

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

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times.. Participants will earn 3 CE's for attending once they have completed these requirements.

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The Presenter

Daphne Fatter, Ph.D., is a licensed psychologist, clinical consultant, author, and international speaker specializing in integrative trauma-informed therapies. She is the author of *Integrating Internal Family Systems Interventions into EMDR Therapy* and is widely recognized for her expertise in blending parts work with evidence-based trauma modalities. Dr. Fatter is EMDR certified, an EMDRIA Approved Consultant, and has over twenty years of experience providing trauma treatment. As a certified ancestral healing practitioner, she also supports clients and clinicians in addressing intergenerational and historical trauma. Dr. Fatter earned her Master of Arts in Transpersonal Counseling Psychology from Naropa University and her doctorate in Counseling Psychology from Pennsylvania State University. She completed a postdoctoral fellowship in Clinical Psychology at The Trauma Center under the direct supervision of Dr. Bessel van der Kolk, M.D. She previously served as the Military Sexual Trauma Coordinator at the Fort Worth VA Outpatient Clinic. Her published works span the areas of Internal Family Systems therapy, EMDR, countertransference, mindfulness, and ancestral healing.

Grounded in the understanding that traumatic stress is multilayered—relational, developmental, biological, cultural, systemic, collective, historical, and spiritual—Dr. Fatter brings a neuroscience-based, compassionate, humble, and skills-based approach to professional education. She offers engaging workshops, webinars, and trainings on a range of trauma-related topics, including PTSD, complex trauma, complicated grief, and divorce recovery.

General Information

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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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