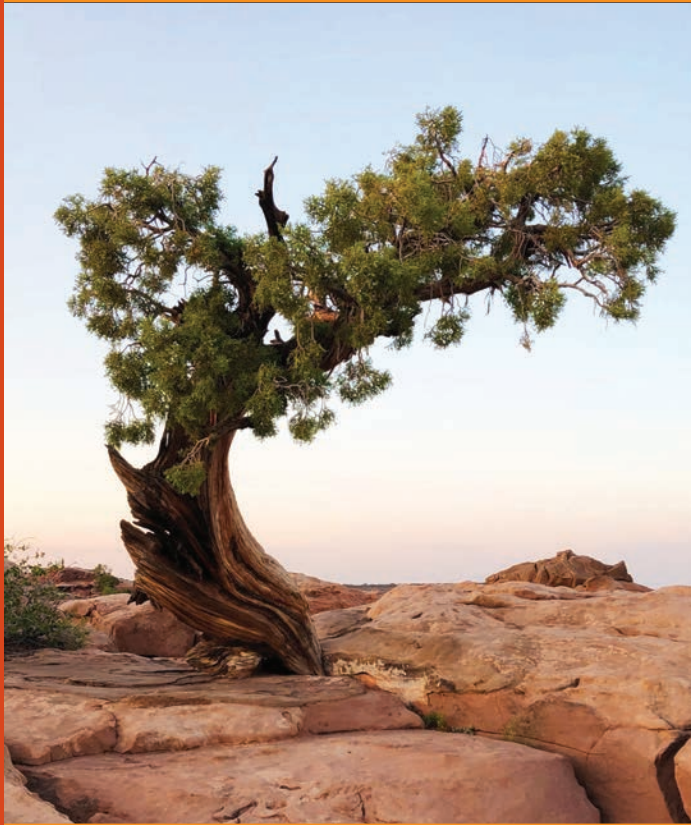


INTERNAL FAMILY SYSTEMS INTEGRATION PRACTICE GROUP

For Level 1–Trained (or Equivalent) Therapists & Coaches



OFFERING:

- Small group (max 6 people) hands-on learning for IFS–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: 8 weekly sessions, each 1.5 hours over 8 weeks.

COST: \$400–450, payment in advance. Please contact us if you have financial need.

SESSION STRUCTURE: 6 practice session and 2 experiential sessions.

PRACTICE SESSIONS DETAILS: Each practice session will have time for triad practice, feedback, and group integration. Triads include roles for “therapist,” “client,” and observer.

EXPERIENTIAL SESSIONS DETAILS: Group instruction, Q&A, and one-on-one break-out group practice. 2 experiential sessions total. Topics TBD based on class needs and interests.

REGISTER

Email **Anne** or **Kara** to register by Friday, January 16, or complete the **Contact form** at **Anne’s site**.

IFS INTEGRATION PRACTICE GROUP *For ISF-Trained Therapists & Coaches*

DATES: CHOOSE ONE

• Wednesdays, 10–11:30 pm PST (1–2:30 pm EST), starting January 28, 2026

OR

• Fridays, 10:30 am–12 noon or PST (1:30–3 pm EST), starting January 23, 2026

REGISTER

Email **Anne** or **Kara** to register by Friday, January 16, 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.

Since 2019, my practitioner training includes Internal Family Systems (IFS), now with three Level 2 trainings focused on Shame, Anxiety, and Depression; IFS and the Neglected System; and Legacy and Cultural Unburdening. I am a certified trauma care 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 am a white, neuro-spicy, queer, cis female (she/they) who has done significant healing from CPTSD. I have been engaged in personal development with ten+ years of therapy. I have been 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! 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 trained in 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 **EmbodiedSelfCoaching.com**.

Embodied
Self
Coaching

Kara Stella

