, shamanic practitioner, and integrator of psychotherapy and spiritual practice, he delights in having found IFS to be a meeting place for all the streams of his practice.



**Deran Young, LCSW** is the founder of Black Therapists Rock, a 501(c)3 nonprofit organization that consist of over 21,000 professionals who are committed to spreading mental health awareness and reducing stigma. Deran is committed to furthering discussions on topics related to diversity. She has practiced as a trauma expert in over five countries beginning in 2008, when she established a high school counseling center in Ghana, West Africa. Deran is passionate about engaging in macro-level community outreach to educate marginalized communities. In this regard, Deran has also been included in five self-improvement books. Her most popular books are *Unchain Me Mama*, in which she shares her personal journey of overcoming significant childhood trauma, and *Black Therapists Rock*, which highlights 16 professionals who have used their own experiences to empower others.



**Judi Zoldan, LICSW** is on staff and an Assistant Trainer for the Intimacy From the Inside Out IFS couple therapy training. Previously, she was at the Cambridge Health Alliance for 10 years, where she taught and supervised in the Program for Couples and Families. Ms. Zoldan has presented on numerous occasions on the topic of couples and family therapy, including for the Harvard Medical School Department of Continuing Education. She has a private practice in Belmont, MA.

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## 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 IFS Certification questions:**

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**CEUs**

If you have questions regarding continuing education credits for conference workshops, please contact the Institute of Continuing Education at 800-557-1950 or instconted@aol.com. See page 4 for more information.

**Thursday, November 8****Preconference Institute – 9:00 a.m.–4:30 p.m.**

- A. Self-Leadership in Schools, *Cohen, Curry-Sartori, Nelson, Amaral, & Tansi*
- B. Helping Clients and Clinicians Use Expressive Modalities to be Self-Led, *Ferentz*
- C. Change Your Conversation, Change Your Relationship, *Herbine-Blank*
- D. Shame and Worthlessness, *Schwartz*

**Friday, November 9****Full-Day Workshop, 10:00 a.m.–5:30 p.m.**

*\*Full-Day Registration Required*

- 101/201 Intention and Transformation: IFS, Guides, and the Power of the Circle, *Yeats, Vallee, Littlefield & Jaeger*

**Session 1 – 10:00 a.m.–1:00 p.m.**

- 102 Improvisation: The Art of the Moment, *Giardella*
- 103 IFS Approaches to Anxiety, Depression, and Shame, *Elkin & Sinko*
- 104 Making IFS User-Friendly, Deep, and Fun for Groups Using Relational Creative Arts, *Glasser*
- 105 Parts, Self, and Sexuality: Courageous Communication for Couples, *Wonder & Prokopis*
- 106 Deepening the Home Group Experience, *Dubin*
- 107 Anchoring to Core Intention, *Hurwich & West*
- 108 Our Voices, Our Selves, *Hosseini*
- 109 Deepening IFS Using Sandtray, *Dawson*
- 110 All Voices Welcome, *Lundeborg*
- 111 Parts in White People Associated with Conversations About Race: Using IFS to Understand White Fragility, *Seewaldt*

**Session 2 – 2:30–5:30 p.m.**

- 202 Relationship and the Brain: Neuroscience and IFIO, *Anderson & Herbine-Blank*
- 203 The Power of Parts Art, *Rose*
- 204 Compassionate Mediation®, *Kroll*
- 205 The Gifts of Our Exiles: Reconnecting with Our True Selves, *Neustadt*
- 206 Angels in Disguise, *Stern*
- 207 Looking at Conspiracy Theories through an IFS Lens, *Dallal-Ferne*
- 208 An IFS Community Approach to Integrating IFS into Medical Education, *Lukas*
- 209 Exploring the Story of Stillness, *Dana*
- 210 Memory Reconsolidation: Amplifying the Brain's Own Processes to Heal and Make Whole Through IFS, *d'Orsogna*
- 211 Working with Groups of Parts: What to Do When More Than One Part Shows Up, *Cohen*
- 212 Internal Family Systems & Expressive Art Therapy: Introducing the Journey through Collage & Clay, *Kolodny & Mazero*
- 213 Out of the Shadows, *Young*

**Saturday, November 10****Full-Day Workshops, 10:00 a.m.–5:30 p.m.**

*\*Full-Day Registration Required*

- 301/401 “I can’t believe I just said that!” Finding Self When Encountering Diversity, *Agate*
- 302/402 Aligning the Inner System: Fundamentals of IFS-Inspired Coaching, *Jaudon & Tansi*

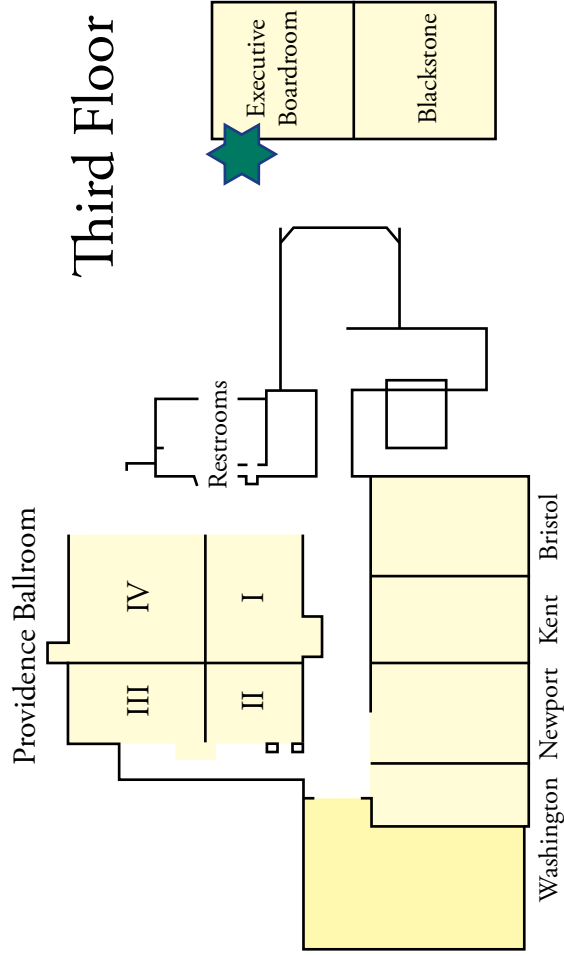
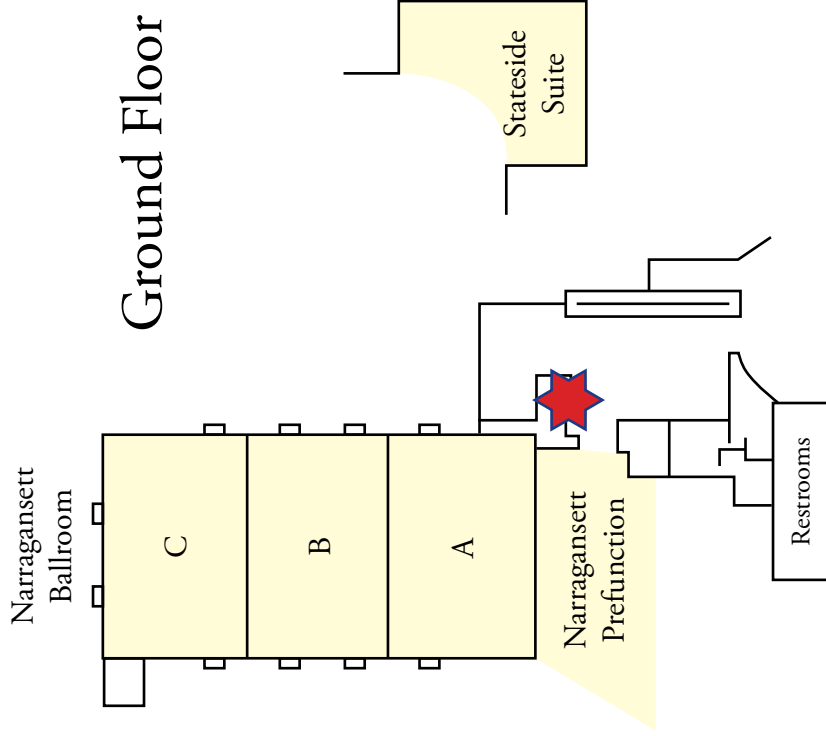
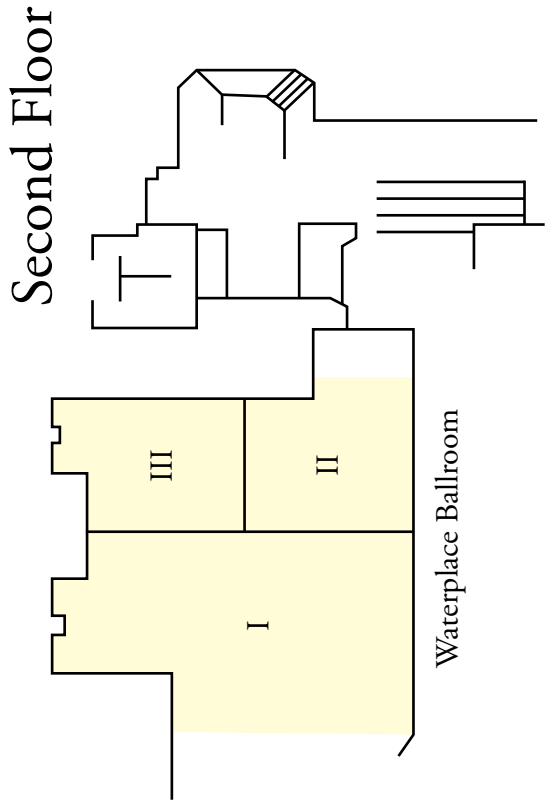
**Session 3 – 10:00 a.m.–1:00 p.m.**



- 303 From Tears to Transformation: IFS and the Journey of Parenting, *Anderson*
- 304 Creative Strategies and Exercises to Help Your Clients Unblend, *Tomala & O'Connor*
- 305 Deepening Partners' Attachment with Therapeutic Warmth and Self-Led Touching in IFIO Couples Therapy, *Rosenberg & Zoldan*
- 306 Integrating IFS into a 12-Step Process for Long-Lasting Recovery from Addiction, *Nygaard*
- 307 Accessing Self for the Therapist and Clients, *Kelly*
- 308 IFS and EMDR: Synthesizing Two Transformative Modalities, *Medeiros & Jaeger*
- 309 Is Gender a Part? *Wildes*
- 310 Suffering, Straying, or Sanctimonious? How to Identify and Work with Religious Parts in Therapy, *Cook*
- 311 Warning! Reflections in This Mirror May Be Distorted by Your Inner Critic, *Dugan Richards*
- 312 Using IFS in Work with Refugees from the Middle East, *Holmes*
- 313 Navigating Scarcity Mindset in a Culture of Never Enough: Personal and Professional Practices for Wholehearted Living through the Integration of The Daring Way™ & Internal Family Systems, *Ching*

**Session 4 – 2:30–5:30 p.m.**

- 403 Befriend and Transcend Your Sexual Story: Welcoming Sex Parts for Increased Self-Energy, Pleasure, and Healing, *Rich*
- 404 Applying IFS to Psychotherapy Groups: Helping Groups Connect and Heal Through the Use of the 6F's and Compassionate Witnessing, *Richmond*
- 405 Internal Collective Unburdening of Complex Trauma, *Einhorn*
- 406 What (the) F Am I Doing? *Sollenberger*
- 407 Documenting Medical Necessity and Preventing Legal Nightmare, *Rontal & Schopick*
- 408 Class Matters: Exploring the Healing Potential of IFS as a Model Serving Those Burdened by Economic Distress, *Knott*
- 409 “I Used to Be Indecisive, Now I’m Not Sure”: Treatment of OCD Using IFS Therapy, *Rox*
- 410 Bringing the Brain into IFS: Integrating Neurofeedback and the IFS Model, *Houy*
- 411 Shapeshifting Our Relationships Through Somatic IFS, *Matarese & Unger Riepe*
- 412 Visioning Personal and Collective Spirituality and Justice with Adult Play in Sand Tray, *Walsh*
- 413 Self-Compassion: A Soft Place to Connect, *Redmond & Mason*

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