

Internal Family Systems Model (IFS) Vitae
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Trainings

- Jan. '04 – Feb. '05 Internal Family Systems (IFS) Model Basic (Level 1) 6-weekend Training, Jackson, Mississippi. Led by Karen Blicher, LCSW and Cece Sykes, LCSW with Elizabeth Cochran, LMFT as assistant trainer. Dr. Richard Schwartz led one of the weekends. Special consideration was given for the Christian community allowing an emphasis on Judeo-Christian spirituality to be integrated with IFS. Dr. Bill Richardson and Dr. Jim Hurley from the Reformed Theological Seminary went through this training bringing their expertise to the table of integration.
- March '05 – Feb. '06 Level 1 Program Assistant (PA) for IFS 6-weekend Level 1 Training, Jackson, Mississippi. Same consideration for Christian integration as the first level 1 held in MS.
- March '06- Feb. '07 IFS Level 2 Training, Jackson, Mississippi. Led by Paul Ginter, EdD, Dr. Richard Schwartz, Cece Sykes and Karen Blicher with Elizabeth Cochran as the assistant trainer. Special consideration was given for the Christian community allowing an emphasis on Judeo-Christian spirituality to be integrated with IFS.
- June 2008 IFS Level 3 Training 1-week with Dr. Richard Schwartz, founder of the IFS model, Cape Cod, Massachusetts.
- Aug. '09- March '10 IFS Level 2 Training, 4 weekends: Spirituality, Addiction, Couples, & Trauma, Asheville, NC.
- July 2013 Cape Cod Institute for Center for Self Leadership, 1-week, Dr. Richard Schwartz, Eastham, MA.
- December 2016-2019 IFS Institute Diversity and Inclusion Committee, bi-weekly meetings on policy, scholarship, outreach, and trainings on implicit bias, facilitated by Jon Schwartz, online.
- June 2010-current Certified IFS Therapist.

Speaking Engagements

- October 2006 Lipscomb University Social Work Club on "Self-Care in the Helping Field with IFS" for, Nashville, Tennessee.
- Nov. '06 & Jan. '07 Introduction to Internal Family Systems Model, Restore Ministries Counseling Center, Green Hills YMCA, Nashville, Tennessee.
- January 2007 Introduction to Internal Family Systems Model, The Babb Center Christian Counseling Center, Hendersonville, Tennessee.
- February 2007 Introduction to Internal Family Systems Model, School Based Counselors, Nashville, Tennessee.

February 2007	Introduced Key Note Speaker, Dick Schwartz, at the annual AAMFT conference (American Association of Marriage and Family Therapist), Scarrett Bennett, Vanderbilt University, Nashville, Tennessee.
November 2007	IFS Applied to Children and Other Special Populations, The Babb Center Christian Counseling Center in-service, Hendersonville, Tennessee.
January 2008	Introduction to Internal Family Systems Model, every other month luncheon meetings for the Tennessee Chapter of Marriage and Family Therapists (TNAAMFT), Nashville, Tennessee.
February 2008	Introduction of IFS through a Judeo-Christian Theological Lens, TN Chapter Association of Christian Counselors (TNAACC), Brentwood, Tennessee.
February 2009	Introduction to Internal Family Systems Model, Nashville Psychological Institute (NPI) Spring Smorgasbord,, Nashville, Tennessee.
February 2009	Applying Systems Theory to Your Individual Clients using the Internal Family Systems Model, Annual State Conference of the AAMFT, Nashville, Tennessee.
May 2009	Introduction to Internal Family Systems Model, Vanderbilt University, Dr. Heather Smith's Group Therapy class, Nashville, Tennessee.
March 2010	Introduction to Internal Family Systems Model, Lipscomb University, guest speaker for Psychotherapy Principles class, Nashville, Tennessee.
October 2010	Integration of the IFS Model and Christianity, co-presented with Dr. James Eldon Honeycutt, LCSW, The Center for Self Leadership (CSL) Internal Family Systems (IFS) annual conference, Chicago, Illinois.
September 2011	Integration of IFS and Christianity, co-presented with Dr. James Eldon Honeycutt, LCSW, American Association of Christian Counselors (AACC) Bi-annual World Conference, Opryland Hotel, Nashville, Tennessee.
July 2012	Half-day Professional Development Workshop for the staff using IFS techniques, The Refuge Counseling Center, Franklin, Tennessee.
March 2013	IFS and Faith: Introduction of IFS and Integration with Eastern Orthodox Faith, Brookline, Massachusetts.
October 2013	God Showed Up in Session Today!, The Center for Self Leadership (CSL) Internal Family Systems (IFS) annual conference, Providence, Rhode Island.
February 2014	Faith and IFS: IFS as a Spiritual Tool, 4-hour experiential workshop using psychodrama, big mind, and journaling, St. Andrews Episcopal Church, Salem, Massachusetts.
September 2014	Introduction to Internal Family Systems (IFS) Applied to Christians in the Arts, Christians in the Visual Arts (CIVA) bi-annual enrichment retreat, Leavenworth, Washington.
November 2014	God Showed Up in Session Today!, The Center for Self Leadership (CSL) Internal Family Systems (IFS) annual conference, Providence, Rhode Island.
October 2015	Healing the Inner Critic, Internal Family Systems: Great Lakes Retreat and Mini-Conference, Frankfort, Michigan.

- November 2016 The Power of IFS in the Face of Marginalization, Annual IFS Conference Plenary Panelist Speaker representing the Evangelical Christian Community, Providence, Rhode Island.
- October 2017 Marginal Thinking: All Parts Are Welcome; Update Presented by members of the Advisory Committee for Diversity and Inclusion, Annual IFS Conference Plenary Panelist Speaker representing the Evangelical Christian Community, Providence, Rhode Island.
- February 2018 Faith and IFS: Introduction to IFS & IFS as a Spiritual Tool, 4-hour experiential workshop using psychodrama, sculpting, & parts work, Refuge Counseling Center, Franklin, Tennessee.
- September 2018 Moving to Find Rest for the Healer: Connecting to Non-verbal & Pre-verbal Parts, 3-hour experiential workshop including Authentic Movement, poetry, and exercises based on attachment theory, IFS Great Lakes Retreat, Frankfort, Michigan.
- January 2019 Christian Approach to IFS; Truth in the Inward Parts, 6-hour didactic and experiential workshop, Trevecca Nazarene University, Nashville, Tennessee.

Podcasts & Radio/Webinar Interviews

- October 2019 The One on the Inside with Tammy Sollsenger.
- April 2019 Praying for Parts: Using IFS as a Spiritual Tool, webinar for My Beautiful Lent, <http://mybeautifulent.com/>
- March 2023 Live Demo with Q & A on Facebook; Integrating IFS & Christianity group, organized and hosted by Dean Leftus in Australia.

Groups & Workshops

- July-October 2008 IFS Therapy Group, a therapy group offering space for personal work and sharing/journaling, applying ones inward journey to their external world and how to maintain your therapy between sessions. Participants also learn tips to maintaining centeredness with difficult people, identify blind spots (parts you can not detect easily or are often easily blended) and practice speaking 'for' parts from a self-led place, Nashville, TN.
- 2009- 2011 Process Groups based on the IFS model. Same elements as the group above and self-led feedback and integration of Christian spirituality.
- April 2009 Lenten half-day Holy Saturday Body, Mind & Spirit Healing Workshop, Living in the Tension, combining DoxaSoma (Christian Yoga), Authentic Movement (Spirit Led Movement) and IFS, Nashville, TN.
- May 2009 Weekend Couples Workshop based on the IFS model through a Christian world view, a 2-day experiential workshop, co-led with Dr. Honeycutt, LCSW, Nashville, TN.
- July 2009 Half-day Healing the Inner Critic, combining DoxaSoma, Authentic Movement and IFS, Nashville, TN.

January 2010	Post Advent/Holiday Body, Mind & Spirit Workshop, Balance, combining DoxaSoma, Authentic Movement, and IFS, Nashville, TN.
March 2012	Half-day Healing the Inner Critic, combining DoxaSoma, Authentic Movement, Spirituality, and IFS, Nashville, TN.
May 2012	8-week workshop: IFS, Spiritual Direction, and Helper Parts, Nashville, TN.
July 2012	Half-day Professional Development Workshop for the Refuge Center Counseling Staff, Franklin, TN.
July 2013	Small group facilitator at Cape Cod Institute for Center for Self Leadership, Eastham, MA.
July 2013	Half-day Healing the Inner Critic, combining DoxaSoma, Authentic Movement, Spirituality, and IFS, Brookline, MA.
February- April 2016	Bi-weekly Consultation Groups for helping professionals wanting to learn the Internal Family Systems Model and considering going on to CSL's level 1 training, 60% experiential and connecting, 30% group discussion of the model & 10% case application of the model, special integration techniques taught to blend Christian faith elements with psychotherapy, Grand Haven, MI.
November 2019	Bringing God into painful memories using IFS, OCAMPR annual conference, Chicago, IL.
March 2020	4-practices of Soul-Care using IFS, St. George Lenten Retreat, Manresa Jesuit Retreat Center, Bloomfield Hills, Michigan.
April 2023	Soul-care Saturday; Integrating IFS with Christian Spirituality, co-led with Vanessa Crisp, Lake Logan, NC.

Professional Development

February 2003	American Association of Marriage and Family Therapy (AAMFT) annual conference, Keynote speaker: Dr. Schwartz introducing IFS, Jackson, MS.
Feb. 2003-Dec. 2005	Supervision (weekly) with an IFS therapist.
September 2004	Annual IFS Conference, Chicago, IL.
Sept. 2007	AACC (American Association of Christian Counselors) International Annual Conference, Dr. Richardson and Dr. Schwartz presenting on collaboration and integration of IFS and the Judeo-Christian faith, Opryland Hotel, Nashville, TN.
September 2007	Internal Family Systems and Trauma one day workshop presented by Dr. Schwartz, Scarrett-Bennett Center at Vanderbilt University, Nashville, TN.
October 2007	Annual IFS Conference, Chicago, IL. Breakout sessions attended include Authentic Movement, Art Therapy, Orders of Self, IFS and Eating Disorders, Practicing Presence.
May 2008	Spirituality and Psychotherapy Integration Series Annual Conference, Toward a Larger Self, a workshop on Hakomi mindfulness-based Therapy and IFS Therapy led by founders Ron Kurtz and Dick Schwartz respectively, GA.

October 2009	Annual IFS Conference, Ripples of Self, Chicago, IL. Breakout sessions included Arthritis and Psychotherapy, Attachment, Groups, & Spirituality, Parts Work, Inner Critic.
Jan.-July 2009	IFS Consultation phone group with Jay Early with other therapists integrating IFS with group work.
October 2010	Annual IFS Conference, Practicing the Art of Self-Leadership Chicago, IL. Breakout sessions included: Healing the Cycle of Self-Injury, IFS Behavioral Medicine: IFS & Pain, Healing the Wounded Heart, and Loss & Grief.
July 2011	New Therapies (IFS & Attachment) with Eating Disorders, Dr. Mark Schwartz with Castlewoods ED Clinic, hosted by Integrative Life Center, Nashville, TN.
October 2012	Annual IFS Conference, Self-Leadership in a Polarized World, Providence, RI. Breakout sessions included Shame, Writing, and Couples.
Nov. 2012-May 2014	IFS Supervision group, led by Patricia Papernow, LCSW, Cambridge, MA.
March 2013	Two Masters, Two Methods, One Couple, Terry Real & Richard Schwartz, Boston, MA.
July 2013	Cape Cod Institute, Internal Family Systems Workshop, Dr. Schwartz, Eastham, MA.
October 2013	Annual IFS Conference, 30th Anniversary; Commemorate, Anticipate, Celebrate, Providence, RI.
November 2014	Annual IFS Conference, IFS & Beyond, Providence, RI.
November 2014	IFS and Spirituality, Tom Holmes, PhD, Spring Lake, MI.
January 2015	Transforming your Inner Critic with IFS 2-hour webinar led by Jay Early, PhD.
May 2015	Parts Work and Spirituality Retreat, Tom Holmes, PhD, Holland, MI.
May 2015	Half-day small group, Tom Holmes, PhD, Holland, MI.
October 2015	Internal Family Systems Great Lakes 3-day Retreat and Mini-Conference, Frankfort, MI.
November 2016	Annual IFS Conference: All Parts Are Welcome; Examining the Exiles in Our Culture and In Us, Providence, Rhode Island.
December 2016-April 2017	IFS Supervision group, led by Patricia Papernow, LCSW, Online.
October 2017	Internal Family Systems Great Lakes 3-day Retreat and Mini-Conference, Frankfort, MI.
October 2017	Annual IFS Conference: Self-Led Activism; Releasing Your Inner Change Agent, Providence, Rhode Island.
April 2018- Dec. 2018	Internal Family Systems Consultation Group with other Level-1 trained IFS practitioners, monthly, Rochester, MI.
September 2018	Internal Family Systems Great Lakes 3-day Retreat and Mini-Conference, Frankfort, MI.

November 2020	Clinical Application of IFS, Frank Anderson, PESI online course.
December 2020	A Spiritual Approach to Working with Parts & Character Development, Kay Gardner, Virtual IFS Great Lakes Retreat.
January 2021	Compassion for the Addictive Process During COVID, Cece Sykes, Virtual IFS Great Lakes Retreat.
October 2022	IFS Institute virtual annual conference, various presenters including Groups, Addictions, Mapping, Journaling, Legacy burdens in black churches, collective trauma, mediation, OCD.