



Alanis Morissette & Richard Schwartz: Interview on The Internal Family System



Discover the intriguing world of the Self and the inner-parts with the Internal Family Systems with Alanis and Richard, with an intimate session of the Internal Family Systems

TOP EMBODIMENT TIP: Have yourSelf meet, befriend and get to know your inner parts as family members.

Alanis Morissette: singer, songwriter, record producer, actress. She recorded a series of podcasts as ‘Conversations with Alanis Morissette’ with different teachers, authors and leaders all with an eye toward healing, wholeness and recovery.

- IFS brings an integrative, useful and accessible way of **embodying the family of inner parts and the Self**.
- The internal parts have a habit of behaving in a way that feels like it is the Self leading, when it is actually a parentified inner part. A quick way to identify if it is the Self in the ‘drivers’ seat’, is to do a bodyscan to sense if there is tension or unrest, and to check if there is a tendency to manipulate, hide or control. If there is something other than a sense of calmness, curiosity, creativity and the feeling of being centered, there is an internal part taking the lead.
- **Connecting with your partner to get an understanding of each others’ internal parts** deepens the bond helps to communicate with each other from the Self and to recognize when to take a break in conflictual situations because inner parts have taken over the steering wheel.
- **“The only thing not subject to dualism is your innate goodness”**.

Richard Schwartz: Author, speaker, and therapist and Founder of Internal Family Systems (IFS), which focuses on the clients’ relationship with the Self and the various parts within themselves.

- **Learning about the relationships between the Self and the system of the inner parts** formed the basics of IFS.
- IFS helps change our relationship with and listen to the internal parts such as the Inner-Critic.
- Internal parts have wonderful qualities and can help us thrive, but trauma:
 - Forces them out of their natural valuable state into roles that are destructive;
 - Freezes them in time.
 - Has them carry the burden of extreme beliefs and emotions.
 - Has them disembody and mistrust the Self
- Beneath the surface of these protective- and exile parts is this state we call Self and the degree to which you're embodied the Self in your body, is the degree to which your Self can lead.
- **In communicating with your partner it is helpful to learn how to have the Self share what the inner parts are responding to** and what they feel, so the inner parts are heard and acknowledged and feel less urged to take over the wheel from the Self.

Resources

- ❖ **Books:** *No Bad Parts, Internal Family Systems Therapy 2ed. (PhD. R.C. Schwartz)*
- ❖ **References:** *The Dark Side of the Light Chasers (Debbie Ford)*



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