

IFS Masterclass Series



5th february 2021 from 2pm- 9pm (Madrid time)

Grief and Loss through IFS Lens

DEREK SCOTT

Derek Scott is the founder of IFS Canada, IFS Certified Therapist, Psychologist and Social worker with more than 35 years of experience, professor and author, co-author of the book "Innovations and Elaborations in Internal family systems".

Teaching modalities

ONLINE in English with translation into Spanish. Lecture, Demonstration, Experiential exercises. You will have access to a video recording of the webinar during 1 week too.

Program Description

Who Grieves? How to support Grieving Parts in the face of Loss

Unlike other "issues" that our clients may present that may not be part of our experience, the universality of grief means that we will, inevitably, have parts triggered when our clients present with their responses to loss. Or we may be recently bereaved and still needing to work.

It behoves us to become more familiar with our own "grief cluster" that responds to losses. Our awareness of our own process brings us clarity in the face of triggers, enables us to support the parts in our own system, and affords us the capacity to hold more Self energy in the presence of grieving clients.

These 2 classes are an invitation to become aware of how the Internal Family System model maps onto loss.

It offers a mix of didactic and experiential opportunities to:

- become more confident in working with many kinds of loss
- integrate bereavement theory with the IFS model
- understand what makes grief unique as a process
- explore how your personal loss History has informed your system
- identify where and how is grief is held in your body
- connect with where your parts are now in relation to grief

- celebrate the legacy and gifts of connection
- appreciate how IFS encompasses the Spiritual dimension of loss
- learn how to apply this learning to Covid 19 losses
- ask as many questions as you need
- continue to develop community with other IFS-informed folk

PRICE: Before January 15th: 180 euros
After January 15th: 200 euros

INSCRIPTION: Send your name and email together with the payment to anaclara@cop.es

PAYMENT:

PAYPAL (+ 3 euros)
https://paypal.me/acercapsico?locale.x=es_ES

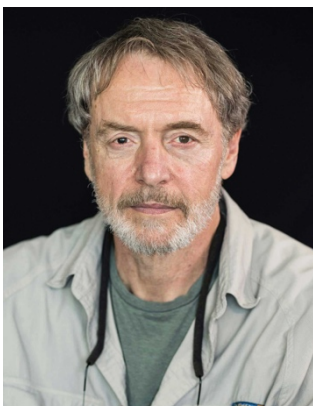
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CREDIT CARD (Send me the numbers in the front and expiry date to anaclara@cop.es and I will send you the receipt)

You will receive a zoom link to the webinar.

TO WATCH VIDEO interview with Derek with subtitles in Spanish and English:
<https://youtu.be/PjB0b1kTUHA>



26 February 2021 from 4pm - 8pm (Madrid time)

Working with Chronic Firefighters: Addictions and Eating disorders

ROBERT FALCONER

Robert Falconer is an anthropologist, masters degree in Psychology, IFS Therapist and Counsellor for more than 20 years, professor and author. He is co-author together with the creator of IFS, Richard Schwartz, of the book "Many minds one Self".

Teaching modalities

ONLINE in english with translation into Spanish. Didactic presentation, case examples, Q&A. You will have access to a video recording of the webinar during 1 week too.

Program Description

This 4-Hour workshop will focus on:

1. Practical application of IFS to the treatment of Addictions
2. The importance of Self-energy and the 12 step concept of higher power

Through Didactic presentation, case examples and Q&A participants will learn:

- how to conceptualize addictions including eating disorders from the IFS perspective
- How to apply basic, key concepts of IFS to addictions and eating disorders
- How to befriend extreme firefighters
- To develop an IFS skill set, including techniques such as un-blending, collaboration and negotiation, and direct access with extreme firefighters
- Steps for healing the shame, fear, trauma and legacy burdens underneath
- How to integrate IFS with the 12 steps

PRICE: Before february 5th: 100 euros
After february 5th: 120 euros

INSCRIPTION: Send your name and email together with the payment to anaclara@cop.es

PAYMENT:

PAYPAL (+ 3 euros)
https://paypal.me/acercapsico?locale.x=es_ES

BIZUM to +34 607187600

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CREDIT CARD (Send me the numbers in the front and expiry date to anaclara@cop.es and I will send you the receipt)

You will receive a zoom link to the webinar.

To listen to Bob's **PODCAST** "Integrating IFS & 12 Steps"

Click here:

<https://internalfamilysystems.pt/multimedia/webinars/integrating-ifs-and-12-steps-robert-falconer>

To watch a brief **VIDEO** of Bob discussing the workshop please click:

<https://www.youtube.com/watch?v=EQ0Zm53jGg8&feature=youtu.be>