

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

Typically begins at 11 AM and ends at 2:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

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

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

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. earned a Masters in Transpersonal Counseling Psychology from Naropa University in 2006. She was awarded her doctorate in Counseling Psychology from The Pennsylvania State University in 2011 and completed her clinical internship at the University of Tennessee Counseling Center. She completed a post-doctoral fellowship in Clinical Psychology at the Trauma Center, an affiliate of the Boston University School of Medicine, under the supervision of Dr. Bessel van der Kolk, MD. During her postdoctoral fellowship, she completed a nine-month training program in Traumatic Stress Studies and also managed a pilot study on using neurofeedback to help treat posttraumatic stress disorder. For over a decade she has studied in both Buddhist and Taoist meditation traditions and has published on mindfulness. She has served as an ad-hoc expertise reviewer in the area of mindfulness from 2011-2013 for the Journal of Counseling Psychology, European Journal of Counseling Psychology, Psychotherapy, and Mindfulness Journal. She has taught mindfulness meditation at the Southern Methodist University, the University of Colorado at Boulder, the Pennsylvania State University, and the University of Tennessee Knoxville. She is the former Military Sexual Trauma Coordinator at the Fort Worth Veteran Affairs Outpatient Clinic. She is EMDR certified and is a Certified Internal Family Systems therapist. She has also completed advanced training in Cognitive Processing Therapy. She currently in private practice in Dallas, Texas.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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