



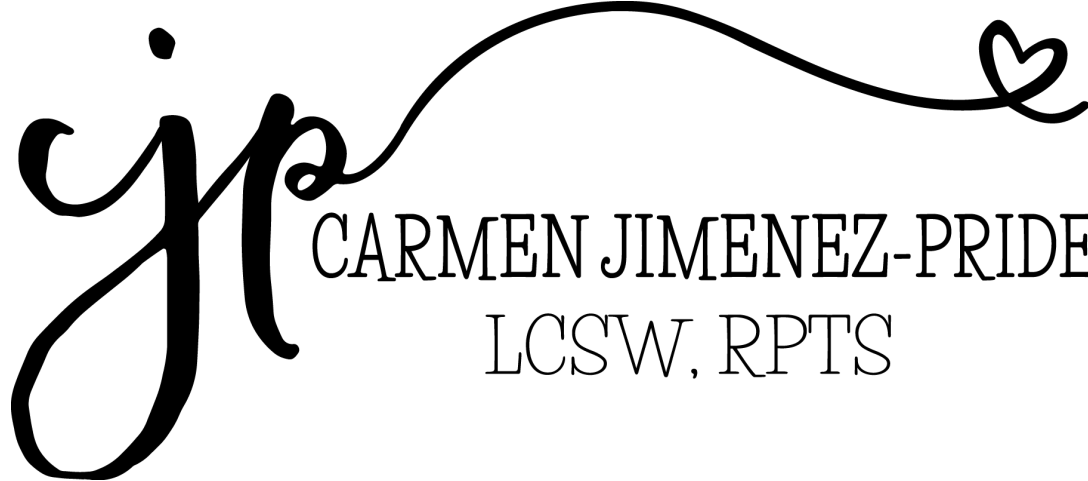
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# Healing Trauma within Diverse Populations using Internal Family Systems

2020 PLAY THERAPY MINI MASTER CLASS SERIES

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### Therapeutic Powers of Play

- Facilitates Communication
  - Self Expression
  - Access to the Unconscious
  - Direct Teaching
- Fosters Emotional Wellness
  - Catharsis
  - Abreaction
  - Positive Emotions
  - Counterconditioning Fears
  - Stress Inoculation
  - Stress Management
- Enhances Social Relationships
  - Therapeutic Relationships
  - Attachment
  - Social Competence
  - Empathy
- Increases Personal Strengths
  - Creative Problem Solving
  - Resiliency
  - Moral Development
  - Accelerated Psychological Development
  - Self-Regulation
  - Self-Esteem

### Therapeutic Powers of Play and IFS

- Facilitates Communication
  - Self Expression
  - Access to the Unconscious
- Fosters Emotional Wellness
  - Counterconditioning Fears
  - Stress management
- Enhances Social Relationships
  - Therapeutic Relationships
  - Empathy
- Increases Personal Strengths
  - Self-Regulation
  - Self-Esteem



## Assumptions

- The mind is divided into sub-personalities referred to as "Parts"
- Everyone has a Self. Self can and should lead the individual's internal system
- Intentions of each part is something positive for the individual
- All parts are welcome! (There is no bad parts)
- Therapy is not to eliminate parts but to make go away but help them find their non-extreme role
- Changes in the internal system will effect changes int eh external system

## Goals of IFS Therapy

- To achieve balance and harmony within the internal system.
- Help parts to release their burdens.
- Help part find their role within the system.
- Find self, and become self-lead.
- External systems have more self energy.

# Key Concepts

- Internal Family Systems ~ IFS
- Trailhead~ An experience or a difficulty in your life that will lead to interesting parts if you follow it.
- Parts ~ Internal sub-personalities who have a full range of feelings, thoughts, physical sensations, and beliefs
- Parts Activation~ Parts are activated when extreme feelings or beliefs are triggered by a situation or person.
- Target Part~ The part that you are currently focus on on or working with.
- Protectors~ Parts that work to keep pain away
- Exiles~ Burdens of the wounds of the past, painful emotions and are isolated from the conscious self
- Burdens~ Painful beliefs and feelings that parts take on and carry
- Exiles~ Burdens, the wounds of the past, painful, emotions and are isolated from the conscious self.
  - Usually are younger parts
  - created because they were not allowed to feel or experience discomfort during a trauma.
  - Protectors keep exiles out of the consciousness.
  - All protectors must give permission to work with an exile.
  - Exiles want to be heard and they want to heal.
  - They work to get attention to get healed.
- Managers~ Protective parts with the goal to maintaining stability
- Firefighters~ Protective parts that responds in a reactive way when exiles are upset
- Blended Parts~ The part is leading not self.
  - Un-blending parts
    - Creating space between you and the target part.
    - Gaining cooperation with the part to create emotional space to be in line with the part.
    - who sits at the head of the table
- Self~ The healthy, wise and compassionate presence in all people



## 8 C's of Self Leadership

- Calm
  - Physical calmness, calm presence
- Curiosity
  - Curious about why people do what they do instead of being upset
- Compassion
  - See behind parts
- Confidence
  - Still see yourself as good even if people are upset with you
- Courage
  - Speaking for parts
- Clarity
  - Clear view of the situation
- Connectedness
  - Maintain connection with all parts
- Creativity
  - Parts expressing themselves unencumbered by burdens of fear, worthlessness, or shame

## 5Ps of Self

- Patience
- Perseverance
- Presence
- Perspective
- Playfulness

# 6 F's

- Find
  - Find the part in or around the body
    - How are you aware of the part
    - Do you notice it in or around your body
    - how do you notice the part
- Focus
  - Focus on the part
    - Is it ok to focus your attention on the part
    - How are you aware of the part
- Flesh
  - Flesh it out
    - What else do you notice as you focus on this part
    - Is there an image of the part
- Feel (accessing the 8 C's)
  - Find out how the consumer feels towards it
    - How do you feel towards the part
- Friend
  - Facilitate a relationship
    - Extend any of the 8 C's towards the part
- Fear **\*\* STOP IF YOU ARE NOT FULLY TRAINED ~ YOU MAY REACH AN EXILE\*\***
  - Find out the fears of the part (addressing the trauma)
    - Ask the part what it's hoping to accomplish by doing it's job
    - What would happen if it stop doing the job
    - Is there a way to make your job easier



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## Introducing IFS to Children

- Help the child develop understanding of parts
- Help child understand that everyone has parts
- Holding space for children to identify and explore their parts
- Body work

## Challenges with Using IFS

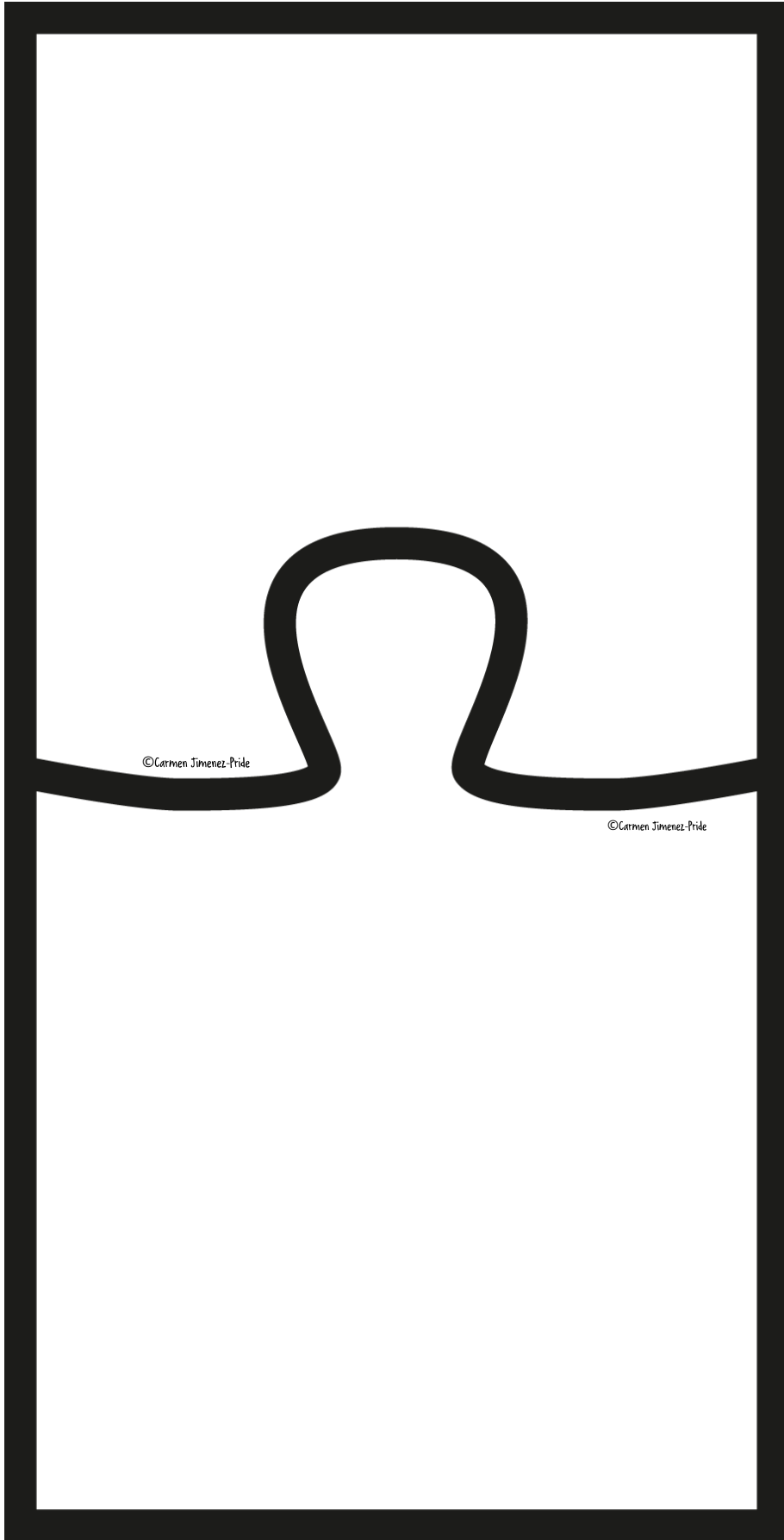
- The narrative used within the child's household
- Parents not on board with therapy or parts work
- Limited language of trauma
- Children view of self
- Overworked firefighters



# 6 F's in the Sandtray

- Find
  - Give a sandtray directive
  - Allow the client to create what is coming up for them after meditation
- Focus
  - Spend time with the tray
- Flesh
  - Focus on the part of the tray that gives the most energy
  - Identify the target part
- Feel (accessing the 8 C's)
  - Feelings towards
  - feelings about
  - connection to the 8 C's
- Friend (may occur outside of the tray)
  - Facilitate a relationship
  - Identify the current relationship
  - make goals of how the relationship should look
    - Extend any of the 8 C's towards the part
- Fear \*\* STOP IF YOU ARE NOT FULLY TRAINED ~ YOU MAY REACH AN EXILE\*\*
  - find out the fear of the part
  - counterconditioning fears

# My Part



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