
CHILDREN AT RISK: INTERNAL FAMILY SYSTEMS, AN INNOVATIVE APPROACH

Using the Lens of Internal Family Systems to Identify Children at Risk and the Hidden Resources within the child and the family. The Focus is on Resources and Resiliency not “The Problem”



THE 4 BASIC PRINCIPLES OF IFS

All Parts Are Welcome! All Parts Have Positive Intension! SELF is Always Present
When Parts Act Out the Behavior is sometimes not healthy, hopeful, or harmonizing in the system.



**Video Introductions to seeing and being seen,
and the Self in all of us**

<https://m.youtube.com/watch?v=f7XhrXUoD6U>

<https://youtu.be/BZS5Om6rGMQ>

Basic Assumptions of The IFS Model

1. Everyone has a Self a core part of their being that is resourceful, resilient, and redemptive
 2. Everyone has a multiplicity of parts that are inherent or formed by experiences, thoughts and feelings. They have positive intention, but can be stimulated or directed by false beliefs, burdens, or fears.
 3. All parts need to be heard and cared for within the internal system of the mind, and when attended to by the caring, curious, and compassionate. Self can be released of their burdens that promote “acting out behaviors” and “internalized self deprecation”
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THE GOALS OF Internal Family Systems THERAPY

To Achieve Balance and Harmony within the internal system

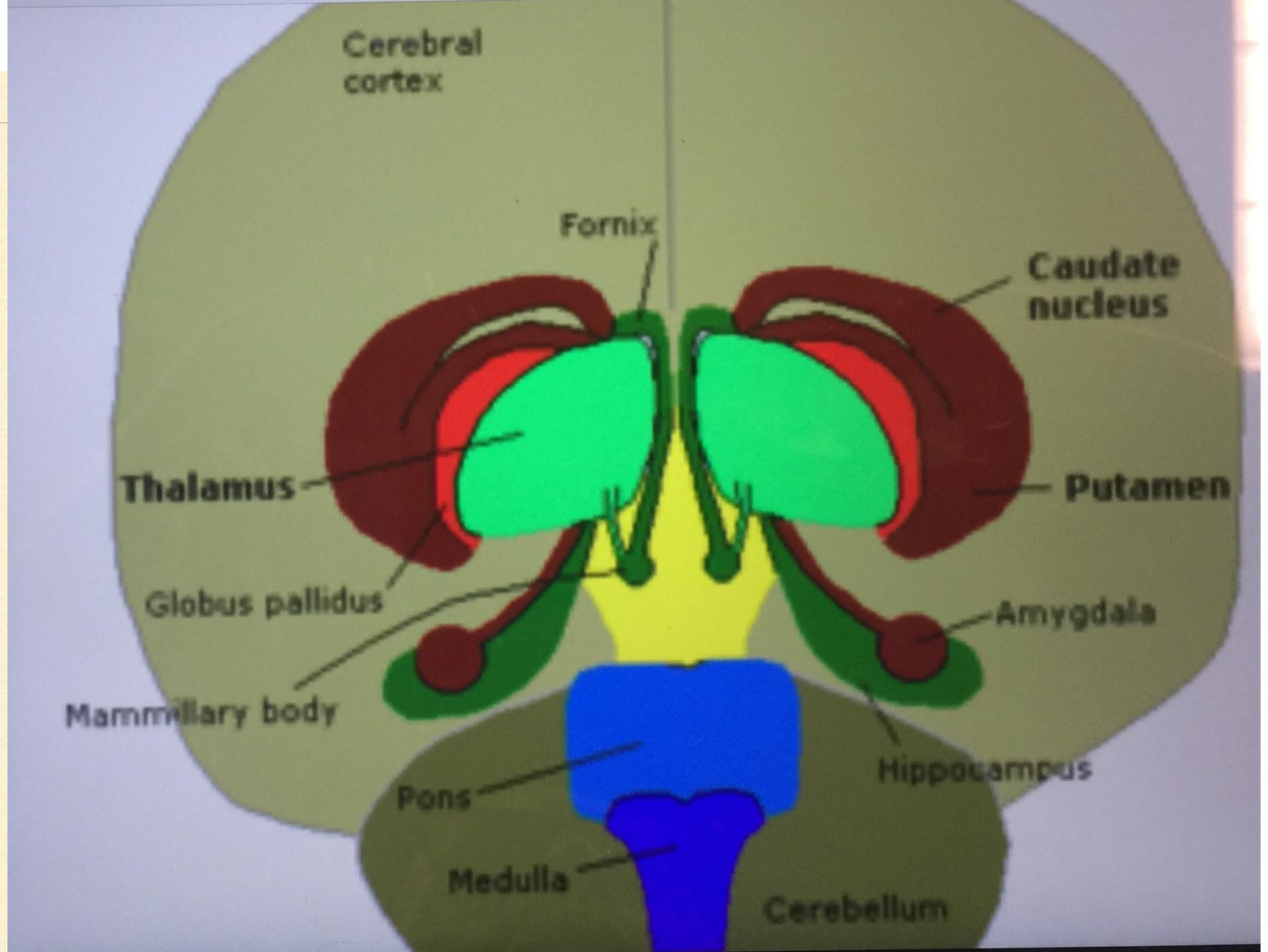
To differentiate and release parts from their burdens (so they can find better roles in the system)

To access Self. (When Self is in the leadership role, respectfulness and responsibility is inherent in the system)

To assist the external systems in having, and using Self Energy (to determine, define, develop and implement positive energy resources and behaviors.)

Balance and Harmony
in the System creates an even flow





ALL THE HELP YOU EVERY NEED YOU ALREADY HAVE TUCKED AWAY IN THE RESOURCES AND RESILIENCY WITHIN AS A THERAPIST AND IT IS INSIDE YOUR CLIENT/SYSTEM AS WELL

- At birth children have a natural sense of and for connections, creativity, calmness, clarity and compassion
 - Through the birth trauma and life experiences children form negative constructs in effect “negative neuro pathways” in the brain threatening natural neuro-plasticity and in the multiplicity of parts confusion and lack of clarity emerges.
 - When we use negative responses to attempt to correct behavior it further frustrates and fragments the internal system of children (and adults)
 - When we invite the system into a positive and multiplicity of parts acceptance system the frustrated and fragmented parts that have formulated negative patterns of behavior relax and return to a experience of inner calmness, release of burdens and beliefs that perpetuate behavior, and embracing of the parts that hold the negative energy that prompt negative behavior.
 - The resource and resiliency of the Self in the Inner System is key to shifting the system to balance and harmony, connectivity rather than restraint, and resiliency and resourcefulness within.
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- Everything I ever needed to know I learned in Kindergarten
 - "everything I ever need I already know, I just do not know that I know"
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NOTES FROM LIVE DEMO OF CHILD'S INNER SYSTEM

REview:

The therapist is not the wise one but the one who can help the child, youth, family to release the “power and energy of the Self in the System”.

IFS is **Innovative**, **Inspirational** of hope living within, and **Intentional** in releasing positive energy within the client in a way that unites “strength perspective” and “ self-determination” hallmarks of the clinical social work orientation and family systems thinking.

The workshop will end with a Q&A.

Possible Dyads or Triads for Personal Experience:

1. Split up into dyads to discuss the presentation and how you might see it impacting your work with clients and client systems”.
 2. Divide the attendees into triads and allow them to interview each other using the focus of discerning, defining and un-blending the multiple parts that may assist the helper and the parts that might hinder. Directive parts tend to produce negative reactive responses. Proactively always creates more positive responses. **Illustration:** telling some one to “just stop it” often produces active or passive resistance eg. Say nothing or say “make me”. A conjoint response like, “So if there was a part inside of you who could show or tell me what is going in inside of you what would that part say? And if it really believed that I would listen and respond in a way that that part feels heard what would it say.
 3. *Do an impromptu demo using an attendee who would be willing to preset an issue from the therapist or model a difficult client*
 4. The workshop will end with a Q&A.
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“He blends the heart of a pastor with the training of a therapist”