



Bonnie Weiss: Internal Family Systems Therapy



Bonnie Weiss, M.A., LCSW, is an Internal Family Systems clinician, teacher, and supervisor. She has taught classes and workshops on the Internal Family Systems Model, working with the Inner Critic, Beyond Eating, and developing self-esteem. Explore how to unlock the creative self through the Internal Family System Therapy model.

TOP EMBODIMENT TIP: Observe the parts and return to a natural state of flow.

Internal Family Systems Therapy, or IFS: **A User-Friendly Tool To Become Your Own Healing Agent.**

- This therapy model was developed by Richard Schwartz.
- IFS is based on the idea that we are all made up of a combination of different parts.
- IFS can be used as a tool for personal growth, to resolve deep trauma, and reach higher levels of consciousness.

The Parts: **Each Part Is Like A Little Person With Us.**

- **The Protectors:** The internal defense system. The Protectors manage our expectations and interactions with the world. They can act as the inner-critic, the people-pleaser, or the judgemental aspect within us.
- **The Exiles:** The wounded child parts. They carry pain, negative beliefs, shame, guilt, or fear. The Exiles are the parts that want to be seen and healed.
- The parts are formed in childhood and are carried within through each new experience.
- It is important to note that each part always has a positive intention.

Somatic Profile: **We Carry Each Part In Our Bodies.**

- The characteristics of each of our parts can be seen in how we hold our bodies.
- We retract, or contract, when we are being hard on ourselves, and expand when we practice self-compassion.
- By paying attention to the parts that are causing these reactions, we can shift them.

Goals of Internal Family Systems: **Create A System of Balance.**

- Transform each part so it can find its natural and healthy role, and return to the natural sense of flow, creativity, and trust.
- Heal the pain from the past.
- Encourage the parts to trust the Self to lead.

Resources:

- ❖ **Courses:** personal-growth-programs.com/ifs-courses/schedule
- ❖ **Website:** personal-growth-programs.com



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients.

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UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](#) for details!**