

IDIFSA

IFS and the 6 F's

Kelly Loy, LMFT, LCPC

IFS: 6 F's

- How we start/facilitate IFS process!
- Experiental model, Somatic included, vs. Talk-Therapy
- Lead with Curiosity of the Therapist!
- Take your time with each – No hurry!

6 F’s:

- **Find** the part:
  - physical sensation, thought, emotion, image, memory

6 F’s:

- **Focus** on the part
  - What draws your attention, stands out?

- **Flesh out** the part
  - Go deeper, increase awareness of what's there – color, size, movement, intensity, words, images – *might suggest*

6 F's

6 F's

- Feel Toward
  - Assess for Self-energy toward the part, Unblending if necessary

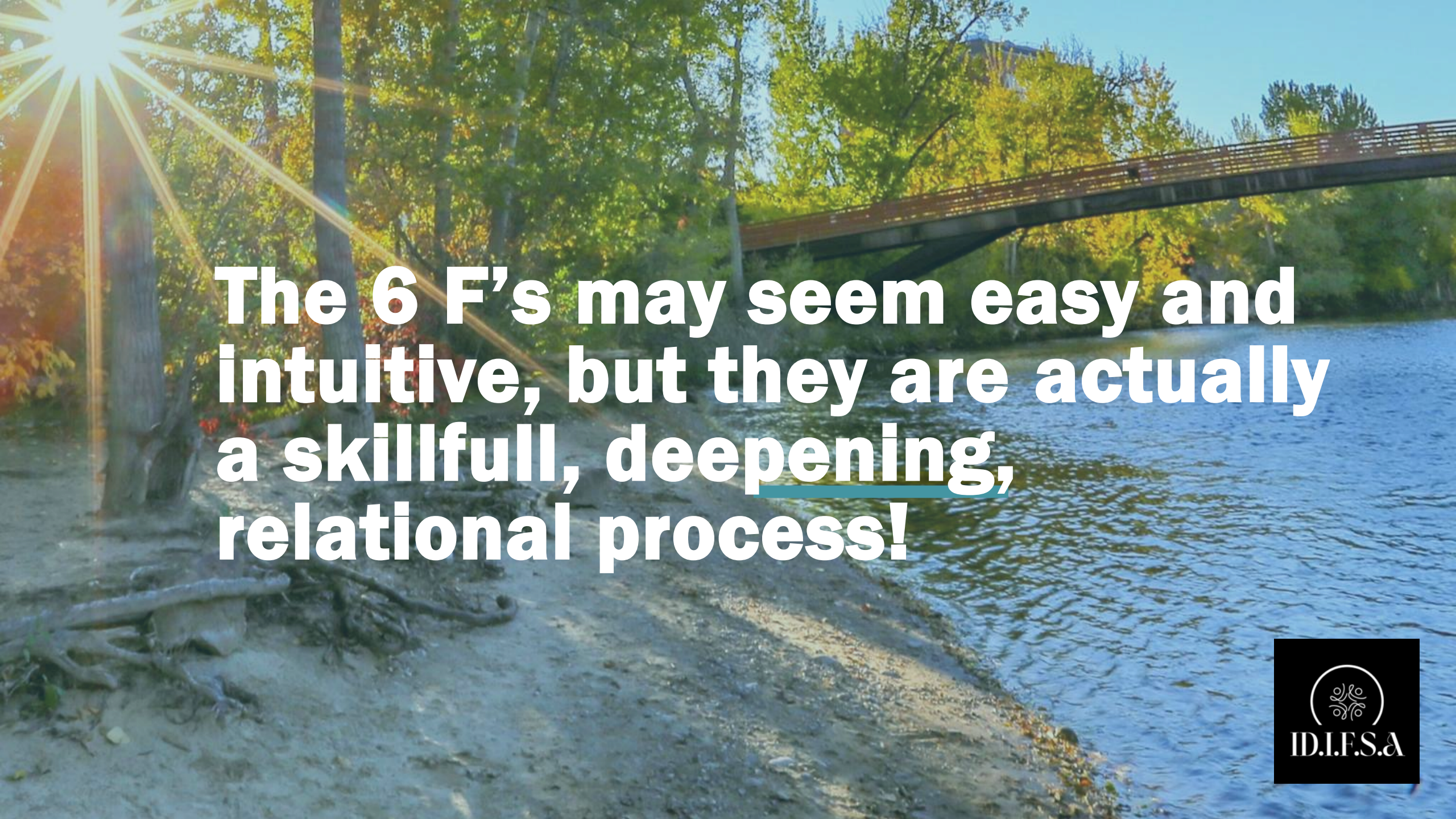
6 F's

- **Be-Friend** the part
  - Curiosity, relational exchange
  - Invite back and forth, how is it landing? Being received?

- **Find out Fears**
  - for Protectors, why are they doing what they do?

6 F's

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The 6 F's may seem easy and intuitive, but they are actually a skillfull, deepening, relational process!
ID.I.F.S.A