

Sundays

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

We meet for 90 minutes via Zoom video conferencing. After brief introductions, we will have a discussion to determine the focus of the practice for the day. Our focus will be based on the workbook, Self-Therapy by Bonnie Weiss and will give participants an opportunity to practice the exercises that are introduced during the previous Wednesday session. It is not necessary to participate in both Wednesday and Sunday sessions but participants are welcome to do so.

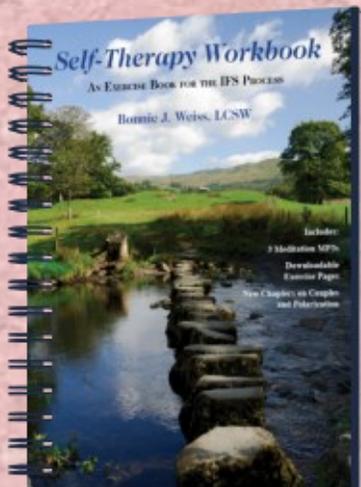
Two of the group coleaders will demonstrate the exercise for up to 15 minutes before all participants will go to breakout rooms where one of the coleaders will facilitate the exercise with up to two participants. Facilitators have completed at least one level of IFS-Institute (www.IFS-Institute.com) training or equivalent. After 40 minutes in the breakout room, all participants will return to the main room for Q&A and processing before the session ends.

Participants should already have a basic understanding of IFS principles. Those who are not already familiar with the Internal Family Systems model are welcome to observe until they feel comfortable participating in the practices.

Parts Work Practice



Sunday's 9-10:30am PST



For more information,
contact Bill Tierney
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Or visit
www.PartsWorkPractice.com