

IFS Workshop, Trauma and Neurosciences.

Online

June 8-11 2021



This **four-day workshop** is designed to help you master the skills needed to treat trauma and dissociation.

You'll learn about:

- **Identifying and working** with traumatized parts.
- **Working with clients** with Dissociative Identity Disorder (DID) and attachment traumas.
- **Working with extreme parts**, including self-harming, suicidal, substance-abusing, dissociative and shame-based parts.
- **Unburdening exiles**, updating the system and re-establishing trust in Self.
- **Integrating other therapies** with IFS.

€ 850 €

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🕒 Schedule: from 2pm to 8pm
Central European Time

🗣️ English/ Spanish

✉️ institutoifsbarcelona@gmail.com

🌐 www.institutoifs.com

This workshop also allows you to explore the parts of yourself that are activated when you work with trauma—in the **safe, nurturing environment of the course**.

You'll be helped to:

- **Understand** the particular components of the IFS model that are relevant to the treatment of trauma.
- **Apply IFS techniques** when working with dissociative clients/ dissociative parts.
- **Take advantage** of experiential learning to foster your own personal growth and development.
- **Deepen your therapeutic use** of Self to engage clients with traumatised parts safely.



Pre-requisite: IFS Level 1 completion is a requisite for this workshop, recommended ongoing supervision and IFS practice and/ or particular interest in trauma for your client cohort.



DR. FRANK ANDERSON

Dr. Frank Anderson completed his residency in psychiatry at **Harvard Medical School**. After graduation, he stayed on as a clinical instructor at Harvard while working as a staff psychiatrist at the **Trauma Center at the Justice Resource Institute** under the direction of **Bessel van der Kolk**.

In 1994, Dr. Anderson launched his private practice, centered on the treatment of trauma, including single-incident trauma, complex trauma, dissociative identity disorder, and post-traumatic stress disorder (PTSD). Providing compassionate care, he also specializes in the treatment of attention deficit hyperactivity disorder (ADHD), autism spectrum disorders (ASD), and lesbian, gay, bisexual, and transgender (LGBT) issues. Patients benefit from Dr. Anderson's psychopharmacology expertise as well as his workshop in sensory motor psychotherapy (SP) and eye movement desensitization and reprocessing (EMDR).

Dr. Anderson's professional focus expanded in 2004 after he met his mentor and friend **Richard Schwarz, Ph.D.**, founder of **Internal Family Systems (IFS)**. Dr. Anderson learned to integrate the IFS model into his passion for psychopharmacology, neurobiology and trauma therapy.

Autor of the book **Internal Family Systems Skills Workshop Manual: Trauma-Informed Treatment for Anxiety, Depression, Ptsd & Substance Abuse** with Martha Sweezy, Richard Schwartz