

# Internal Family Systems (IFS) Therapy: An Introduction

Presented by Derek Scott, RSW

## Workshop Details

**Oct 29, 2020**

**9 am – 4:30 pm ET**

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## Location

**Online Live Stream  
Event**

## Fees:

Early-Bird Rate: \$175 + HST

After Sept 28: \$200 + HST

Registration Deadline:

October 27 at 12 pm ET

*\*Discounted rates are available for groups of 5+ people registering together OR for individuals registering for more than one workshop\**

## Registration

Register online at

[missionempowerment.ca](http://missionempowerment.ca)



## About the Workshop

The Internal Family Systems (IFS) model is a scientifically validated model of therapy that has proven to accelerate the healing process and bring lasting relief to clients far more rapidly than traditional approaches. Endorsed by Dr. Gabor Maté, Bessel Van der Kolk, and many other leaders in the field, this approach is a “must have” for all therapists’ tool kits.

IFS is rooted in the understanding that the personality is multiple and operates as a system of parts with different roles, and that each individual also has a compassionate and curious “Self” (highest self/best self) that can and should lead the system. This understanding applies as much to mental health professionals as it does to clients.

Through a variety of teaching modalities, including experiential exercises, guided meditations, live demonstrations, and an annotated video of a complete IFS session by founder Richard Schwartz, this workshop will prepare you to effectively integrate IFS into your practice to maximize therapeutic outcomes. Various “parts” of the clinician that contribute to our work with vulnerable populations will also be explored and participants will be taught a number of techniques for both accessing their own Self – both in and out of the therapy room.

## You will receive:

An electronic handout package emailed prior to the workshop and a workshop certificate afterwards. Login details and instructions will be emailed in advance of the workshop.

## About the Presenter

Derek Scott is a registered social worker and certified IFS therapist. He has worked in the field of counselling/therapy for over 35 years, including 15 working exclusively as an IFS therapist. Derek is the founder of the IFSCA, an organization dedicated to bringing awareness of the IFS model to mental health professionals in Canada and beyond. He is a popular guest lecturer at the University of Western Ontario and has presented at numerous national and international conferences.

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