

Contents of Christian IFS Course Handouts  
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- ~ Presentation Slide Content (9 pages)
- ~ What are Parts?
- ~ Qualities of Self: C's, P's, & Fruits
  - Fundamental Skills
  - Unblending Techniques
- ~ Increasing Access to Qualities of Core-Self and the Holy Spirit
- ~ Julie's Parts Diagram
- ~ Common Parts in Christians
- ~ Detecting Parts Practice Worksheet
- ~ Theology of Suffering
- ~ Integrating Immanuel Approach and IFS for a Christian Approach to Insight Work
- ~ Getting Started with IFS: IFS Informed Talk Therapy Prompts
- ~ Getting to Know a Part without Doing Insight Technique (IFS Informed Talk Therapy)
- ~ Morning Prayer for Parts
  - Prayer for Therapist Before Session
- ~ Prayer for Session
  - Serenity Prayer Translated with Parts Language
  - Jesus Prayer
- ~ Examples of Praying for Parts: Intercessory Prayer from Self

\*I have parts that like to share so, please feel free to share these handouts in one-on-one meetings, small groups/staff meetings, or classrooms as single pages but not as a packet.