

# IFS – More than just the Model

(the interventions of IFS are secondary to the Self of the therapist)

## Person

*(of the Therapist/Practitioner)*

- Has deeply been with their own parts and experiences so can be with all of clients experience and parts - 'you can only take a person to the places you've been yourself'
- Knows own parts intimately and has on going relationship with own parts
- Parts trust the Self
- Having done their own work has an embodied sense of the Model
- Has perspective of Process primary to Protocol secondary

## Process

- Staying with the person
- Quality of the attention offered (8 C's)
- Attunement/Tracking: Accurate empathy, what is here, 'I'm getting it', waiting, silences, sitting with not knowing until it becomes apparent
- Trusting the persons system to know the way - in the moment to moment experience and more broadly
- Continual Hope Merchant – offering a different way through and of healing
- Valuing all parts as having positive intention – even the most destructive.
- Noticing our parts and returning to Self leadership

## Protocol

- Invitation to listen inwards
- Hearing from parts
- Differentiation/Invitation to unblend
- Building Self to Part relationship
- Negotiating with Protectors
- Witnessing
- Unburdening
- Integration
- Ongoing Self to part relationship in unburdened system