## IFS THERAPY

## Benefits of Knowing Parts Work

Clients likely to feel more understood Integrate w/
other therapies.
Body, Mind,
\$\forall \text{Spirit}

Holistic, creative, non-pathologizing, empowering

Honors all
perspectives, cultures,
legacy burdens,
& worldviews

No more bypassing, shadowing, ignoring, frepressing

More
Self-energy for
you, clients \$

the world

## IFS THERAPY

#### The Inner World of Parts & Self

#### Firefighter Parts

## Manager Parts

The managers are parts of the internal self-system that work hard at protecting us by trying to run daily life. Their role is to Prevent emotional pain by getting us to do, or to not do, certain things, so we don't experience situations that bring us emotional pain.

#### The Self

The True Self is not really a part, but the essence of our being. The energy within Self connects with qualities of being calm, curious, connected, clear, compassionate, courageous, creative, & confident. This is the most healing energy there is.

The firefighters are parts of the internal self-system that protect us by reactively putting out internal fires (overwhelm & distress) that are coming to the surface. Their main role is to STOP the emotional pain.

## Exiles -Wounded Parts

The Exiles are generally young vulnerable parts that hold wounds from overwhelm, trauma, &/or neglect. They are isolated and carry heavy burdens of pain, terror, shame, and despair that are not healed.

## How You May Experience Parts & Self









#### Exiles

Emptiness
Lethargy
Depression
Shame
Pain
Terror

Overwhelms the body w/ feelings & sensations

Freezing, numbing, & depleting

Flashbacks. Panic attacks.
Nightmares.
Crying. Screaming.

## 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.

#### 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.

#### 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



To be respected & cared for

To be seen & heard

#### What Wounded Exiled Parts Need

To be nurtured



To be protected

## Therapy Reimagined

## Consultation for Therapists & Healers

