

## Internal Family Systems (IFS): The 6 F's - <https://www.trybooking.com/CNCCV>

### Topic outline

Internal Family Systems (IFS) is a powerfully transformative, evidence-based model of psychotherapy which has taken the therapy world by storm in the last decade. Developed in the 1980's by its creator Dr. Richard Schwartz, the IFS model allows those employing it to understand the individual mind and larger human systems in novel ways.

With a growing evidence base in recent years, IFS is establishing itself as an intervention of choice amongst many therapists with Dr. Bessel van der Kolk hailing it as 'the treatment method that all clinicians should know to treat clients effectively'.

This workshop will provide an introduction to **one of the most fundamental building blocks of the Internal Family Systems Model – the 6 F's**. The workshop will provide:

- A brief summary of the importance of the 6 F's in the IFS Model
- An outline of each of the 6 F's
- A description of the useful questions which can be asked for each of the 6 F's
- A live demonstration in session of how to use the 6 F's.
- An opportunity for participants to develop their own style with the 6 F's

### Learning outcomes

Participants in the workshop will gain an understanding of:

- The importance of the 6 F's in the IFS Model
- The questions which can be asked when using the 6 F's
- How to use the 6 F's with their own clients
- Their own style when using the 6 F's

### About your workshop facilitator

I'm Dr Shaun Dempsey, a Clinical Psychologist in sunny North Queensland, Australia. I work locally in my own private practice but these days you will most likely find me working with people from all around Australia and internationally where I offer consultation and supervision for Internal Family Systems. I have strong links with IFS professionals in Australia and internationally and am the Deputy Editor for the [Foundation for Self Leadership](https://partsandself.org/)'s web based publication, Parts & Self <https://partsandself.org/>

As part of being involved in an IFS supervision community in Australia I am one member of a group of Psychology Board of Australia (PBA) and/or Medicare Registered Mental Health Professionals who are trained and highly skilled in the IFS Model of Psychotherapy. We are passionate about supporting counsellors, clinicians, and therapists of all training backgrounds with integrating IFS into their therapeutic practice through clinical supervision and case consultation.