

Here is What Previous Participants Have to Say!

Best workshop I have been to in my 20 years of being a practicing counselor. - **Rachael Hall, LCPC**

I am so grateful to have experienced this IFS workshop as a graduate student. It has been incredibly helpful for my learning process, and I was able to determine that IFS is the modality I want to specialize in once I graduate. - **Raquel Bravo**

Books and classes taught me the theory, but this training taught me how to actually do IFS. I left with a deeper understanding of the nuance of the model, confidence in the unburdening process and genuine relationships that turned the learning into something lived not just learned. I already find myself wishing I could go through it again—I'm jealous of the next group getting to experience it! – **Nick E.**

The IDIFSA workshop was truly transformative, not only did it help me grow as a counselor, but it also deeply impacted me on a personal level. -**Hannah McDonald LPC**

This IFS Workshop offered a deeply experiential way of learning the approach. The sense of community, along with the support and care offered throughout the workshop, created a learning environment that felt thoughtful and encouraging. Working with Rick, Darla and Kelly offered insight from different perspectives, and it was meaningful to see the unique ways each of them approaches this work. It is an experience I continue to carry with me and one that has strengthened my confidence in using IFS with clients. -**Michelle M.**