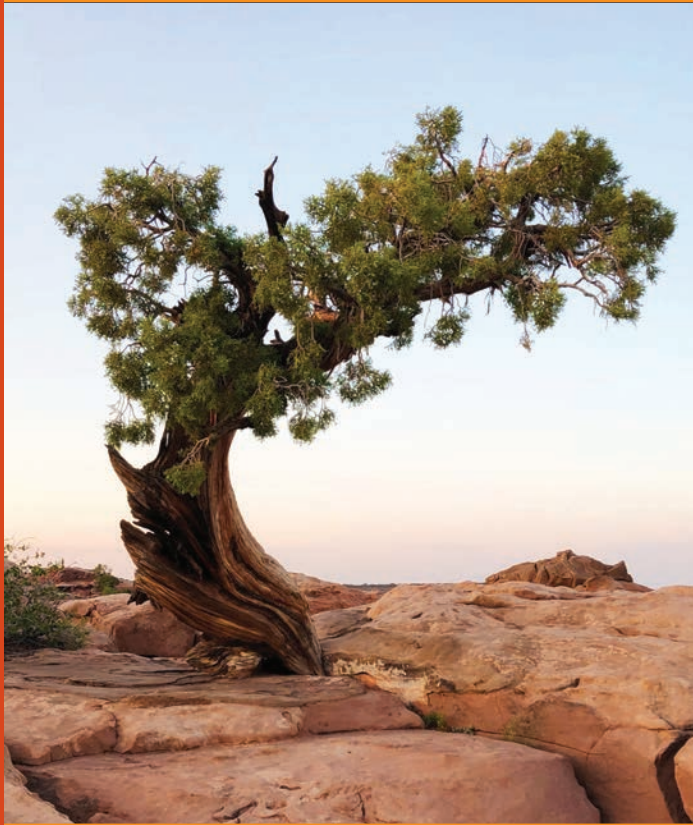


INTERNAL FAMILY SYSTEMS INTEGRATION PRACTICE GROUP

For Level 1–Trained Therapists & Coaches



OFFERING:

- Small group (max 6 people) hands-on learning for Level 1–trained therapists and practitioners
- Structured practice time tailored to you with feedback focused on supporting your integration of the model
- Gain ease and flow in your practice developing Self connection and trust with your parts
- Continue in IFS community, where you can geek out on all things parts and rejuvenate through shared Self and parts
- Review common stuck places and learn techniques for finding your way

DETAILS

TIME: Eight total sessions, each 1.5 hours, every other week, over the span of 15 weeks.

COST: \$37/session = \$296 for 8 sessions, payment in advance.

SESSION STRUCTURE: 6 practice session and 2 experiential sessions.

PRACTICE SESSIONS DETAILS: 6 practice sessions for triad practice and feedback. Triads include roles for “therapist,” “client,” and observer.

EXPERIENTIAL SESSIONS DETAILS: Group instruction and one-on-one breakout group practice. 2 experiential sessions total. Topics TBD based on class needs and interests.

REGISTER

Email **Anne** or **Kara** to register by Friday, February 7, or complete the **Contact form** at **Anne’s site**.

IFS INTEGRATION PRACTICE GROUP *For Level 1–Trained Therapists & Coaches*

DATES: CHOOSE ONE

• Every other Tuesday, 11:30 am to 1 pm PST, starting February 11, 2025

OR

• Every other Friday, 10:30 am to 12 noon PST, starting February 14, 2025

REGISTER

Email **Anne** or **Kara** to register by Friday, February 7, or complete the **Contact form** at **Anne's site**.

FACILITATORS

ANNE ALFTINE: I am excited to connect with you! Internal Family Systems has been a gift for me in my life, healing longstanding painful patterns and transforming how I am in relationship, how I parent, and how I contribute to healing in the world. It is my passion to work with individuals as we “walk each other home” (as Ram Dass says) learning and healing together.



ANNE ALFTINE

Healing through Self discovery

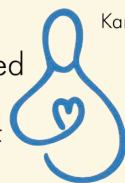


My experiences as a married bi cis white female with two young adult kids who live with mental health challenges have been an essential part of my learning, and I bring this in addition to formal training to my offerings. I started my career in 1998 as an internal medicine physician and healthcare consultant. Since 2003, I have engaged in personal growth work and spiritual practice using modalities such as personal, couples, and family therapy; Sufi spiritual practices and groups; Nonviolent Communication (NVC); mindfulness meditation; yoga; and breathwork.

My practitioner training includes Internal Family Systems (IFS), with my Level 2 training focused on Deepening into IFS and SAD: Shame, Anxiety, and Depression. I am a certified Trauma Recovery Practitioner, integrating teaching from Bessel van der Kolk, Dan Siegel, Deb Dana, Gabor Maté, and others. Frances Weller's grief work informs my practice as well. Visit AnneAlftine.com for more details.

KARA STELLA: I have been engaged in personal development and studying and practicing mindfulness since 1990. My first career was as an American Sign Language interpreter and national park ranger, which involved being a professional speaker, trainer, and coach for 25 years. A weeklong retreat with Dick Schwartz and 10 years of weekly IFS therapy for my own trauma healing inspired me to get trained and provide support for others! Now I am a Level 1–trained IFS Coach through Embodied Self Coaching. I provide IFS and Nonviolent Communication coaching and training as well as facilitation for climate grief work through the Work That Reconnects. I am currently taking Level 2, Intimacy from the Inside Out (IFIO). Other influences include Thomas Hübl, Pema Chodron, Dan Siegel, and somatic practices such as Vipassana meditation and Somatic Experiencing. For details, visit Kara's website at EmbodiedSelfCoaching.com.

Embodied
Self
Coaching



Kara Stella

