

Introduction to Internal Family Systems Therapy (IFS) – for Therapists



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

3 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. *(This workshop is not affiliated with the Center for Self Leadership.)*

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

Processes Used: Meditations, 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 recently served as a Program Assistant for a 6-weekend Level 1 Training in Chicago. 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.

Cost: \$40.00

When: Saturday, Oct. 12, 2019

Note: *Limited to 12 participants.*

Where: Burkhard Counseling, 7110 S. East Street, Indianapolis, IN 46227

Time: 10a.m. to 1p.m. This will be an intensive introduction to Internal Family Systems Therapy. Bottled water is provided. After the workshop, there will be time and space for You to bring a brown bag lunch, enjoy the company of other therapists, and interact with the presenter.

Registration Form

Make check payable to Burkhard Counseling and mail or register online at www.burkhardcounseling.com

Name: _____

Prof. License Type: _____

License #: _____

Address: _____

Phone: _____

Email: _____