

Internal Family Systems Introductory Workshop



Internal
Family
Systems
UK

Thursday 28th September 2017

Led by Olivia Lester and Jane Hawkes

Venue: Armley Barn, Ketton Road, Hambleton, Oakham, Rutland, LE15 8TH
3 miles from Oakham railway station (lift to and from station available)

Time: 9.30 am arrival for a 10am start to 4.30pm

Cost: £75 (£78 if paid by paypal)
price includes lunch, pre booking required

Here is an opportunity to experience this cutting edge method of psychotherapy developed by Richard Schwartz in the U.S.A. It is gentle and respectful and extremely powerful. IFS is based on the premise that we all have a higher 'self' capable of compassion for all parts of us, even parts that we feel are difficult or shameful. When these parts can be fully understood and unburdened it is liberating, energising and transformational as you will find out. There is growing evidence of the method's efficacy. See the website www.selfleadership.org website for more information.

The day will be experiential and include some theory and a DVD of Richard Schwartz working with a client or a live demo.

Olivia Lester and Jane Hawkes have completed the full three levels of training and use the method in their practice.

Suitable for anyone who would like an introduction to the IFS model.

There will be a Level 1 training in Sheffield starting in November 2017 and this is a great opportunity to sample the method and ask questions about the trainings in the UK before you commit.

Drinks and lunch will be provided, parking is easy. Pick up from Oakham Railway station can be arranged free of charge.

Book through our website www.internalfamilysystemstraining.co.uk/booking or

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