



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. It is not an IFS sponsored or endorsed group and is not intended to replace IFS training.

In this no-cost practice group, we discuss, demonstrate, and facilitate practice of the teachings and exercises of the Self-Therapy Workbook by Bonnie Weiss to assist participants in the understanding and practice of Self-Therapy for their own personal development.

Each week you will be asked to read portions of the workbook or practice the exercises between sessions.

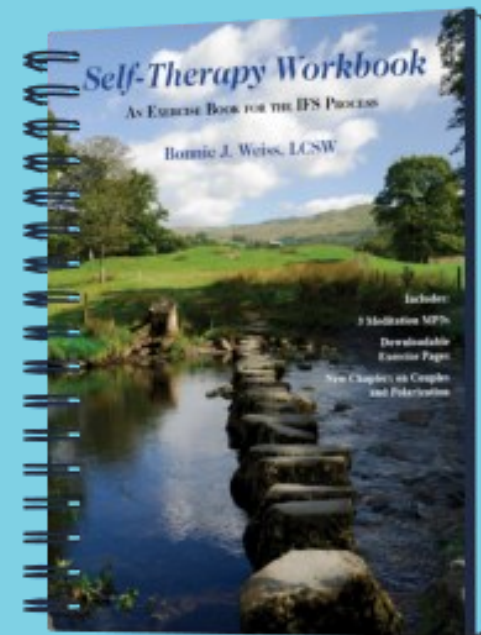
What you can expect

We meet for 90 minutes via Zoom video conferencing.

One of the coleaders will guide us in a Parts Check-in meditation. We will then shift to a demonstration of one of the exercises in the Self-Therapy Workbook by Bonnie Weiss. From time to time we may practice other exercises not found in the workbook.

We usually go into Breakout rooms of participants who wish to practice the exercise. After breakout rooms, we will gather again in the main room for discussion.

Before joining us for the first time, please read Chapter 1 of the Self-Therapy Workbook with the permission of author, Bonnie Weiss. If you decide to become a regular attender, we suggest you purchase a copy of the Self Therapy Workbook by Bonnie



When we meet

⇒ **Wednesdays from 5:00 PM to 6:30 Pacific**

Zoom Meeting ID 975 6076 9998 Passcode 050620

⇒ **Sundays from 9:00 AM to 10:30 Pacific**

Zoom Meeting ID 967 7308 6386 Passcode 050620

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