



Parts Work in Play 2025

Parts Work in Play is a 16 week interactive experiential training based on the IFS model. We will be learning how to use the IFS model with individuals from a variety of client populations. This training has a maximum of 9 participants. Training will primarily utilize the Internal Family Systems, but also includes concepts from the Dunn Sensory Model, Attachment Theory, Social Learning Theory, Polyvagal Theory, Erickson's Social Emotional theory, the Neurosequential Model and concepts and interventions from Dyadic Developmental Psychotherapy, Theraplay® and Circle of Security™ therapeutic modalities. The 3 hour sessions are structured and led by the facilitator with an assistants support. Each session begins with a check in and a topic for the day, tentatively outlined below and subject to change.

The Goals:

- To learn the Internal Family Systems model
- To be able to apply the interventions to a wide target population
- To explore the interventions within our own system
- To have fun together

Process

January 13 th , 2025	1	Development of Self
January 20 th , 2025	2	The IFS Model
January 27 th , 2025	3	The Therapist Self
February 3 rd , 2025	4	Unblending
February 10 th , 2025	5	Direct Access
February 17 th , 2025	6	The 1 st 4 F's
February 24 th , 2025	7	Addressing Fears
March 3 rd , 2025	8	Transition to Unburdening
March 17 th , 2025	9	Unburdening Steps
March 24 th , 2025	10	Unburdening steps
March 31 st , 2025	11	Polarizations
April 7 th , 2025	12	Extreme Protectors
April 14 th , 2025	13	Utilizing different mediums to externalize
April 21 st , 2025	14	Case Formulation
April 28 th , 2025	15	Integrating IFS with other approaches
May 5 th , 2025	16	Q & A