Internal Family Systems (IFS) Overview:

Introduction: I have a background in trauma and Family Systems work – I hold the consideration, when working with clients, that there is more going on than what may always show up in the room. This is due to us all being relational beings with past, present, and future experiences and interactions with our partners, family members, friends, co-workers, employers, coaches, ect.

I now use Internal Family Systems (IFS) as my main therapy modality and have seen beautiful help and healing for clients who commit to, and engage in, this process. This approach shifts the systems focus internally to focus on (parts) that are in extreme protector roles. These parts sometimes have taken on such extreme roles back in early childhood experiences, and continuously become activated and impact our ability to cope with emotions, can effect our performance in any area in life, and also influence our interactions with others and the world.

About IFS: Internal Family Systems (IFS) is an approach to [psychotherapy](http://www.psychologytoday.com/us/basics/therapy) that identifies and addresses multiple parts within each person’s mental system. These parts consist of wounds and painful emotions such as [anger](http://www.psychologytoday.com/us/basics/anger), guilt, and [shame](http://www.psychologytoday.com/us/basics/embarrassment), (exiled parts) and parts that try to control and protect the person from the pain of the wounded parts (protector parts). The parts are often in conflict with each other and with one’s core Self, a concept that describes the confident, compassionate, whole person that is at the core of every individual. Our true Self is present when we are interacting with others and making decisions with a felt sense of Confidence, Calmness, Creativity, Clarity, Curiosity, Courage, Compassion, and Connectedness. IFS focuses on healing the wounded parts and restoring mental balance and harmony by changing the dynamics that create discord among the parts and the Self.

IFS is therapy in which you work with a therapist to identify and understand the specific parts that make up your internal mental system. Once you identify these parts, the therapist will help you acknowledge your feelings about these suppressed emotions, learn how to release these feelings so you are freer to address the actual problem, and ultimately find more positive ways to manage conflicts on your own.

Three [goals](http://www.psychologytoday.com/us/basics/motivation) of IFS:

1) Free the parts from their extreme roles

2) Restore trust in the Self.

3) Coordinate and harmonize the Self and the parts, so they can work together as a team with the Self in charge instead of parts running the show.

My goal in therapy is to create a relationship where I can help you learn more about your Self and the parts of you that exist in your life. Our work together will center on identifying challenges and facilitating healing and wholeness that is Self-led and unique to you.