Internal Family Systems (IFS) Overview:

Introduction: I have a background in trauma and Family Systems work – I hold the consideration, when working with clients, that there is more going on than what may always show up in the room. This is due to us all being relational beings with past, present, and future experiences and interactions with our partners, family members, friends, co-workers, employers, teammates, coaches, and so on.

I use Internal Family Systems (IFS) as my main therapy modality and have seen beautiful help and healing for clients who commit to and engage in this process. This approach shifts the systems focus internally to focus on (parts) that are in extreme protector roles. These parts sometimes have taken on such extreme roles back in early childhood experiences, and continuously become activated and impact our ability to cope with emotions, can affect our performance in any area in life, and also influence our interactions with others and the world.

About IFS: The premise of Internal Family Systems (IFS) is simple, yet profound.

Rather than seeing ourselves as individuals with one mind, instead our minds are made up of ‘*parts*’, which are distinct elements of our psyche that have unique beliefs, values, emotions, and perspective of our lives.

Furthermore, there is a part of as all (without exception) that is different from the rest.

This is called our ‘*Self*’, in IFS terms, and it is a place within us that is a source of constant compassion, confidence, curiosity, calmness, and clarity and able to bring healing from within.

Often through life experiences and what we learn growing up we come to believe that our problems are with us and the answers to such problems are found outside of us. We often live with parts leading the way instead of living with clarity and confidence in what we do, decisions we make, and how we live our lives.

The IFS process does not try to get rid of parts of us (anxiety, confusion, sadness, guilt ect.) it sees such parts as self-protective strategies in our lives and they have taken on extreme roles and evolved to protect us at all costs – even the cost of our own health, happiness, performance ability, and relationships – because they do not know there is another way.

The IFS approach provides a compassionate and nonjudgmental way to get to know all parts of us, their concerns, and why they do what they do. It is a holistic lens that recognizes the interconnectedness of mind, body, and spirit that offers healing from blocks, activation, emotional and physical pain, and other struggles.

My goal in IFS therapy with you is to create a relationship where I can help you learn more about your Self and the parts of you that exist in your life that interfere with your optimal performance, emotional and physical health, and overall well-being. Our work together will center on identifying challenges and facilitate healing and wholeness that is Self-led and unique to you.