

NORTHWEST BEHAVIORAL HEALTH IPA PRESENTS

Richard Schwartz, Ph.D.

**Trauma and Releasing Personal
& Legacy Burdens
IFS Model**

Fox Hall Events Center
1661 W. Bakerview Rd.
BELLINGHAM, WASHINGTON
Friday, September 22, 2023
8:20 a.m. to 4:30 p.m.

*Live-Streamed onsite
and offsite options!*

THE PRESENTER: RICHARD SCHWARTZ, Ph.D.



Dick Schwartz began his career as a family therapist and an academic at the University of Illinois at Chicago. There he discovered that family therapy alone did not achieve full symptom relief and in asking patients why, he learned that they were plagued by what they called “parts.” These patients became his teachers as they described how their parts formed networks of inner relationship that resembled the families he had been working with. He also found that as they focused on and, thereby, separated from their parts, they would shift into a state characterized by qualities like curiosity, calm, confidence and compassion. He called that inner essence the Self and was amazed to find it even in severely diagnosed and traumatized patients. From these explorations the Internal Family Systems (IFS) model was born in the early 1980s.

IFS is now evidence-based and has become a widely-used form of psychotherapy, particularly with trauma. It provides a non-pathologizing, optimistic, and empowering perspective and a practical and effective set of techniques for working with individuals, couples, families, and more recently, corporations and classrooms.

Dick lives with his wife Jeanne near Chicago, close to his three daughters and his growing number of grandchildren.

Trauma and Releasing Personal & Legacy Burdens

This presentation will provide a brief review of the basics of the IFS model by Richard Schwartz, PhD, who developed the model, then will focus in detail on its use with attachment and trauma.

The workshop will focus on helping clients release personal burdens related to traumatic experiences in their lives. An overview of the clinical applications of IFS in trauma work will be presented. You will learn through didactic teaching, interactive dialogue, demonstration and live interviews.

As the workshop progresses the focus will be on understanding and releasing legacy burdens. Legacy burdens are powerful organizers of our minds and behaviors. You will become more aware of the beliefs and emotions we and our clients absorb from family, peers, ethnic groups and cultural contexts regarding ourselves and/or groups with whom we identify, as well as groups we consider "other." We will explore the sources of those burdens and the fears of releasing them. This work is critically important to create more peace and less divisiveness in our often fractured world.

New to this workshop, Dr. Schwartz will spend time focusing on how to support Self-led activism. Dr. Schwartz will lay the foundation for and demonstrate how to work with personal and legacy burdens that get triggered in the context of political conflict and unrest.

Trauma and Releasing Personal & Legacy Burdens

Workshop Schedule

8:20	Opening Remarks
8:30	Brief History and Overview of IFS Model
10:15	Break
10:30	Effects of Personal & Legacy Trauma on Parts & Self
12:00	Lunch
1:00	Using the Model to Treat Legacy Burdens: video Demonstration + Q & A
2:45	Break
3:00	Live Demo-or-Didactic & Small Group Practice
4:00	Questions & discussion
4:30	Adjourn

Trauma and Releasing Personal & Legacy Burdens

Workshop Objectives

At the end of this workshop, the learner will be able to:

- identify the basic theory and principles of Internal Family Systems therapy as they apply to working with trauma
- identify how the Internal Family Systems Model understands the primary route to healing trauma
- identify the 3 major roles that wounded parts play in the inner system
- list the 8 qualities that define Self
- describe the IFS model as an internal attachment model
- explain parallels between external and internal attachment styles.

WHAT IS NWBHIPA?

What is NWBHIPA?

The Northwest Behavioral Health Independent Providers Association is a not-for-profit group of over 300 mental health providers throughout Whatcom, Skagit, Island and San Juan counties in Washington State. The NWBHIPA is now in its 19th year and is dedicated to providing quality mental health care that is safe and confidential to patients and collegial support and excellent educational opportunities to members. Membership in the NWBHIPA is available for a one-time fee of \$150. Benefits include discounted tuition to all NWBHIPA sponsored continuing education workshops. www.nwbhipa.org

This workshop is approved for 6 continuing education credits by the Northwest Behavioral Health Independent Providers Association (NWBHIPA). NWBHIPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NWBHIPA maintains responsibility for this program and its content.

REGISTRATION INFORMATION

REGISTRATION

*We appreciate your adherence to the CDC guidelines concerning COVID exposure, symptoms, and testing. See link below.**

Live-Streamed at Fox Hall Limited to 75 participants.

Live-Streamed offsite Link will be sent by email.

\$150 IPA members

\$180 Non IPA members

\$75 Student with current ID (limit of 10)

Late fee of \$15 added after 9/15/23.

\$150 IPA Membership one-time fee

Certificates of completion available to all attendees. Onsite registration includes lunch.

Pay ONLINE with credit card or by check or money order payable to NWBHIPA and mailed to NWBHIPA, PO Box 1661, Mount Vernon, WA 98273-1661.

CANCELLATION POLICY

Full refunds minus a \$25 processing fee will be offered with written requests received by 9/15/23.

ACCOMMODATIONS

Special room rates have been made available at the Best Western Plus for \$139 per night. Reservations: (360) 676-7700. Code NWBHIPA. Book by Sept. 7.

Trauma and Releasing Personal & Legacy Burdens

FRIDAY, SEPTEMBER 22, 2023

8:20 A.M. TO 4:30 P.M.

Register online here.

Register by mail here.

FOR INFORMATION CONTACT

RICHARD SPITZER, PH.D.

(360) 671-1966

richardspitzer.phd@gmail.com

www.nwbhipa.org

* <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>