

IFS THERAPY

Benefits of Knowing Parts Work

Clients likely
to feel more
understood

Integrate w/
other therapies.
Body, Mind,
& Spirit

Holistic,
creative,
non-pathologizing,
empowering

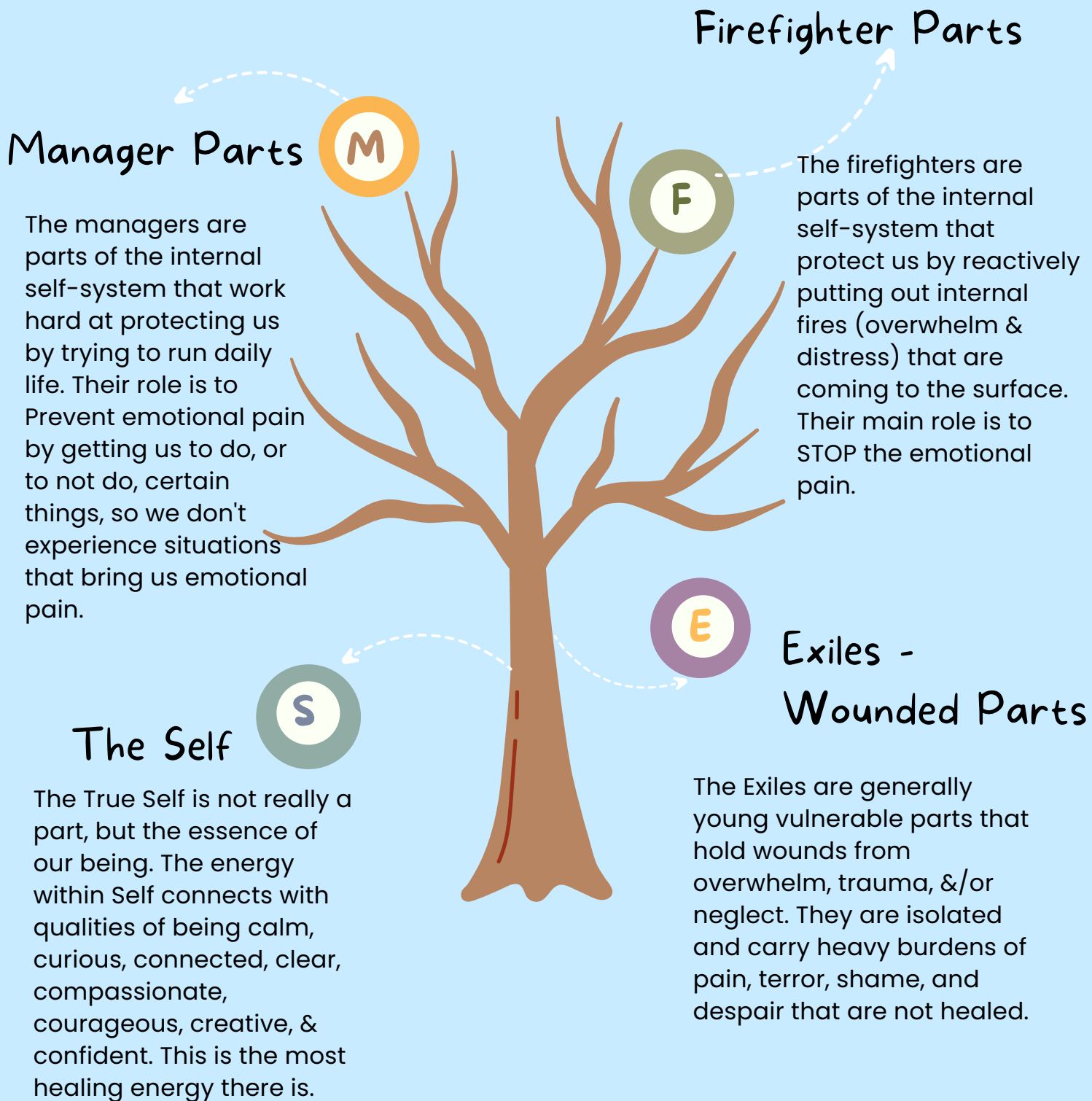
Honors all
perspectives, cultures,
legacy burdens,
& worldviews

No more
bypassing,
shadowing,
ignoring,
& repressing

More
Self-energy for
you, clients &
the world

IFS THERAPY

The Inner World of Parts & Self



How You May Experience Parts & Self

E

Exiles

Emptiness
Lethargy
Depression
Shame
Pain
Terror

Overwhelms the
body w/ feelings &
sensations

Freezing, numbing,
& depleting

Flashbacks. Panic
attacks.
Nightmares.
Crying. Screaming.

F

FireFighters

Anxiety
Panic attacks
Self-harm
Suicidal thoughts
Cravings
Compulsions
Narcissism
Impulsive
Lashing Out

Use
chemicals/food to
numb/escape.
Binge. Purge.
Self-harm.
Self-destructive
behaviors.
Sleep problems.

M

Managers

Holding in
Tension
Rigidity
Breath
constriction
Body armor
Restricting

Manipulate.
Criticize yourself.
Neglect the body.
Punish the body
Numbing.
Ignoring.
Pushing you
beyond.
Perfectionism.
Overperform.
Avoidance.

S

Self

Calm
Curious
Compassionate
Connected
Courage
Creative
Confident
Clear

Relaxed & Alert.
Open & Receptive.
Wise & Intuitive.
No agenda.
Present moment.

Therapy Reimagined for Deep Healing

What All Parts Need

Compassion
&
Understanding

To be
respected
&
cared for

To be seen
&
heard

What Wounded Exiled Parts Need

To be
nurtured

Unconditional
Love

To be
protected

Therapy Reimagined

Consultation for Therapists & Healers

