



*The Treatment of Trauma in the Internal Family Systems Model  
with Richard Schwartz, PhD*

**Schedule and Agenda:**

10:00 am – 11:30 am ET

**Session 1: Intro to IFS & video**

1. Identify the basic theory and principles of Internal Family Systems therapy
2. Know how to access their clients' Self- a core of compassion and other leadership qualities

11:30 am – 11:45 am ET Break

11:45 am – 1:15 pm ET

**Session 2:**

3. Deal with client “resistance” more effectively and with less effort
4. Know how to utilize the clients' Self to repair attachment injuries
5. Recognize the IFS model as an internal attachment model

1:15 pm – 2:15 pm ET Lunch

2:15 pm – 3:45 pm ET

**Session 3:**

6. Identify the parallels between external and internal attachment styles
7. Identify the effects of trauma on parts and Self
8. Utilize the model in treating trauma

3:45 pm – 4:00 pm ET Break

4:00 pm – 5:30 pm ET

**Session 4:**

9. Gain an awareness of their own parts and how those parts impact therapy
10. Apply IFS principles to transference and counter-transference

### **Learning Objectives:**

Following the webinar, participants will be able to:

1. Identify the basic theory and principles of Internal Family Systems therapy
2. Practice accessing their clients' Self - a core of compassion and other leadership qualities
3. Detect client's "resistance" more effectively and with less effort
4. Choose to utilize the clients' Self to repair attachment injuries
5. Indicate the IFS model as an internal attachment model
6. Define the parallels between external and internal attachment styles
7. Describe the effects of trauma on parts and Self
8. Utilize the model in treating trauma
9. Discuss how to integrate awareness of their own parts and how those parts impact therapy
10. Apply IFS principles to **transference and counter-transference**