



Family Service Agency of the Central Coast
Serving Monterey, Santa Cruz and San Benito Counties

How IFS Understands and Works with Shame

Richard Schwartz, Ph.D.

Saturday, February 17, 2018 8:00 a.m. to 3:30 p.m.
Seacliff Inn 7500 Old Dominion Court Aptos, Ca

FSA is approved by the California Psychological Association to provide continuing professional education for psychologists. Family Service Agency maintains responsibility for this program and its contents. The Board of Behavioral Science (BBS) now recognizes CPA Continuing Education Credit for license renewal for LCSWs and PhDs. FSA maintains responsibility for this program and its content.

Description

Shame underlies everything from depression to addictions and its tenacity can be frustrating for the client and therapist alike. IFS offers a non-pathologizing way that emotions can be expelled from the clients system releasing their natural self-acceptance and love. Not only do clients feel better about themselves but their shame based symptoms remit.

Learning Objectives

1. Participants will learn how to help a client expel negative beliefs and emotions.
2. Participants will understand how to deal with underlying shame in working with clients.
3. Participants will learn how to help clients feel better about themselves, in turn helping their shame-based symptoms remit.
4. Participants will learn about IFS and its way of understanding shame.
5. Participants will understand shame as a burden that parts carry and can unburden.

Presenter

Richard Schwartz began his career as a Systemic Family Therapist and an academic at the University of Illinois and at Northwestern University. Grounded in Systems thinking, Dr. Schwartz developed the Internal Family Systems model (IFS) in response to clients' descriptions of various parts within themselves. In 2000, he founded the Center for Self-Leadership which offers three levels of trainings and workshops in IFS for professionals and the general public, both in this country and abroad. A featured speaker at national, professional organizations, Dr. Schwartz has published five books and over fifty articles about Internal Family Systems.