

# Saturdays

9:00 AM to 10:30 AM PST

## Our Purpose

We introduce people to a self-healing journey using The Internal Family Systems model (IFS). This not a therapy group nor is it a 12-step group. In this no-cost educational group, we discuss and demonstrate the teachings and exercises of the Self-Therapy Workbook by Bonnie Weiss. Our aim is to assist participants in the understanding and practice of the IFS model. Each week participants read portions of the workbook and/or practice the exercises between sessions.

## What you can expect

The Saturday Parts Work Practice group differs from the Wednesday group. The Wednesday group is for **instruction and demonstration** of the Internal Family Systems model. The Saturday group is for **practice** of the model.

We meet for 90 minutes via Zoom video conferencing. After brief introductions, we have a discussion to determine the focus of the practice for the day. The main group of participants divides into smaller groups which are sent to Zoom breakout rooms with at least one facilitator. Facilitators have completed at least one level of IFS-Institute ([www.IFS-Institute.com](http://www.IFS-Institute.com)) training or equivalent. In the last 30 minutes or so, all participants rejoin in the main room for a discussion

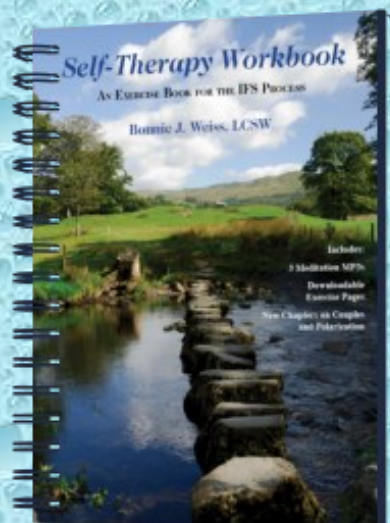
Participants should already have a basic understanding of IFS principles. If you don't have any experience with Internal Family Systems, please visit the IFS website ([IFS-Institute.com](http://IFS-Institute.com)) or visit our Wednesday evening group.

If you decide to become a regular attender, we ask that you purchase your own copy of the Self-Therapy Workbook by Bonnie Weiss. We will use this workbook as a reference and you may be asked to take on home practices from the workbook.

# Parts Work Practice



Saturday's 9-10:30am PST



For more information,  
contact Bill Tierney  
[Bill@BillTierneyCoaching.com](mailto:Bill@BillTierneyCoaching.com)

Or visit  
[www.PartsWorkPractice.com](http://www.PartsWorkPractice.com)