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:
When a child's source of comfort is also their source of terror, traditional therapeutic frameworks often fall short. Attachment trauma creates paradoxical internal systems in children—protective parts that simultaneously defend against and perpetuate suffering. The Internal Family Systems model offers a non-pathologizing lens for understanding these dynamics, but applying it to young clients requires significant adaptation.

This six-hour training will teach you to assess and treat attachment trauma in children and their families using IFS-informed protocols. You will learn to evaluate caregiver stability before deepening attachment work—a critical clinical decision point that determines treatment trajectory and appropriate level of care.

The training centers on four transferable skill sets. First, the implementation of comprehensive caregiver assessment protocols that reveal internal working models and systemic readiness for trauma processing. Second, the integration of child-friendly modalities—sand tray, play therapy, art strategies—with parts-based conceptualization and intervention. Third, the application of the Integrated Attachment and Trauma Timeline protocol to build coherent narratives linking traumatic events to specific ego states. Fourth, the mapping of Z-process dynamics between children and caregivers to identify how parts activate across generations during family sessions.

You will receive protocol handouts, worksheets, and workbooks designed for clinical use with children and caregivers. Case material demonstrates how multiplicity naturally emerges in children's sand tray worlds and play therapy expressions. The training addresses all four trauma responses—fight, flight, freeze, and

fawn—and their developmental manifestations from childhood through adulthood.

By the end of this course, you will have a structured framework for determining when families can engage in intensive attachment work and when higher levels of care are indicated. You will understand how to help caregivers recognize their own activated parts without becoming destabilized. You will possess concrete tools for externalizing children's protective systems through creative modalities while maintaining theoretical rigor.

This training bridges the gap between sophisticated systems thinking and developmentally appropriate intervention. The skills you acquire will strengthen your capacity to work with some of the most complex cases in child and family practice—where relational safety and relational harm are deeply intertwined.

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 is a psychologist specializing in attachment trauma treatment for children and families. She earned her PhD from Pennsylvania State University, where her research focused on the treatment needs of maltreated children and their families.

In 2008, Dr. Ehrmann developed an innovative outpatient trauma center, and in 2009 launched the Individual and Family CHOICES Program, which she directed for over a decade. The program integrated cutting-edge empirically supported therapeutic modalities including EMDR, Internal Family Systems (IFS), neurofeedback, somatic therapies, art therapy, play therapy, sand tray therapy, and attachment-focused family therapy. Under her clinical leadership, the CHOICES Program served clients of all ages while training mental health professionals in trauma-informed treatment approaches.

Dr. Ehrmann has specialized expertise in adapting the Internal Family Systems model for work with young clients, integrating parts-based interventions with developmentally appropriate modalities like sand tray and play therapy. She developed comprehensive assessment protocols for evaluating caregiver readiness in attachment-focused work, including the Caregiver Protocol, Internal Working Model assessment, and Integrated Attachment and Trauma Timeline (IATTS) protocol.

Since 2021, Dr. Ehrmann has focused exclusively on clinical consultation and professional training in trauma reduction and resolution. She provides specialized training to mental health professionals on working with

attachment trauma in children and families, teaching practitioners how to determine appropriate levels of care and implement IFS-informed interventions across developmental stages.

Her clinical protocols and assessment tools are designed for immediate practical application, helping therapists navigate the complex dynamics that emerge when a child's source of comfort is also their source of terror.

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

Integrating IFS in Practical Scenarios

Bibliotherapy

The case of 11 year-old J

Parent's book and Z-Process

Z-Process example

Conclusion

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*