

IFS and Daily Parts Meditation Practice™ with Michelle Glass

ZOOM Online

14/21/28 April and 5 May 2023



Description:

Michelle Glass developed and is the author of the Daily Parts Meditation Practice™: A Journey of Embodied Integration for Clients and Therapists, which has become a valued method of deep embodiment of the IFS Model and healing integration.

The DPMP™ contains six tools of integration: Parts Timelines, Parts Maps, Parts Catalogue Cards, Parts Biographies, the DPMP™ Meditation/s, and Parts Externalizations.

In this training she will offer:

- Different tools to help organize the process of between-session work
- Ways for enhancing integration
- Mapping module for Parts
- Mini-sessions to practice using these tools
- Ways how to create and use SoulCollage® cards as Parts Externalizations
- Inspiration for clients' and therapists' creativity
- Free download of the "Parts Catalogue Cards" (a \$19.95 value)

...in a good mix of didactic and experiential.

April, 14th - Workshop 1

Daily Parts Meditation Practice™
Meditation

April, 21st - Workshop 2

Parts Catalogue Cards and Parts
Biographies

April, 28th - Workshop 3

Parts Timelines and Parts Maps

May, 5th – Workshop 4

Parts Externalization through
SoulCollage®



Michelle Glass

is a Certified Level 3 IFS Practitioner and Alternative Counselor in Eugene, Oregon who has 18 years of IFS experience and has accumulated over 380 hours of direct study with Richard Schwartz, PhD, the founder of IFS. She used IFS to heal from a childhood of abuse and complex-PTSD.

She developed and is the author of the Daily Parts Meditation Practice™: A Journey of

Embodied Integration for Clients and Therapists, trademarked in Spring 2022. The DPMP™ contains six tools of integration. Additionally, Michelle received a Certificate in Psychedelic Assisted Therapy from Naropa University and Multidisciplinary Association for Psychedelic Studies (MAPS). She served as the Editor for OUTLOOK, the Foundation for Self Leadership's magazine, for seven years. More information can be found at <https://thelisterllc.com>.

- 📍 Live on Zoom. Recordings available for 7 days after each workshop.
- € Regular Registration: 340 €. Early Bird before March, 1st: 300 €
- 👤 Trainer: MICHELLE GLASS
- 📅 Four consecutive Fridays – 14/21/28 April and 5 May 2023
- 🕒 Schedule: 4pm – 8:45pm CET (with a 15-minute break)
- 🗣️ English / Spanish
- ✉️ institutoifsbarcelona@gmail.com
- 🌐 www.institutoifs.com

