

COMPASSION FOR ADDICTIVE PROCESS

An IFS Lens on Treating Compulsive Behaviors

**ONLINE. September Thursday
23th and Friday 24th 2021**

Some addictive behavior is very high-risk and is organizing the client's life. For other clients their firefighters and soothers are less risky, but the client is still not able to feel in control.

In this informative and experiential workshop we will explore how to use the IFS model to help identify addictive process and create clear, compassionate and effective interventions with a wide range of behaviors, including substance abuse, disordered eating, and other self-harming compulsions.

We will also focus on the core polarities impacting the clinical process, including how perfectionism, over-responsibility and rescuing impact the healing and recovery process.

The potential impact of the therapist's personal narrative on the clinical relationship will also be explored.

Registration requirement:

Have completed a Level 1 or introductory workshop at IFS



The workshop focus:

- **Identifying** the addictive process cycle
- **Safe and compassionate** interventions with destructive parts
- **Trauma** history and compulsive protectors
- **Exploring** the impact of family legacy and the therapist's story
- **Shifting** from codependent reactivity to effective compassion

Sessions:

- 📅 Thursday 23 and 24 of September 2021
- 🕒 Time: 3:00pm to 10:00pm (Central European Time)
- € Early bird until July 31: 200 euros
From August 1: 250 euros
- 📍 Online
- 🗣️ Spanish / English
- @ institutoifsmadrid@gmail.com
- 🌐 www.institutoifs.com

Cece Sykes



Cece Sykes, LCSW is an IFS Senior Trainer and consultant with over thirty-five years of clinical experience with individuals, couples and families. She specializes in recovery from trauma and addiction and her chapter on treating addictive process appears in **IFS Innovations & Elaborations** (Routledge, 2016). Cece lectures internationally on these and other related subjects. She lives and works in the city of Chicago

www.cecesykeslcsw.com