

Hi all

Many of you have asked about my IFS supervision group dates for next year. This document outlines dates for the next group to commence in February 2024.

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 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.

The sessions will run on **the dates below**. 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**:

1. Friday 2nd February, 2024, 9am to 11am (QLD time)
2. Friday 1st March, 2024, 9am to 11am (QLD time)
3. Friday 22nd March, 2024, 9am to 11am (QLD time)
4. Friday 19th April, 2024, 9am to 11am (QLD time)
5. Friday 17th May, 2024, 9am to 11am (QLD time)

The format will be as follows:

- The group will be closed and will run for 5 months in total – one 2 hour session per month (two sessions in March due to Good Friday and school holidays)
- 9am – open group with a meditation and brief check in (15 minutes)
- 9.15am– first 45-minute case presentation
- 10am – second 45-minute case presentation
- 10.45am – general discussion
- 11am – close group

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 provide an opportunity for therapists 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 drawing heavily on the existing expertise in the group. Sometimes the issues are around what the client brings to the session, and sometimes the issues are around what we as therapists bring to the session and the group will aim to be open to both those possibilities. Ultimately the energy of the group will be about connecting, encouraging, and bringing people together.

The cost will be:

\$600 for the five-weeks paid in full two weeks before commencement.

Please contact me at clinicalpsych@tcps.net.au to express your interest.

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.

