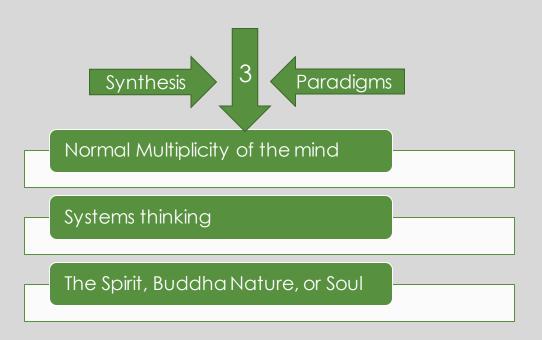


## Summary

- Dr. Richard C. Schwartz the father of Internal Family Systems (IFS) describes that clients are most critical of themselves and place obstacles on themselves because of lack of self-acceptance and unwillingness to change through their thoughts or emotions. IFS help a client accept these self-defeating thoughts and actions and replace them with parts that increase self-acceptance becoming more self-aware of the maladaptive thought processes (Schwartz, 2013). In essence:
  - accept these parts that have frozen a client in time – such as the age the trauma happened
  - reverse judgment to self
  - confront that fear
  - compassion for self



# Techniques of Psychotherapy & Counseling

- The use of Mindfulness with IFS to calm a client by accepting the traumatic event and working towards those parts that they have separated by interacting with self to reach inner peace and harmonize (Schwartz, 2013).
- IFS therapists explore the burdens of the individual. The burdens can be through the legacy of the family or personal experiences (Schwartz & Sweezy, 2019).
- Introduce IFS language: Language is powerful in changing sequences;
   language frees people from seeing themselves (and others) in extreme ways.

#### Research

• IFS is evidence based and show to be effective with many disorders including PTSD (Lucero et al., 2018), phobia, panic and generalized anxiety disorder, dissociative disorders, physical health conditions, and depressive symptoms (Matheson, 2015).

#### **Multicultural Issues**

# <u>United States Legacy Burdens Verses Personal</u> <u>Burdens</u>

- Our history
  - Racism
  - Ethnicity
- Sexuality and Gender

(Schwartz and Sweezy, 2019)

### **Applications**

 Clients learn to look at self at the frozen state or self-defeating phase by using a journal, and then confronting their inner self to choose another pathway (Neff & Germer, 2018).

- Exiles and Protectors
- Therapeutic Questions
- o The 8 C's

(Schwartz, 2013)

Exercise: Legacy Burden or Personal Burden

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