6-Night Internal Family Systems (IFS) Therapy Cruise: Clinical, Must-Have Techniques for Trauma, Anxiety, Grief & More

May 3 – May 9, 2027 · From Los Angeles, CA

Objectives

1. Analyze the fundamental principles of Internal Family Systems (IFS).
2. Evaluate the characteristics of Self and its role in the internal system of the client.
3. Examine the impact that the three types of parts have on the client's internal system.
4. Interpret clinical symptoms through the lens of IFS.
5. Apply the principles of IFS to working with anxious parts to reduce their impact on clients' daily lives.
6. Implement self-leadership techniques to provide a sense of inner stability and support for grieving clients.
7. Utilize the 6 F's protocol (Find, Focus, Flesh out, Feel toward, beFriend, Fear) to facilitate communication between clients and their protective parts.
8. Apply IFS techniques to help clients release the charge from traumatic memories stored in the body.
9. Integrate IFS principles with EMDR and Self Tapping for Attachment Readiness and Repair (STARR®).
10. Analyze how intergenerational trauma, legacy burdens, and collective trauma manifest in clients' internal systems.
11. Assess personal countertransference reactions and therapist parts that emerge during IFS work.
12. Examine common therapist missteps in IFS when working with trauma, grief, and anxiety presentations.