

LEVEL II

IFS: Addictions & Eating Disorders

Online (2022)

21 to 23 January
4 to 6 February



THE TRAINING

IFS brings an innovative, new perspective to working with people with addictions and eating disorders. The current field is replete with treatment modalities and information that often offer conflicting ideas about how to best treat addictions and eating disorders. IFS can move us into a new dimension of treatment with this challenging population and offers ways to neutralize polarizations that can occur in the traditional treatment milieu. IFS also enables us to access and heal the beliefs, burdens, emotions and energies carried by parts of the client that are masked by addictions and eating disorders.

This training will focus on:

- 1 Viewing addictions and eating disorders through the lens of IFS;
- 2 Practical application of IFS to treatment; and
- 3 The importance of Self-energy in the healing process.
- 4 Participants will learn:
- 5 How to define and view addictions and eating disorders from the IFS perspective;
- 6 How to apply basic, key concepts of IFS to addictions and eating disorders;
- 7 To develop an IFS skill set, including techniques such as un-blending, collaboration and
- 8 negotiation, and direct access with extreme firefighters;
- 9 Steps for healing the shame, fear, trauma and legacy burdens underneath;
- 10 How to identify and address treatment constraints;
- 11 IFS-based family, couples, and group work with addictions and eating disorders; and
- 12 Integration of IFS with other treatment modalities and self-help groups, including the 12



IFS theory and technique are important, but knowledge of the impact our selves and our parts have on clients is essential for a positive outcome. In the safe and nurturing atmosphere of the training, participants will be invited to explore their own parts that may affect their work with clients. In this context, participants will be encouraged to:

- 1 Recognize and acknowledge their personal beliefs and reactions towards addictions and eating disorders (extreme firefighters);
- 2 Explore their cultural/legacy burdens regarding addictions and eating disorders; and
- 3 Experience ways to access and maintain Self-energy when working with clients.
- 4 Format: The format includes lecture, large and small group discussion, experiential exercises, practice in groups, and live demonstration.

📍 Online (2022)

💶 Tuition: 1.700 euros

👤 **Mary Kruger**

📅 From 21 to 23 January

👤 **Cece Sykes**

📅 From 4 to 6 February

🕒 Schedule: From 3pm to 9pm
Central European Time

🗣️ english

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CECE SYKES

Cece Sykes, LCSW, ACSW; IFS Senior Trainer, US and international. Contributed to Levels 1 and 2 IFS training manuals and teaches L1 as well as L2 Trauma and Addiction. Cece has over thirty years of clinical experience working with individuals, couples and families, specializing in work with the effects of trauma and addiction. Her chapter on compassionate approaches to addictive process appears in *IFS: Innovations and Elaborations*, 2016, Routledge. Cece also has special interests in spiritual practices intersecting with therapy and in the impact of psychotherapy upon the life of the therapist and she lectures, consults and leads workshops on all of these topics. Cece lives and works in the city of Chicago.



MARY KRUGER

Lead Trainer: Mary Kruger, MS, LMFT, AAMFT Supervisor, founded Rimmon Pond Counseling, LLC, an IFS-based private practice located in the Greater New Haven area. She has specialized in addictions, eating disorders, trauma and relationships for over 20 years, incorporating IFS with her own penchant for the experience. Mary has developed a variety of creative ways to work with parts and to access Self-energy in individual, relational, and group contexts. She also enjoys sharing her experience in her teaching, in workshops, and through consulting on a national level. Mary is noted for her humor, creativity, passion and love of dancing and people.