

Internal Family Systems Introductory Workshop



Internal
Family
Systems
UK

Monday 16th April 2018

Led by Jane Hawkes and Emma Redfern

Venue: College Road Primary School, Keyham, Plymouth, PL2 1NS

Time: 9.30 am arrival for a 10am start to 4.30pm

Cost: £70

price includes tea/coffee, pre booking required

Here is an opportunity to experience this cutting edge method of psychotherapy developed by Richard Schwartz in the U.S.A. It is gentle and respectful and extremely powerful. IFS is based on the premise that we all have a higher 'self' capable of compassion for all parts of us, even parts that we feel are difficult or shameful. When these parts can be fully understood and unburdened it is liberating, energising and transformational as you will find out. There is growing evidence of the method's efficacy.

See the website www.selfleadership.org website for more information on the IFS model.

The day will be have taught elements, be experiential and will include a DVD of Richard Schwartz working with a client or a live demo.

Jane Hawkes and Emma Redfern have completed the full three levels of training and use the method in their practice.

Suitable for anyone who would like an introduction to the IFS model. This Introductory day is a great opportunity to sample the method and begin your IFS journey.

IFS Level 1 trainings will be available throughout the UK. The next training starts in Sheffield, November 2018.

Please bring your own lunch. Free parking is available on site.

Book through our website www.internalfamilysystemstraining.co.uk/booking or

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