

## Parts Work Practice Disclosure

Our purpose is to help participants learn how to use the IFS model on their own or with practice partners. Unlike most therapy models, IFS is accessible to everyone who takes the time to learn it and apply it. However, there are aspects of the model which we believe should be facilitated by a trained professional. So, for help facilitating a session with your internal family and when it comes time to unburden exiles, we recommend that you secure the support of an IFS trained therapist or practitioner.

In this group, we demonstrate how to use the IFS model when you are alone and want to get to know your parts. We will also demonstrate how to work with a practice partner. It might be a good idea to find someone to practice the model with if you aren't working with an IFS trained therapist or practitioner.

Please assess your own needs and expectations as you come into each session. During Parts Work Practice, **you can expect** to learn more about how to work with your own internal family system, and to be joined by a group of IFS enthusiasts as we practice and discuss the IFS model.

During Parts Work Practice, **you should not expect** to be told what to do or to use the group as therapy or crisis management. If you are in crisis, or may be a danger to yourself or others, please leave the session and make an emergency call now. This group is not intended to provide sufficient support for you at this time.

If you are in need of IFS sessions, please go to [IFS-Institute.com](https://www.ifs-institute.com) for a list of IFS trained therapists and practitioners. Participants who attempt to use Parts Work Practice sessions for therapy or crisis management may be asked to leave the meeting.

Internal Family Systems and IFS are trademarks of the IFS Institute. Parts Work Practice is not affiliated with the IFS Institute. The guidance and opinions of the CoLeaders and Practice Assistants may not always reflect the views or policies of the IFS Institute. Parts Work Practice is not intended as training for the IFS model. For all IFS endorsed training, please go to [IFS-Institute.com](https://www.ifs-institute.com).

A link for the PDF of this disclosure has been posted in Chat. If, after reading this disclosure, or at any time during this session you don't believe this group is right for you, please feel free to leave the session.

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