

Retreat-Style Level 1 IFS Training Program

Learning Objectives

Module 1: Introduction to the IFS Model

1. Describe the interpersonal matrix of the training group for the purpose of establishing safety and group norms
2. Cite the history and development of the Internal Family Systems model of therapy
3. Describe the basic assumptions of IFS in regard to non- pathological multiplicity of mind and the concept of self
4. Cite the goals of IFS therapy
5. Articulate the concept of releasing uncomfortable feelings and beliefs which allow harmony and balance in the inner system
6. Practice the concept of “unblending”, differentiating sub personalities from “self” as a means to speak for, as opposed to , from reactive affective states
7. Identify aspects of the personality that interact in specific sequences and patterns
8. Name the three categories of sub personalities that most often present in therapy
9. Cite the IFS concept of “self” and its role and effectiveness as a leader in the system
10. Identify and describe the qualities of self (curiosity, compassion, confidence, courage, clarity, creativity, connectedness)
11. Experience and practice techniques to provide a direct experience of SELF in the system
12. Describe how changes in the internal system will affect changes in the external system of an individual, family, or group
13. Form working “home groups” and state the purpose of these groups

Module 2: Working With "Parts" in the IFS Model

1. Review and clarify material from Module One
2. Describe aspects of the personality that interact in protective ways
3. Articulate the IFS belief that all parts, even those that manifest with extreme behavior, carry a positive intention for the system
4. Explore how managers and firefighters are forced into their extreme roles in an attempt to protect and defend the system from pain
5. Identify ways to create internal and external safety for protective parts
6. Identify ways to differentiate "manager" parts from "firefighter" parts

7. Cite the characteristics and roles of managers in the system
8. Participate in experiences to begin to identify manager parts
9. Process and explain how managers interact in the context of the training group
10. Practice techniques to allow "unblending" internally to allow managers to have an experience of Self in the system
11. Identify and discuss the seven most common manager fears and how to effectively address each one
12. Comprehend and comment on the importance of working with manager fears
13. Participate in supervised practice sessions working with managers within a client system
14. Explore in- depth the role of firefighters in the system
15. Explore and comment on one's own reaction to firefighter activity when presenting in a client
16. Identify techniques that aid in facilitating clients to establish a relationship with their firefighters
17. Describe and practice techniques to negotiate with firefighters
18. Explain the term "backlash" as it applies to IFS therapy and comment on its state of significance when working with firefighters
19. Describe a method of "direct access" when working with protectors
20. Appraise, explore, process, and review the IFS model of therapy in the context of home groups

Module 3: Working With Exiles Personality Parts

1. Review and clarify material from Module Two
2. Define and comment on parts of the internal system that become exiled and how that phenomenon occurs
3. Explore the qualities of "exiles " and their role in the system
4. Describe and contrast the relationship between protectors and exiles
5. Participate in exercises that safely allow an experience of the internal system
6. Describe ways to identify exiles in the client system
7. Explore the concept of "redemption" and how it relates to exiles' relationships with the external world
8. Define and comment on "burdens" and how they are held in the system
9. Cite, comprehend, and practice the eight steps of unburdening exiles
10. Experience supervised practice sessions with the intention of negotiating with protectors, allowing access to exiles

11. List personal and professional goals you have for the training experience
12. Practice ways to introduce the IFS language to clients
13. Identify and discuss parts of the therapist that emerge when working with the internal system model
14. Practice the concept of learning to unblend ones' own parts for the purpose of holding Self energy when working with a client
15. Appraise, explore, process, and review the IFS Model in the context of home groups
16. Practice the concept of speaking "for" as opposed to "from" parts, as a means of creating safety in a group context
17. Explore and comment on the importance of the body in IFS therapy
18. Identify and cite ways to facilitate clients in identifying and being present to parts in or around their body
19. Participate in experiences which facilitate awareness of how parts may communicate through movement or sensation

Module 4: Working with the Internal System

1. Clarify materials from on-site Module One, Teleconference 1 and Teleconference 2
2. Explore polarizations and alliances in the internal system
3. Describe the nature of polarizations and their protective role in the system
4. Participate in exercises which illustrate and clarify polarizations
5. Practice techniques that facilitate the client's Self as a mediator between polarized parts or groups of parts
6. Participate in supervised practice sessions with the intention of working with polarizations
7. Participate in supervised sessions practicing IFS therapy with a client
8. Cite issues related to parts of the therapist that emerge during therapy sessions
9. Process experience of noticing the interplay of parts during a session
10. Evaluate, explore, and process the concept of self-led feedback
11. Explain ways to "unblend" while giving and receiving feedback
12. Explain how to create a feedback system which lends itself to greater interpersonal learning
13. Explore group techniques using IFS
14. Appraise, explore, process, and review the IFS model of therapy in the context of home groups
15. Explore the cite the importance of the therapeutic relationship in IFS

16. Articulate an understanding of the assumptions of the role of the IFS therapists
17. Practice body-centered techniques to facilitate somatic and kinesthetic learning
18. Participate and process exercises that promote a greater understanding of the body in IFS therapy

Module 5: The Therapeutic Relational System

1. Review and clarify material from Module Four
2. Clarify and discuss issues of working with clients in a clinical setting
3. Cite the assumptions of the therapeutic relationship as it applies to the IFS model
4. Tell of the significance of the therapeutic relationship
5. Explain transference and counter-transference as it applies in IFS therapy
6. Differentiate between states of empathy and compassion
7. Explore common therapist parts
8. Articulate how parts of the therapist act and react in a session
9. Explain way to increase awareness of Self in therapy sessions
10. Appraise, explore "unblending" as it applies to the therapist during an IFS therapy session
11. Practice methods to allow for greater Self understanding and Self compassion while working with clients
12. Describe and explain the interface between client and therapists' parts
13. Articulate ways to detect and differentiate parts in relation to one's self and clients
14. Explore and discuss parts that emerge and express in the context of the training group
15. Articulate the qualities of Self-led relationships with clients, significant others and in the training group
16. Define Self leadership and tell of its implications in society
17. State competencies relative to practice as an IFS therapist
18. Experience opportunities for Self evaluation and evaluation from peers and staff
19. Formulate completion process in home groups
20. Experience the opportunity to speak for parts related to leaving and saying goodbye

Module 6: Difficult Cases and the IFS Model

1. Review and clarify material from Module Five
2. Recall and share experiences with IFS in clinical practice outside the context of the training
3. Identify and process the internal system as it relates to endings

4. Explain the relationship between ending the training program and the completion process in psychotherapy
5. Demonstrate the opportunity to community for parts through creative expression
6. Participate in practice sessions with those parts affected by endings
7. Explain how to accomplish being in both the client and the therapist role
8. Assess and evaluate a level of understanding and mastery of the IFS therapy
9. Explore the giving and the receiving of Self-led feedback
10. List common mistakes made by IFS therapists; and describe corrections
11. Cite and discuss difficult clinical situations
12. Role-play challenging scenarios with input from staff and peers
13. Participate in a completion process in home groups
14. Examine the story of the home group's growth and development into the larger training group
15. Identify post training opportunities and next steps for graduates
16. Identify opportunities to connect with peers in setting up peer supervision or consultation groups