

**IFS Level 2 Intensive Training: IFS, Trauma, and Neuroscience**

**Learning Objectives:**

**by the end of this session, participants will be able to:**

**Day: 1 Identifying and Working With Traumatized Parts**

7 instructional hours

1. State the importance of Mindfulness meditation in trauma work and demonstrate an awareness of the areas of the brain that are affected by meditation
2. Differentiate the effects on the body and brain of one-event traumatic happenings versus repeated, long-term trauma
3. State awareness of the importance of working with the body in trauma work
4. Define implicit and explicit memory as they relate to trauma processing
5. Practice unblending techniques while working in dyads
6. Practice Direct Access techniques in dyads while working with a blended part of the system
7. Explore strategies for working with difficult parts that are reluctant to unblend

**Day 2: Feel Toward SELF and the Client of the Therapist**

7 instructional hours

1. Identify therapists' own parts that become active while working with trauma survivors
2. Define boundaries in IFS when working with trauma as compared to more traditional models of therapy
3. Describe the role of the SELF of the therapist when working with dissociative Identity Disorder ( DID ) clients
4. Explore IFS as an internal attachment model and be able to compare it to other models of therapy
5. Outline different ways of working with disorganized attachment
6. Explore the Self of the therapist to deepen awareness of one's own Self leadership
7. Participate in an advanced review of the parts of the therapist, especially with challenging trauma survivors

**Day 3:** Befriend Working with Extreme Parts: Hyper - and Hypo-Arousal

7 instructional hours

1. Define hyper- and hypo- arousal as it pertains to working with trauma survivors
2. Explain and differentiate the affect of the sympathetic and para-sympathetic nervous system has on the body in relation to Parts ( eg, suicidal, cutting, substance abuse)
3. Explain the neuroscience behind hypo-aroused Firefighters in terms of excessive cortical inhibition ( eg. shame, withdrawal, dissolution)
4. Participate in practice sessions of working with hypo-aroused firefighters
5. Give examples of additional extreme parts that may present in therapy
6. Explore positive clinical outcomes with trauma survivors

**Day 4:** Un-Burdening, Updating and Repairing the System

7 instructional hours

1. Apply the technique of "not overwhelming the system" when working with Exiles
2. Describe overwhelmed Exiles and their effect on treatment
3. Explain the role that Legacy Burdens play in trauma
4. State the importance of identifying Legacy Burdens and be familiar with unburdening them in trauma survivors
5. Explain the importance of working with Protectors after unburdening an Exile
6. Practice techniques of working with Protectors and unburdened Exiles

**Day 5:** Integrating Other Therapies into the IFS Model

4 instructional hours

1. Describe other traditional models of therapy that have proven effective in working with trauma survivors
2. Explore techniques of integrating other models of therapy with IFS when working with trauma survivors
3. Outline challenges of integration with other models of therapy
4. Outline resolutions to overcome these challenges
5. Apply information and skills acquired to clinical work