

## What will Participants Learn?

- **UNDERSTANDING OF & INTRODUCTION TO THE IFS MODEL**
- **IFS INTERVENTIONS, SKILLS, AND FLOW OF THERAPY**
- **THE HEALTHY MULTIPLICITY OF THE HUMAN MIND**
- **WHAT IS "PARTS WORK" AND HOW IS IFS UNIQUE IN ITS APPROACH?**
- **HOW IS CHILDHOOD TRAUMA AND NEGLECT STORED IN THE BODY?**
- **UNDERSTAND THE COMPLEXITY OF THE MIND'S PROTECTIVE SYSTEM AND THE ROLE OF MANAGERS, FIRE FIGHTERS AND EXILES**
- **ACCESSING SELF ENERGY FOR THE THERAPIST AND THE CLIENT**
- **UNBURDENING WOUNDED PARTS AND RESTORING WHOLENESS AND HEALTH**
- **HOW DOES IFS WORK WITH ADDICTIONS?**
- **HOW DO WE UNBLEND FROM OUR PARTS?**

## What Makes IFS Different?

*As experienced clinicians, your instructors know first-hand the limitations of traditional talk therapy and cognitive based approaches in resolving deeply rooted issues. The majority of our clients have been in therapy before and have been frustrated with the lack of progress. The secret to a successful clinical practice is to do really good work! Whether you are just entering the field or have decades of experience, this extensive workshop will facilitate deep changes and growth for both you and your clients.*

## Who are Your Instructors?

**We bring together over fifty thousand hours of combined clinical experience with extensive training and teaching experience in the application of Internal Family Systems.**

### **Dr. Rick Boyes, PhD**

*Dr. Rick Boyes brings over forty years of clinical experience specializing in the treatment of childhood trauma and sexual abuse through parts work. In his role as the director of the Clinical Mental Health track of the graduate counseling program at Northwest Nazarene University, he created a highly popular specialty emphasis devoted to trauma treatment.*

*A popular and experienced speaker, he has presented workshops at numerous state and national conferences throughout the country. Dr. Boyes is dedicated to the education and support of counselors-in-training and licensed professionals incorporating Internal Family Systems into their clinical practice. He is currently completing his certification and having served as a program assistant for the IFS Institute, he has benefited from many hours of consultation, both group and privately with Frank Anderson MD, renowned author, therapist and lead IFS trainer.*