

Internal Family Systems Introductory Workshop in Cambridge



Internal
Family
Systems
UK

Developed by Richard Schwartz in the USA and now rapidly spreading across the world, IFS is a gentle, respectful and extremely powerful approach to healing a whole range of issues, including trauma and attachment disruptions. IFS offers a non-pathologising, highly relational model that enables us to work safely, deeply and effectively, through facilitating access to the compassionate, resourceful Self that we all have at our core. When all parts within can be fully understood and unburdened, it can be liberating, energizing and transformational. There is a growing evidence base for the model's efficacy. See www.selfleadership.org. IFS can be used in work with individuals, couples, families, groups, adolescents and children, and is easily integrated with a wide range of other approaches

Dr. Bessel van der Kolk, states that



“IFS is a profound and truly innovative model”

This Introductory Workshop will provide:

An overview of the IFS method and theory as developed by Richard Schwartz. An opportunity to hear about the model and explore experientially your own internal family system*. This will include viewing a DVD of Richard Schwartz working or a live demo. The workshop is suitable for those who wish to find out more about the IFS model for personal or professional application. **Please note this workshop is not a substitute for the Centre for Self Leadership IFS Level One Training.*

Led by **Jane Hawkes** and **Olivia Lester** both of whom are fully trained, experienced IFS practitioners with all 3 levels of IFS training and using the method in their practice.

Saturday 26th January 2019

Quaker Meeting House
91-93 Hartington Grove
Cambridge
CB1 7UB

9.30AM for a 10.00AM start to 4.30 PM

Workshop cost £75 Refreshments provided, please bring your own lunch.

Book a place at www.internalfamilyystemstraining.co.uk/booking

Contact Jane Hawkes, email jamar591@btinternet.com

Olivia Lester, email olivialester06@gmail.com

Visit www.internalfamilyystemstraining.co.uk & www.selfleadership.org