

IFS GROUP SUPERVISION

BY DR SHAUN DEMPSEY CLINICAL PSYCHOLOGIST



Thank you for your interest in this IFS supervision group via Zoom. My aim in setting up this group is to provide a space for you as a therapist to become more familiar with the principles of IFS in your practice. Additionally, because I am a Certified IFS therapist you will be able to claim a portion of your involvement with the group toward your own certification process as per the current certification guidelines.**

*** Current requirements to obtain IFS certification are provided at the end of this brochure.*

Involvement in this supervision group is also intended to provide therapists with the opportunity to:

- **engage with like-minded therapists;**
- **access support around using the Internal Family Systems model;**
- **contribute to a positive, supportive and encouraging IFS community in Australia.**

**"In learning you will teach and
in teaching you will learn"**
Greg Enriquez

The 2 hour sessions will run one day per month for five months (a total of 10 hours of group supervision)



OVERVIEW

All sessions will be held virtually on Zoom. Registration is for the full five months, no refunds will be made for missed sessions, nor will sessions be recorded so please check the dates carefully.

The dates:

Please contact me for current flyer with current dates:

Dr Shaun Dempsey Clinical Psychologist

E: clinicalpsych@tcps.net.au

M: 0421 034 185

The format:

- groups are closed & will run for 5 sessions in total
- group opens with a meditation & brief check in (15 minutes)
- first case presentation (45 minutes)
- second case presentation (45 minutes)
- general discussion (15 minutes)
- close group

The cost:

\$600 for the five-months paid 4 weeks prior to first session.

Please contact
clinicalpsych@tcps.net.au
Places are limited

"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"

Richard Schwartz

The case presentations will follow the 'Suggested Guidelines for IFS Presentation' as outlined in Appendix K of the IFS Institute Level 1 Training Manual. A copy of this will be provided to participants before the group commences.

The group space will provide an opportunity for therapists of all levels to discuss the case they are presenting and give details of how they might be stuck in using the model. I will provide my own perspective on the cases presented while also drawing on the existing expertise within the group. The groups I have run so far have brought a high level of psychological nuance and sophistication. Sometimes the issues will be around what the client brings to the session, and sometimes the issues will be around what we as therapists bring to the session. The group will aim to be open to both these possibilities. Ultimately the energy of the group will be about connecting, encouraging, and bringing people together.

"Tell me and I forget, show me and I may remember, involve me and I learn."

Benjamin Franklin



Group Facilitator

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.



To secure your place, email Shaun
clinicalpsych@tcps.net.au
places are limited

** Below are the current requirements for supervision to obtain IFS certification. The IFS-I is undergoing a review of the certification process and these guidelines *may* change in the future. Please visit <https://ifs-institute.com/> for current requirements.

Documentation of 30 hours of IFS Continuing Education and IFS Clinical consultation, as noted below:

- 20 hours of IFS clinical consultation (**up to 10 hours of which may be group**); and a minimum of 10 hours of IFS Continuing Education from the list below OR
- 20 hours (or more) of IFS Continuing Education from the list below and 10 hours of IFS clinical consultation (**up to 5 hours of which may be group**).

IFS Continuing Education includes:

- Level 2 Intensive IFS Trainings such as:
 - Deepening and Expanding
 - Intimacy from the Inside Out
 - IFS Trauma and Neuroscience
 - IFS Addiction and Eating Disorders
- Level 2 Multi Topic Trainings
- Level 3 IFS Training
- IFS Retreats focused on Skill building
- IFS Annual Conference (maximum of 10 hrs)
- IFS Workshops taught by Certified IFS Therapists or IFS Trainers
- Participation as Program Assistant in a Level 1, 2 or 3 Training