

# Internal Family Systems (IFS) Workshops

**Here is an opportunity to experience this cutting edge method of personal development and psychotherapy.**

Developed by Richard Schwartz in the USA and now rapidly spreading across the world.

IFS is a gentle, respectful and extremely powerful way of being with people. 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 and shameful. When these parts can be fully understood and unburdened it is liberating, energising and transformational as you will find out. There is a growing evidence for the models efficacy. See [www.selfleadership.org](http://www.selfleadership.org)

IFS provides a powerful, safe and respectful framework for working with trauma. Recommended by trauma expert and author of The Body Keeps the Score, **Bessel van der Kolk**, states:

*'IFS is a profound and truly innovative method'*

---

**The 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 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 these workshops are not a substitute for the Centre for Self Leadership IFS Level One Training.

Led by **Liz Calvert** and **Olivia Lester** who are fully trained, experienced IFS practitioners (3 levels of training) and are using the method in their practice. They are part of the IFS UK team, the organisation within the UK that delivers official CSL IFS trainings. Liz and Olivia assist on IFS trainings here in the UK, Europe and internationally.

---

**Introductory workshop:  
Friday 18<sup>th</sup> May 2018**

**10am to 4.30pm.**

**Clifton Church, (St Phillip & St James),  
Clifton, Shipton Road, York, YO30 6BH**



**Workshop cost £70.** Please bring a packed lunch, light refreshments will be provided. **Book a place at** [www.internalfamilyystemstraining.co.uk](http://www.internalfamilyystemstraining.co.uk).

For any other information contact Liz: [lizcalvert@outlook.com](mailto:lizcalvert@outlook.com) or

Olivia Lester: [olivialester06@gmail.com](mailto:olivialester06@gmail.com)

[www.internalfamilyystemstraining.co.uk](http://www.internalfamilyystemstraining.co.uk) [www.selfleadership.org](http://www.selfleadership.org); [www.tinglesmith.co.uk](http://www.tinglesmith.co.uk)



Internal  
Family  
Systems  
UK