

Parts Work Practice



Wednesday's 5-6:30pm PST

Wednesdays

5:00 PM to 6:30 PM 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

We meet for 90 minutes via Zoom video conferencing. After brief introductions, newer members go to a breakout room for 20 - 25 minutes for an orientation before returning to the main group to participate in the final hour of the session. During this hour, plan to take notes and write down all of your questions. If you decide to return the following week, bring your questions to the next new member orientation.

In the large group we will discuss the practice assignments from the previous week until new members rejoin us. At that time we will shift to either an IFS demonstration or a breakout room discussion. Breakout rooms will be populated by one IFS facilitator and a group of participants. Facilitators have completed at least one level of IFS-Institute (www.IFS-Institute.com) or equivalent training.

If you decide to become a regular participant, we ask that you purchase your own copy of the Self Therapy Workbook by Bonnie Weiss.

For more information,
contact Bill Tierney
Bill@BillTierneyCoaching.com

Or visit
www.PartsWorkPractice.com

