

IDIFSA

Internal System Overview

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Assumptions in IFS

- We all naturally have Parts!
- Everyone has a core “Self” from birth, and Self is not a part!
- ALL Parts are well-intentioned!

More Assumptions…

- Parts are forced into extreme roles or painful places from our life's wounds and traumas.
- Relationships in our Inner Systems mirror dynamics of External Systems (families, groups, associations, polarizations, etc.)

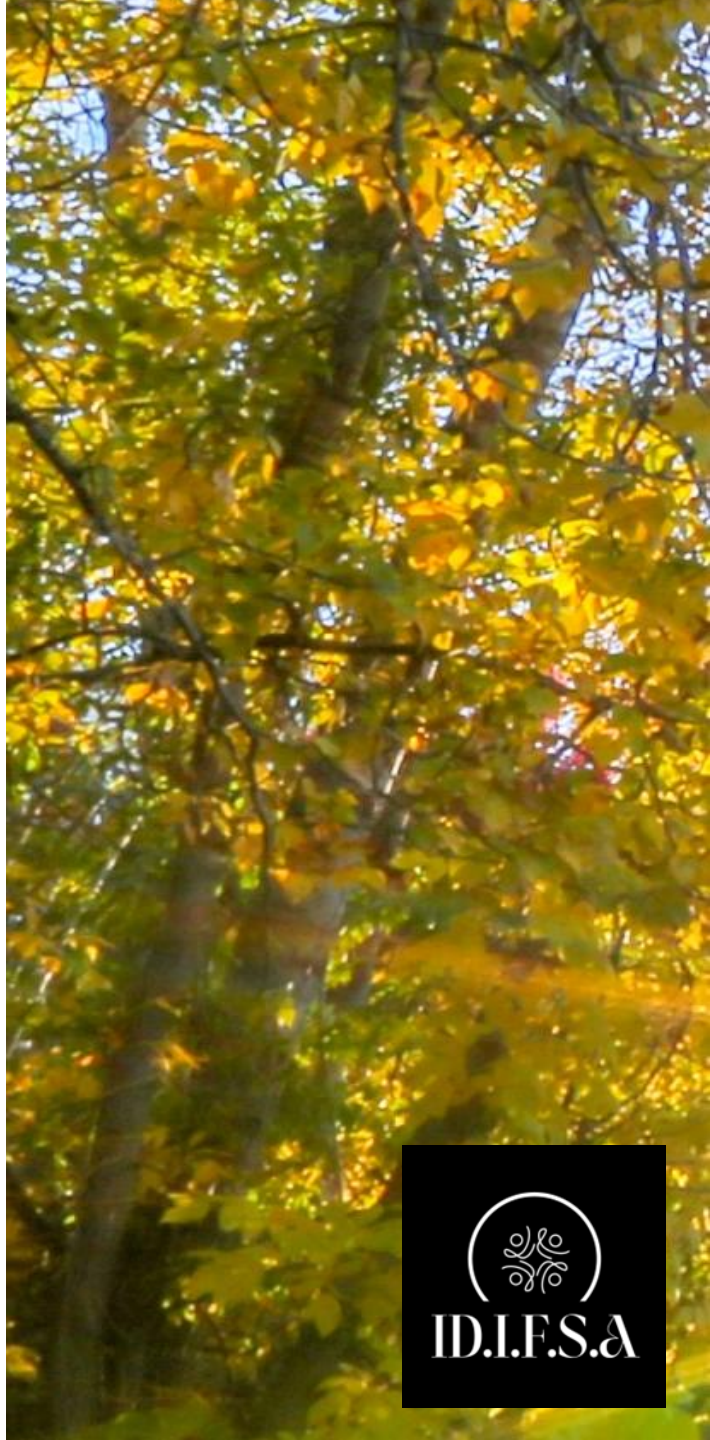
Goals

- Find internal and external healing, balance, peace, wholeness
- Free parts from rigid roles, and unburden/release pain
- Support trust between parts and Self, toward Self-Leadership
- Increase Self energy for the client and for the world

Richard Schwartz…

"In IFS we aim to liberate parts and rebalance systems by releasing constraints… Every time an exile tells its story, lets go of its burdens, and the client is reunited with her natural self-righting abilities -- her Self -- inner space and time expand."

Pg. 110, Internal Family Systems Therapy, Second Edition, c. 2020.



IFS Concepts

- Our parts hold specialized roles that are familiar and important in our daily life.

- Everything we do in the external world originates from parts in our internal world!

Parts! Parts! Parts!

- Parts show up as: thoughts, feelings, physical sensations, images, and/or memories.
- They feel emotions and hold beliefs, with stories that are unique to each part.

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Basic Internal Structure

- **Protective parts** help us function in the world.
- **Exiled parts** with emotions/sensations/thoughts are held back and usually hidden during daily life.
- **SELF** is available in everyone!

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About Protectors

We have two types:

- Managers
- Firefighters



MANAGERS!

- Proactive
- Social
- Responsible
- Hard-Working
- Adaptive
- Controlling
- “Shoulds!”
- (Tired!)

FIREFIGHTERS!

- Reactive
- Automatic
- Avoid/Escape - Danger/Threat
- Soothers
- Fight/Flight/Freeze/ Dissociate
- (Stressed!)

EXILES

- Whatever our system has been taught to avoid feeling, doing, or thinking, may have been held as an Exile.
- Exile energy can be positive or negative, but most often holds pain.

EXILES

- Cut off/Blocked
- Burdened
- Emotional
- Vulnerable, often young

- Feel/Seem Big/Overwhelming
- Related to being “not ok” and “not safe”
- (Forgotten!)


Let's talk about...
SELF ENERGY
ID.I.F.S.A

SELF!

- Present moment
- Unwounded core
- Spiritual Center
- Resource to the whole system
- Deepest essence
- Present since our birth
- Continuum

About SELF

- Self energy does not have an “agenda” in therapy.
- It does hold a clear willingness and desire to understand, help, and heal!



8 C's of SELF

- Curious
- Calm
- Clarity
- Connectedness
- Courage
- Compassion
- Creativity
- Confidence

IFS Healing Process

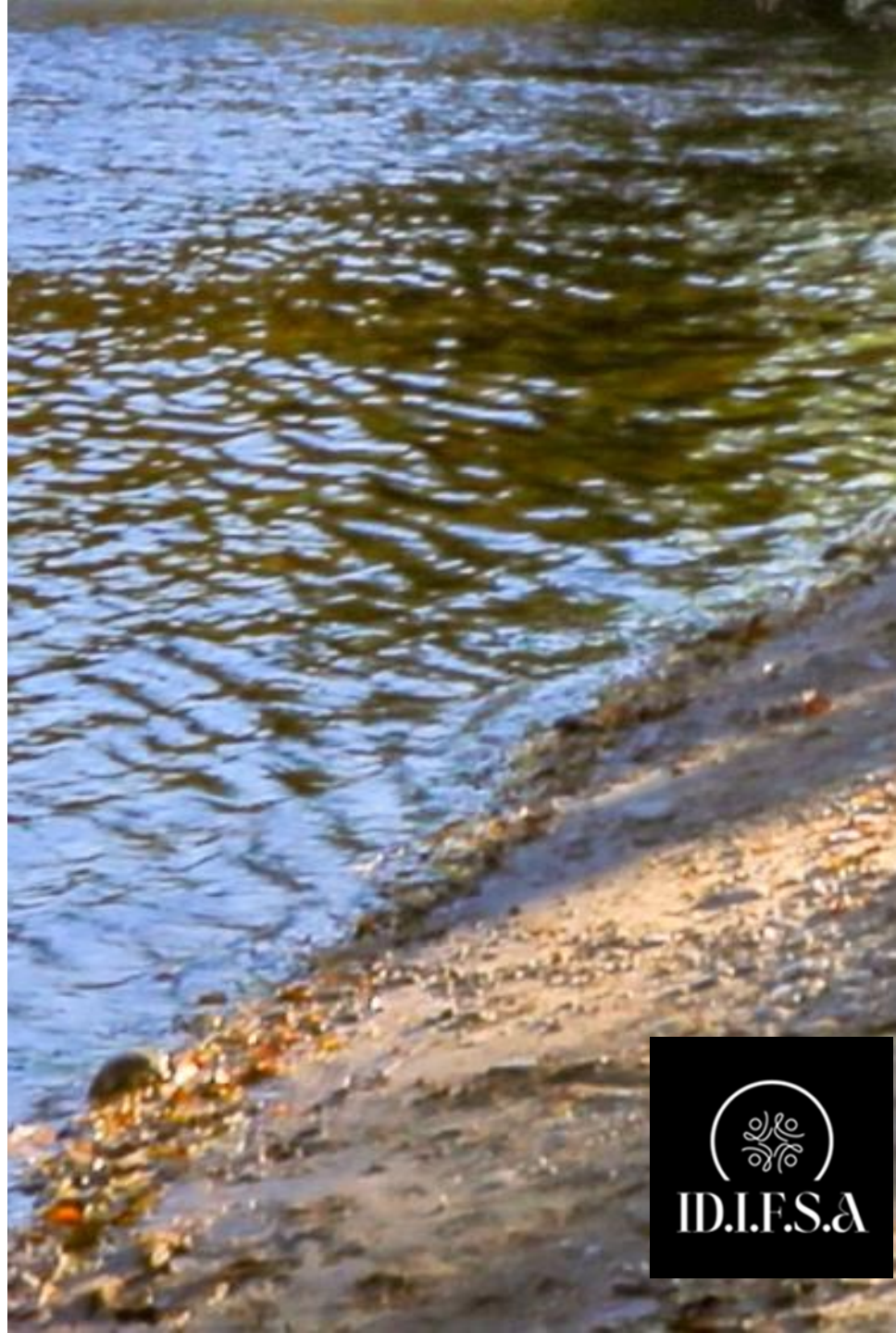
How does IFS work?

- Recognize/Develop SELF in Clients
- Build relationship with Protectors
- Gain permission to connect with Exiles
- Healing Process with Exiles to fully release the pain/burdens

The Goal is not…

…to be in SELF <u>all</u> of the time!

We <u>DO</u> hope to be **more Self-Led more of the time**, with **awareness of our Parts** in daily life.



Therapists have Parts, TOO!

Encouragement …

Your OWN Parts are very special, important, and helpful, as you are including IFS in your professional practice!

- Learning and Intellectual parts
- Caregiving and Therapist parts
- Parts resonating with client stories

… AND a Caution!

The only **true healer** in IFS is **SELF** – for your Client, and for YOU!

**If Parts are leading vs. SELF:*

- Therapy takes longer
- The process gets stuck
- Clients may not heal as deeply

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So...
You are strongly encouraged to work with your own parts as well as gain education to become a competent IFS therapist!
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