

Mindfulness and Internal Family Systems Therapy (IFS)



A Workshop for
Mental Health
Clinicians
presented by
David J.
Burkhard, MA,
LMFT, LCSW,
LMHC

6 Category I continuing education units will be offered to social workers, clinical social workers, counselors, marriage and family therapists, addictions counselors, and clinical addiction counselors.

Learning Objectives

- To describe the IFS model with a simple diagram
- To define manager, firefighter, and exile parts
- To describe Self and list the qualities of Self
- To identify manager, firefighter, and exile parts in one's self and clients
- To understand how to access parts through direct and indirect access

- To define Mindfulness and understand how it relates to awareness of personal experience
- To learn how to access IFS resources and trainings (including information on David's additional trainings in Indianapolis)

Processes Used: Experiential exercises, demonstrations followed by processing, question and answers, didactic presentations.

About the Presenter

David J. Burkhard, MA, LMFT, LCSW, LMHC has maintained a private counseling practice since 1989 and currently works with his wife JoAnne (LCSW) in private practice on the Southside of Indy. He was certified as an IFS therapist in 2011. David has completed all 3 levels of training in IFS and has also participated in many IFS workshops/seminars. He served as president for the Indiana Society for Psychoanalytic Thought from 2008-2010. He worked as an adjunct faculty member for St. Meinrad School of Theology from 2008-2010 and taught Pastoral Care Counseling to permanent diaconate candidates. David is also a singer/songwriter who performs regularly and has independently produced two CD's of original material. David and JoAnne have five adult daughters and seven grandchildren.

Where: The Green House Indy, 447 E 38th St, Indianapolis, IN 46205

Time: 10a.m. to 4p.m.(working breaks)

Note: Significant Snacks, water, and coffee are provided – ******we'll work through breaks rather than take a lunch break. If you have special dietary concerns, please bring food for yourself as well as any beverages you might prefer.***

More Information :

<http://greenhouseindy.com/events-the-green-house/> or email David at djburkhard@sbcglobal.net

Registration Form

\$40.00 if received by January 24, 2017

\$45.00 after January 24, 2017

Make check payable to Burkhard Counseling

Name: _____

Prof. License Type: _____

License #: _____

Address: _____

Phone: _____

Email: _____