

IFS Institute
Internal Family Systems
Level 2 Intensive Training Program
Shame, Anxiety and Depression: An Internal Family Systems Approach
Learning Objectives
(8-day schedule)

Instructional Methodology

- Lecture
- Demonstration
- Audio-visual
- Experiential exercises, to gain a “felt sense” of training content
- Practice of skills and techniques in supervised sessions
- Large group discussion
- Small group process

Instructional Hours: 42

Day 1

5.5 Instructional Hours

Basic Review: Concepts, Skills and Goals of IFS Therapy; Applying Systems Thinking to Internal Processes; The IFS Paradigm of Shame, Anxiety and Depression

- Describe the comprehensive theoretical components of the IFS model
- Demonstrate increased proficiency with facilitation of the IFS process
- Identify the constellation of Parts surrounding an issue when working internally with a systemic focus
- Compare and contrast IFS with other models in addressing shame, anxiety, and depression
- Use role play to practice utilization of IFS therapy with clients in addressing shame, anxiety, and depression
- Explain how shame organizes Parts’ behaviors, with examples

Day 2

5.5 Instructional Hours

Shame and Shaming: The Relational Aspect of Shame

- Differentiate between guilt and shame with examples of each
- Explain how shame and shaming is a relational process, internally and externally
- Describe how to work with the internal protective systems reaction to shame and shaming
- Use role play to practice IFS therapy with a client
- Explain the “rules of shame” and how they organized shame-based systems
- Identify strategies for releasing shame

Day 3

5.5 Instructional Hours

The IFS Perspective on Addictions and Compulsive Behaviors and Polarizations

- Describe the IFS understanding of addiction and compulsive behaviors
- Identify at least 2 skills to assess and intervene with dangerous Firefighters
- Identify strategies for addressing clinical work with polarizations
- Use role play to practice IFS therapy in working with polarizations
- Demonstrate an increased awareness of the Parts of the therapist that get triggered while working with the extreme behaviors of Parts
- Identify techniques and strategies for successfully working with challenging scenarios

Day 4

4.5 Instructional Hours

Direct Access and the Inner Critic

- Explain and define the continuum of Direct Access
- Identify and demonstrate the various uses of Direct Access
- Use role play to demonstrate the practice of Direct Access as therapist and client
- Identify at least 2 techniques to work with shame and inner critics
- Use role play to practice working with inner critics using the IFS protocol
- Describe the process of identifying and befriending an inner critic.

Day 5

5.5 Instructional Hours

Legacy and Cultural Burdens

- Explain the concepts of legacy burdens and the multi-generational transmission process of legacy burdens
- Differentiate between a cultural burden and a legacy burden
- Describe the protector fears and concerns of working with legacy burdens and the therapist responses to specific protector fears and concerns
- Identify at least 2 techniques for working with legacy burdens
- Explain the process of unburdening legacy and cultural burdens using an IFS protocol

Day 6

5.5 Instructional Hours

The Difference Between Depression and Grief and Working with Despair

- Differentiate depression and grief and describe how each is assessed and treated therapeutically
- Identify therapist Parts that get triggered when working with depression, anxiety, and grief
- Describe how protective Parts can use despair as a resource/coping mechanism and how to identify and address this with a client
- Identify at least 2 techniques of working with despair
- Identify therapist Parts that get triggered when working with despair
- Demonstrate working with despair with the IFS model

Day 7

5.5 Instructional Hours

Advanced Techniques

- Describe phobic reactions and explain how they are different from anxiety
- Identify a protocol for working with phobic reactions
- Identify and work with a phobic reaction by demonstrating the phobia protocol
- Demonstrate phobia protocol in role play
- State the IFS understanding of the role and possible intentions of suicidal parts

Day 8

4.5 Instructional Hours

Integration and Closure

- Demonstrate increased proficiency with the IFS model in dealing with shame, anxiety, and depressive symptoms
- Identify therapist Parts that get triggered when working extreme symptoms (depression, anxiety, suicidality, phobias, despair, addiction)
- Use role play to practice identifying and separating from therapist parts that impede the therapeutic process