ASADIS FORMATION

Course: the internal family systems (ifs) model of psychotherapy for young clients and their caregivers

Address: https://asadis.net/en/course/use-internal-family-systems-psychotherapy-young-clients/

Duration: 5h

Type of course: continuing education

Location: online course

Individual price: $200.00

Overview:

Ever find yourself navigating the complexities of attachment trauma and wishing for a comprehensive, non-pathologizing, and evidence-based psychotherapy model? The Internal Family Systems (IFS) Model of Psychotherapy provides a detailed framework that encapsulates the various states of both children and caregivers, with the goal of aiding the healing process.In this workshop, you'll delve into the foundational assumptions and intricate processes driving the IFS Model. You'll also learn to effectively incorporate art, play, bibliotherapeutic, and sand-tray strategies to support children healing from attachment trauma.Designed specifically for experienced psychologists, this multifaceted workshop offers a blend of critical theory and hands-on application. Dr. Ehrmann guides you through the crucial steps of assessing caregivers of traumatized children and offers proven protocols that assist parents in their child's healing journey.There's a special focus on transitioning from assessment to therapeutic intervention, facilitated by an integrated timeline protocol that links traumatic events in a child's life to distinct ego states (parts) that have formed in response.You'll receive session material demonstrating the healing process, plus exclusive access to protocol handouts, worksheets, and two comprehensive workbooks designed for children and their caregivers. These invaluable resources will aid in understanding and navigating the complexities of attachment and trauma issues within the scope of IFS individual and family therapy.

Learning objectives:

1. Implement protocols to assess the functioning of caregivers of children with attachment trauma
2. Implement strategies to help clients recover from trauma

3. Implement strategies to help caregivers understand their traumatized children and themselves

4. Implement the IFS Model as part of a family therapy session

Learning material:

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This training is intended for mental health professionals.

The expert, **Dr. Lois A.Ehrmann**

Dr. Lois Ehrmann, psychologist, received her PhD from the Pennsylvania State University. Her research focus was on the treatment needs of maltreated children and their families. In 2008, she developed an outpatient trauma center and in 2009, the Individual and Family CHOICES Program opened its doors to clients of all ages and professionals who wanted to get training in cutting edge empirically supported models of therapy. Services offered in the program were the following: trauma reduction treatment (EMDR, IFS, Neurofeedback, Somatic therapies), bottom up interventions (Art, Play, Sand tray) and family therapy (Attachment Focused, Systemic Family). In 2021, she retired from direct care and now she does consultation, trainings on trauma reduction and resolution.

Syllabus

PowerPoint

Introduction to Internal Family Systems (IFS)

Introduction

Training objectives and general outline

Understanding Attachment Trauma and IFS Fundamentals

Attachment trauma and parts

IFS protective system and Self

Parts work with children and examples

The four trauma responses

Applications and Techniques

Assessing caregivers

Internal working model

Examples of an internal working models

Exploration of an internal working model

Exploration of an IWM video example

Exploration of an IWM video example PART2

Summary of an IWM video example

IATTS Procedure

Examples of timeline work part 1

Examples of timeline work part 2

Examples of timeline work part 3