



Treating Complex Trauma with Internal Family Systems (IFS) presented by

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at The Studio, 67 Hope Street, Glasgow, G2 6AE

Sunday, 27th & Monday 28th October 2019

About the Workshop:

Most modes of psychotherapy believe to have “parts” is pathological. NOT in Internal Family Systems (IFS). In IFS, the idea of multiplicity of the mind is normal. Every part has a good intention, and every part has value. Even for trauma survivors.

In the treatment of trauma, IFS is different from traditional phase-oriented treatments. Instead of starting with building resources in clients before processing traumatic memories, it welcomes extreme symptoms from the onset, learns about their positive protective intentions and gets their permission to access the traumatic wounds. IFS also differs from traditional attachment focused therapies: both value the therapeutic relationship, however, IFS additionally supports the relationship between the client’s “Self” and their part as the primary healing agent.

Hailed by Dr van der Kolk, the world’s leading expert in trauma, IFS is the treatment method that all clinicians should know. Nearly all clients with a trauma history have innate abilities that help them improve their mental health if they listen to their parts. IFS does just that. IFS is an evidence-based approach for clinicians working with traumatized clients. Once you see it in action, you’ll want to incorporate it into your practice.

You’ll discover:

- How to stay clear and calm while working with clients in extreme states.
- The difference between a compassionate and empathic response and how each can either benefit or escalate your client.
- When it’s necessary to take over and “be the auxiliary brain” for your client and work from the top-down.
- When it’s best to slow things down, hand over control and work with the body.



Booking information:

To book, please download the booking form from our website (http://ttis.org.uk/training_events.htm). The form contains full instructions on where to send your completed form and how to pay.

<u>Prices:</u>	Early bird rate (before 31 July 2019)	£180
	After 31 July 2019	£230

Booking Ref: **IFS19**

Please note: your place is only provisionally reserved until payment has been received.

If you have any difficulties, please email traumatraininginscotland@gmail.com