

Internal Family Systems (IFS) Workshops

Here is an opportunity to experience this cutting edge method of personal development and psychotherapy.

IFS offers a clear and empowering framework for understanding human cognitive and emotional life. *“Richard Schwartz's description of the inner world of the psyche is the clearest and most useful I have ever encountered”, Ron Kurtz (founder of Hakomi)*

The method utilises each individuals' innate wisdom, their compassionate 'Self'. From 'Self' we can truly welcome, help and **transform** the parts of us that we find difficult to live with; parts experienced as depression, anxiety, anger, self criticism, procrastination, sadness or shame.

IFS provides a powerful, safe and respectful framework for working with trauma. Recommended by trauma expert and author of *The Body Keeps the Score*, **Bessel van der Kolk**, states:

'IFS is a profound and truly innovative method'

The introductory workshop will provide: An overview of the IFS method and theory as developed by Richard Schwartz. An opportunity to explore **experientially** your own internal family system. The workshop is suitable for: those who wish to find out more about the IFS model for personal or professional application. **The Follow-on Introductory workshop will provide:** An opportunity to learn more about the model and its professional application and to deepen your understanding of, and explore further ways to work with, your own system.

*Please note these workshops are not a substitute for the Center for Self Leadership IFS Level One Training.

Led by Krissy Tingle and Sue Smith who are fully trained, experienced IFS practitioners and qualified and experienced counsellors/psychotherapists. Both are part of the IFS Training UK team who are the official partners of The Centre for Self Leadership (CSL). They work as programme assistants on IFS training in the UK and use the method in their respective practice.



Introductory workshops:

Saturday 24th February

or Friday 23rd March

Follow-on Introductory workshop:

Saturday 28th April

Workshop times are 10am to 4.30pm.

Venue: Ashton Baptist Church Hall, 6 Garden Walk, Ashton, Preston PR2 1DP

Each workshop costs £60. Please bring a packed lunch, light refreshments will be provided. **Book a place at** www.internalfamilyystemstraining.co.uk.

For any other information contact Sue: sue@tinglesmith.co.uk 07985092387

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www.internalfamilyystemstraining.co.uk www.selfleadership.org, : www.tinglesmith.co.uk



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