

## Group Consultation Experience – working with therapist parts

Hi all

In response to requests in 2023, I created a specialised IFS consultation group which is a variation on the IFS group supervision theme but with fewer participants and in particular an opportunity **for therapists to work on their own parts.**

It was so popular, I'm offering the following IFS Group Consultation experience in 2024:

- Monthly sessions for 90 minutes per session
- seven sessions in total (group will be capped at 7 participants)
- Sessions will take place on the as per dates below:
  - o Friday 2<sup>nd</sup> February 2024 – 1pm to 2.30pm QLD time
  - o Friday 1<sup>st</sup> March 2024 – 1pm to 2.30pm QLD time
  - o Friday 22<sup>nd</sup> March 2024 – 1pm to 2.30pm QLD time
  - o Friday 19<sup>th</sup> April 2024 – 1pm to 2.30pm QLD time
  - o Friday 17<sup>th</sup> May 2024 – 1pm to 2.30pm QLD time
  - o Friday 14<sup>th</sup> June 2024 – 1pm to 2.30pm QLD time
  - o Friday 12<sup>th</sup> July 2024 – 1pm to 2.30pm QLD time
- **Payment of \$850 due two weeks before first session**

My aim in setting up this group is to provide a space for you as a therapist to work on the typical therapist parts that may come up when engaging with clients. Examples include parts that may feel:

- Anxious
- Stuck or impatient
- Not good enough as a therapist
- Frustrated at a perceived lack of progress
- Moments of Self-doubt
- Times of being overwhelmed
- Over-responsible
- Judgmental
- They want to help at all costs

It is anticipated that working through our own therapist parts will help consolidate and deepen our understanding of the principles of IFS in our practice. Additionally, **because I am a Certified IFS therapist and an IFS-I Approved Clinical Consultant you may be able to claim a portion of your involvement with the group toward your own certification process. If this is part of your motivation for joining the group – please check the IFS-I guidelines for certification which have changed recently.** 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 IFS model; and contribute to the establishment of a positive, supportive, and encouraging IFS community in Australia.

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

- The group will be closed and will run for 7 months in total – one 90 minute session per month

- 1pm - open group with a meditation and brief check in (15 minutes)
- 1.15pm - case presentation (15 minutes)
- 1.30pm - working on your own therapist parts that come up (30 minutes)
- 2pm - facilitated group discussion (30 minutes)
- 2.30pm - close group
- Each therapist will have one opportunity to present a case and receive consultation. But much rich learning is available in the weeks where therapists hold space and provide clinical expertise and Self energy for the therapist who is presenting.

The group will use the 'Suggested Guidelines for IFS Presentation' as outlined in Appendix K of the IFS Manual. A copy of this will be provided to participants before the group commences.

The group will be facilitated by:

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.** 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.



Email me at [clinicalpsych@tcps.net.au](mailto:clinicalpsych@tcps.net.au) in the first instance to express an interest and secure your place.

I thank you for your interest and look forward to the prospect of working with you

Kind regards - Shaun