

# IFS GROUP THERAPY

BY FAMILY HEALTH CONNECTIONS PTY LTD



Welcome! We're so pleased you are here. Thank you for showing an interest in joining our IFS group therapy program via Zoom.

Internal Family Systems is a powerfully transformative, non-pathologizing, evidence-based model of psychotherapy. IFS views the mind as naturally multiple and that is a good thing. Our inner parts contain valuable qualities and our core Self knows how to heal, allowing us to become integrated and whole.

*In IFS all parts are welcome.*

**IFS is a movement.  
A new, empowering  
paradigm for understanding  
and harmonising the mind  
and thereby, larger human  
systems and communities.**

**ONE THAT CAN HELP PEOPLE HEAL AND  
HELP THE WORLD BECOME A MORE  
COMPASSIONATE PLACE.**

Sessions run weekly for two hours each Thursday (12pm to 2pm QLD time) for a total of ten weeks. Contact us at [clinicalpsych@tcps.net.au](mailto:clinicalpsych@tcps.net.au) for current dates and flyer

## OUR INTENTION

Our aim in setting up this group is to provide a space focusing specifically on the principles of Internal Family Systems. Our intention is to allow people to become more familiar with the Model and to learn how to use it in their lives on a day-to-day basis. We recommend that you are engaged with a GP or other health professional as part of your support team. We also support your own individual IFS therapy prior to or in conjunction with your involvement in this group.

Have a chat with your IFS therapist.

The cost will be: *Introductory offer for 2022. Prices may be subject to change*

\$120 per two-hour session. This equates to \$60 per hour for access to two experienced IFS therapists.

A total of \$1,200 for the ten week course can be paid in two instalments of \$600 each.

- The first instalment is due 6 weeks before the course starts
- The second instalment is due 4 weeks before the course starts

*"Within each of us is a complex family of sub-personalities, which I call parts. These parts are the reason we can simultaneously have so many contradictory and confusing needs."*

*– Richard Schwartz*



The content will be exclusively based on IFS principles and will include but not necessarily be limited to:

- Introduction to, and basic assumptions of, the Internal Family Systems Model
- The role of parts including Managers, Firefighters and Exiles
- The important role of Self Energy and the qualities of Self Leadership
- Strategies for accessing more Self Energy
- Getting to know your parts using the 6 F's
- Mapping your parts
- Unblending from your parts
- Learning to speak *for* your parts rather than *from* them
- Externalising your parts
- Recognising and working with 'polarisations'
- How emotional burdens are created and carried by parts
- The features of an unburdened system

Each week will be accompanied by readings which you can read before the group and there will be opportunities at the end of each session for further work to consolidate the gains you have made in session.



## Group Facilitators

Dr Shaun Dempsey is a Clinical Psychologist in private practice, Townsville QLD. He is a certified Internal Family Systems therapist having completed Level 1 in 2017/18, Level 2 in Austin, Texas USA in 2018, and Level 3 with Dick Schwartz in Florida in December 2019. Shaun is on the IFS Institute's international Approved Clinical Consultants list and is the Assistant Editor for the Foundation for Self Leadership's semi-annual publication, the OUTLOOK magazine. He has facilitated the group trauma sessions at the Mater Hospital PTSD program from 2007 to 2015 and has run a weekly men's group since 2014. Shaun has an Honours degree in Psychology, a Masters degree in Clinical Psychology, and a PhD in Psychology and is a member of the Australian Psychological Society and a Fellow of the APS College of Clinical Psychologists. And yes - just in case you were wondering, Kate and I are a married couple.



Kate Dempsey is a Sexologist and Relationship Counsellor in private practice, Townsville QLD. She is an Internal Family Systems therapist having completed Level 1 in 2017/18 and Level 2 IFIO in 2021. She is a trauma-informed IFS and sex therapist who works with adult individuals and groups. In addition to seeing private clients, Kate is an embedded contractor at one of Phoenix Australia's Trauma Recovery Programs as a program facilitator, delivering the 'Sexual Function and PTSD' module which she wrote as part of her Masters study. She has specialised postgraduate qualifications in Human Sexuality having completed a Master of Science in Medicine (HIV, STIs and Sexual Health) Counselling from the University of Sydney and her professional registrations include: Queensland College of Teachers, Australian Counselling Association and Society of Australian Sexologists. She is also a member of the European Society of Sexual Medicine and the International Society of Sexual Medicine.

*"One of the most valuable things we can do to heal one another is listen to each other's stories" – Rebecca Falls*

To secure your place: email [clinicalpsych@tcps.net.au](mailto:clinicalpsych@tcps.net.au)