

# Parts Work IN Play: Using Internal Family Systems with Children & Youth

**7 weeks / 3 hours a week**

## LEARNING OUTCOMES

- 1) Participants will review history, key principles, and goals of IFS
- 2) Participants will list steps of the model
- 3) Participants will integrate at least 2 different play mediums in IFS work
- 4) Participants will identify when to use direct access and when to use insight
- 5) Participants will articulate to parents / other professionals/ service providers an understanding of the model and the clients difficulties, strengths and needs through an IFS lens

<b>Day 1</b>	<b>IFS basics</b> <ul style="list-style-type: none"> <li>• Principles, theory of IFS</li> <li>• Connecting the model to neurobiology &amp; developmental theories</li> <li>• Self &amp; Parts mapping</li> <li>• Demonstration of the model</li> </ul>
<b>Day 2</b>	<b>IFS the 6F's</b> <ul style="list-style-type: none"> <li>• Demo</li> <li>• Role play</li> </ul>
<b>Day 3</b>	<b>IFS the healing steps</b> <ul style="list-style-type: none"> <li>• Demo</li> <li>• Role play</li> </ul>
<b>Day 4</b>	<b>Intro to IFS &amp; Play Therapy</b> <ul style="list-style-type: none"> <li>• Working with caregivers</li> <li>• Assessment</li> <li>• Polarizations</li> <li>• Introducing IFS to the client</li> </ul>
<b>Day 5</b>	<b>IFS using miniatures/sandtray, art, &amp; books to engage</b> <ul style="list-style-type: none"> <li>• Demo</li> <li>• Role play</li> </ul>
<b>Day 6</b>	<b>IFS using puppets, drama, other games</b> <ul style="list-style-type: none"> <li>• Demo</li> <li>• Role play</li> </ul>
<b>Day 7</b> <b>(Optional Day)</b>	<b>IFS with Special Cases</b> <ul style="list-style-type: none"> <li>• Neurodiversity</li> <li>• C-PTSD/ dissociation / trauma</li> </ul> <b>Creating a Treatment Plan</b> <ul style="list-style-type: none"> <li>• Assessment, case formulation, treatment goals, documentation, &amp; report writing</li> </ul>