

Introduction to Internal Family Systems (IFS): Connecting with the Wisdom Within *Featuring Crystal Jones, LCSW*

Saturday, December 9, 2023
9:00 am - 12:30 pm ET

Virtual Zoom Event
3.0 CE Credits

This workshop will introduce you to Internal Family Systems, a leading, powerful, and transformative evidenced based model of psychotherapy that has been rated effective for improving general functioning and wellbeing. IFS is considered promising for improving phobia, panic, GAD symptoms, physical health conditions, and depressive symptoms. IFS assumes we have subpersonalities (or parts) and that is a good thing. Whether these parts of you present as anxious, fearful, angry, ambivalent, etc., the IFS model believes that “All parts are welcome” and really are working to protect you in the best way they know how. Not only are all parts welcomed, but IFS helps you to discover your natural capacity for curiosity, compassion, and calm towards these parts of your personality that react, thus helping you to increase balance and harmony in your internal system.

At the conclusion of this conference, participants will be able to:

1. Describe the assumptions and goals of the IFS Model
2. Identify and demonstrate how to work therapeutically with the clinician’s own parts
3. Describe three types of parts and their characteristics
4. Identify qualities of self and self leadership
5. Summarize ways to integrate IFS concepts and techniques into their clinical practice

References:

- Hilary B. Hodgdon, Frank G. Anderson, Elizabeth Southwell, Wendy Hrubec & Richard Schwartz (2022). Internal Family Systems (IFS) Therapy for Posttraumatic Stress Disorder (PTSD) among Survivors of Multiple Childhood Trauma: A Pilot Effectiveness Study. *Journal of Aggression, Maltreatment & Trauma*, 31:1, 22-4.
- Shelley A. Haddock, Lindsey M. Weiler, Lisa J. Trump, & Kimberly L. Henry (2016). The Efficacy of Internal Family Systems Therapy In The Treatment Of Depression Among Female College Students: A Pilot Study. *The Journal of Marital and Family Therapy*, 43(1):131-144.
- Nancy A. Shadick, Nancy F. Sowell, Michelle L. Frits, Suzanne M. Hoffman, Shelley A. Hartz, Fran D. Booth, Martha Sweezy, Patricia R. Rogers, Rina L. Dubin, Joan C. Atkinson, Amy L. Friedman, Fernando Augusto, Christine K. Iannaccone, Anne H. Fossel, Gillian Quinn, Jing Cui, Elena Losina and Richard C. Schwartz (2013). A Randomized Controlled Trial of an Internal Family Systems-based Psychotherapeutic Intervention on Outcomes in Rheumatoid Arthritis: A Proof-of-Concept Study. *The Journal of Rheumatology*, 40:11. 1831-1841.
- McVicker, S. (2010). Pivotal protocols: The spirit dimension in Indigenous and Western psychologies [Special issue]. *American Psychological Association Office of Ethnic Minority Affairs Communique News Journal*. Retrieved from <http://www.apa.org/pi/oema/resources/communique/index.aspx>

This conference is appropriate for clinicians at all levels of experience and offers 3.0 CE Credits.

About our Presenter:



Crystal Jones, LCSW, is a Licensed Clinical Social Worker with 23 years of clinical experience and several years of intensive formal training in the Internal Family Systems (IFS) Therapy Model. She is the founder and CEO of Life Source Counseling Center in Fredericksburg, VA, where she specializes in creating safe spaces for BIPOC women to feel connected, seen, heard, and valued while on their wellness journey. Crystal has a heart-led and relational approach to her work and is a sought-after IFS Institute trainer, consultant, and presenter. She has also had the pleasure of speaking, consulting, and training for organizations such as Boston Scientific, California Institute of Integral Studies, Delta Sigma Theta Sorority, Inc (Fredericksburg Alumnae Chapter), Spotsylvania County Public Schools, and more. Crystal’s most valued accomplishment is that of being a mother of 3 and wife of over 20 years. In her pastime, she enjoys spending time with her family and friends, international travel, eating good food, being in nature, laughing, and caring for her plants.

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Registration Form

Name _____ License or Degree _____

Address _____ City, State & Zip _____

Email _____ Phone _____

Conference Fees

- Free ICP+P Members
- Free ICP+P MITs, Emerging Professionals, Graduate Student Members, Fellows, 1st and 2nd Year Members
- \$35 Unaffiliated Students and Emerging Professionals (those within 10 years of graduate education)
- \$60 International Attendees (Outside US)
- \$90 Non-Members

If you will need reasonable accommodations, please contact our Administrator at administrator@icpeast.org.

To request a different registration fee, based on your circumstances, you are invited to contact our Administrator at administrator@icpeast.org.

For more information or to register online, please visit www.icpeast.org/conferences or email icpeast@km-direct.com.

A refund for cancellation is available up to 10 days before the conference.

To register by mail, send this page & payment to: **ICP+P, 3298 Governor Drive, Suite 22270, San Diego, CA 92192**

Continuing education credit: 3 CE credits available for full attendance. Credit will not be granted to registrants who are more than 15 minutes late or depart more than 15 minutes early from a session. Please arrive at least 10 minutes before the scheduled start time to allow time to check in. **Full Zoom attendance is required in order to receive CE Credit.**

The Institute of Contemporary Psychotherapy and Psychoanalysis (ICP+P) is approved by the American Psychological Association to sponsor continuing education for psychologists. ICP+P maintains responsibility for this program and its content. ICP+P is approved by the Maryland Board of Social Work Examiners to offer Category I continuing education credit. As our CE program receives oversight from a licensed social worker, the CE credits we award are highly likely to be recognized by licensing boards in Virginia and the District of Columbia. These continuing education credits meet the ANCC standards for nurses. Marriage and family therapists licensed in the District of Columbia, Maryland, and Virginia may submit these CE credits to their licensing boards. (Marriage and family therapists in other jurisdictions and licensed counselors should inquire with their local Boards regarding continuing education credit.) Attendees from the above professional groups will earn 3.0 CE credits for attending the CE activity. Full attendance is required to receive the designated CE credit. ICP+P is accredited by MedChi, the Maryland State Medical Society to provide continuing medical education for physicians. ICP+P designates this educational activity for a maximum of 3.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Crystal Jones, LCSW and the planners have informed us that they do not have a conflict of interest and have disclosed that they have no relevant financial relationship with any commercial interests pertaining to this educational activity. Additionally, the presenters have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during this presentation. This presentation will not contain any references to off-label (non-FDA approved) use of products or devices.