

Integrating IFS into supervision and consultation

A series of two IFS live online workshops

ONLINE

January 14 & 15, 2022;

4 pm to 8 pm CET

The popularity of **IFS** and the growing number of IFS trained practitioners and therapists creates a need for supervisors and consultants able to support and guide their practice. So far there has been relatively little available, either published or in the form of training, to support the supervisors.

How can we supervise or offer consultation in a way that is fully congruent with the **IFS** model? What does supervision from an IFS perspective look like? Is it different to what we might have been doing? Are the conversations different? And what if our supervisee has not trained in **IFS** themselves?

This workshop will focus on developing understanding and skills in clinical supervision / consultation by exploring how we can integrate **IFS** into our work. We will consider how **IFS** can guide us in the focus, process and content of different aspects of supervision and consultation practice. In turn, this will help our supervisees in their healing work with their clients.



During this series you will:

- **Start to explore and develop** your approach to supervision/consultation using an IFS lens
- **Become more familiar** with the parts involved in supervision/consultation, including your own 'supervisor parts',
- **Increase awareness** from an IFS perspective of the systems involved and how to navigate between them,
- **Learn simple frameworks** that can assist and guide your future practice as an IFS informed supervisor/consultant.

The workshop will be relevant for those who supervise / offer consultation to all kinds of therapists (e.g. **counselling / psychotherapy / dramatherapy / creative arts therapy practitioners**). This includes people who are supervising therapists who are not themselves trained in IFS.

Although the focus will mainly be on working one to one, the content will be relevant for those who work with supervision / consultation groups also.



Workshop facilitator **LIZ MARTINS** is a Certified IFS therapist and Approved IFS Clinical Supervisor / Consultant. She is an experienced PA and Lead PA, working on international trainings. She has a private practice in the UK and offers therapy and individual / group supervision online and in person. Although IFS is her primary mode of practice, she is also a Certified Sensorimotor Psychotherapist and EMDR therapist.

With colleagues, Liz organises the annual **IFS Open Space** for the IFS community in the UK and beyond. She has presented at the IFS Conference and featured on an IFS Talks podcast.

Liz has written a chapter for a book on IFS supervision and consultation, due to be published next year.

Guest presenter **EMMA REDFERN** is a Certified IFS Therapist and Approved IFS Clinical Supervisor / Consultant, as well as an experienced PA. Working in private practice in the UK, she is a senior



BACP-accredited supervisor and psychotherapist. Emma has had a number of articles published in professional journals. She is currently editing a multi-author book on IFS supervision and consultation, due to be published by Routledge early in 2022, with another book in progress on transitioning to IFS.

The workshop is offered to people who:

- have a good understanding of IFS (ideally completed a L1 training), a familiarity with IFS will be assumed,
- already offering supervision or consultation or moving towards this.

 **January 14 & 15, 2022**

 4:00 pm to 8:00pm CET
(Central European Time)

 Regular Registration: **200 €**
Early Bird before November, 29th: **180 €**

 Online

 English / with consecutive translation to Spanish

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