

## IFS Masterclass Series

### **DIRECT ACCESS: an essential skill in IFS**

**November 19-20, 2021 from 16:00 to 20:00**  
(Madrid time)

For many people Direct Access is the missing piece in their IFS repertoire. With clients who aren't ready or able to focus inside, we need to use Direct Access. There are also times when Direct Access is called for or helpful even with clients who are familiar with the model. In some case a blended part is unwilling to separate until its concerns have been addressed by the therapist.

Direct Access is in many ways more challenging than guiding people to work with their parts. Since the therapist talks directly to the client's parts, the therapist has to provide the Self Energy for the client's system. In order to do this we need to be especially attuned to our own parts at the same time that we are attuned to our client's parts. This workshop will clarify the difference between the two types of Direct Access (implicit and explicit), provide guidelines for practice and opportunities to watch demonstrations, and clarify some of the skills needed to practice Direct Access.

On the first day we will explore when and how to use Implicit Direct Access. On the second day Paul will show how explicit direct access can be used with firefighters, exiles, harsh inner critics, and with extremely polarized parts.

**MODALITY:** Online. This workshop will be recorded and the recording sent to registrants the next day. It will be available for nine days.

Didactic presentation, case examples, demos and exercises. Q & A.

**PRICE:** Before October 25<sup>th</sup>: 200 euros  
From October 26<sup>th</sup> : 230 euros

### **REGISTRATION:**

<https://www.acercadepsicoterapia.com/cursos/>

# PAUL NEUSTADT



Paul Neustadt, MSS, LICSW, is a senior IFS Co-Lead Trainer and AAMFT Approved Supervisor. In his private practice he specializes in couples therapy, parent coaching, and IFS consultation. He co-leads a monthly seminar for level 1 graduates focused on integrating the skills learned in level 1. Similar to this, he has also led workshops on:

- The Therapeutic Relationship in IFS.
- The Power of Presence in IFS Therapy: Transforming our Reactivity to Challenging Clients and Deepening our Capacity to be Present and Attuned
- The Gifts of Our Exiles

## **PAYMENT:**

- PAYPAL (+ 7%) to [acercadepsicoterapia@gmail.com](mailto:acercadepsicoterapia@gmail.com)
- BANK TRANSFER  
ES35 0182 4017 5902 0164 6410  
(Ana Clara Rodrigo Torres)
- CREDIT CARD (send me your number and expiry date to [anaclara@cop.es](mailto:anaclara@cop.es) and I will send you the receipt).

You will receive a zoom link 2-3 days in advance.