

## Internal Family Systems Therapy

Internal Family Systems (IFS) therapy has become an increasingly popular non-pathologizing approach to individual therapy. Developed by Richard Schwartz, Ph.D. over 30 years ago, IFS is now an evidenced-based practice for depression, phobia, panic and generalized anxiety disorder. IFS is considered a promising treatment for Post-Traumatic Stress Disorder and complex trauma. In this webinar, Dr. Fatter will review the conceptual framework of IFS including basic assumptions of IFS, goals of the model, and research to date. Clinicians will learn a road map for steps in doing IFS therapy with specific interventions on how to get started applying IFS in clinical work. This webinar will include a guided experiential exercise for therapists to begin to identify their own parts to demonstrate the model experientially. Applications of IFS in clinical work and a case example using IFS for complex trauma will be discussed.

### Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

### Learning Objectives

At the end of this seminar, participants will be able to:

1. Provide an overview of Internal Family Systems (IFS) theory.
2. Identify characteristics of Self.
3. Describe qualities of the three types of parts in an individual's system.
4. Explain ways to get started using IFS with clients.
5. Identify your own parts activated through experiential practice of IFS during webinar.

### Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

## Outline

Begin 11 AM ET

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

Break 12:30-12:45 PM ET

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

End 2:15PM ET

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### Continuing Education Credit

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## The Presenter

Dr. Daphne Fatter, PhD, is an IFS Certified licensed psychologist and an Approved IFS Clinical Consultant. She is also EMDR Certified and an EMDRIA Approved Consultant. With nearly two decades of experience, she specializes in trauma treatment, including PTSD, complex trauma, and grief. Dr. Fatter completed her doctorate at The Pennsylvania State University and a postdoctoral fellowship at the Trauma Center affiliated with Boston University School of Medicine under the supervision of Dr. Bessel van der Kolk, traumatic stress pioneer. She has authored works on trauma healing and is known for her insightful presentations worldwide. Based in Dallas, Texas, she provides consultation to clinicians in her private practice.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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