

Somatic IFS Series with Susan McConnell

ONLINE Feb - April 2022

This 'Basic Series' of six 3-hour experiential sessions with Susan and five 2-hour practice sessions offers an opportunity to learn the practices of Somatic IFS. This program is a prerequisite for the 54 hour Somatic IFS Training.

Every TUESDAY Feb.1-April 12

**Alternating Weeks:
Large Group Sessions with Susan
10-1:15pm ET (Toronto)**

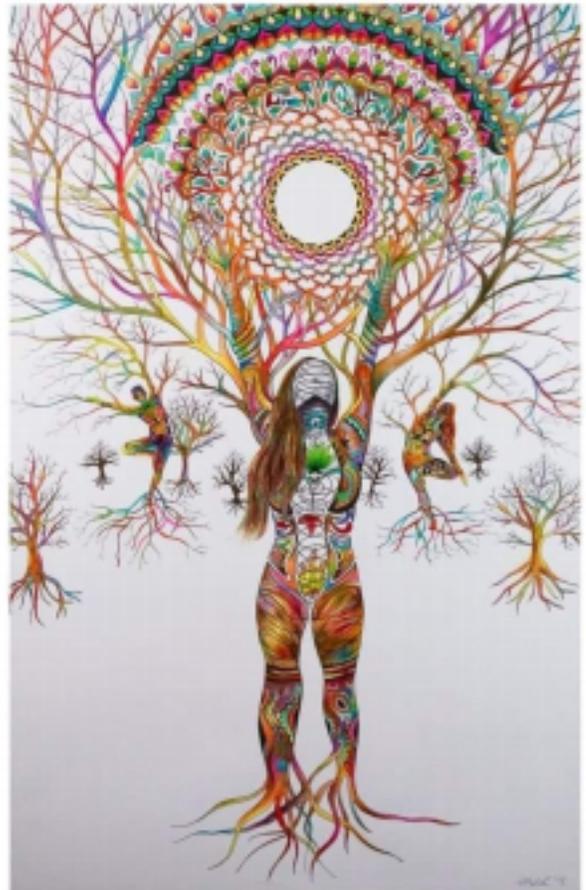
Feb.1, 15, March 1, 15, 29, April 12

**Smaller Embodiment Practice Groups Sessions with Assistants
10-noon or 11-1 ET**

Feb.8, 22, March 8, 22, April 5

Tuition \$695 USD

Maximum 60 participants



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**In hopes of bringing the value of greater diversity to the Somatic IFS Series we are offering 10 spots to people who identify as BIPOC or gender diverse.*

***There will be 10 scholarships at a 20% reduced rate available for those with financial barriers.*

Prerequisites

IFS Level 1 Training or IFSCA Extended Course (Skills & Competencies or Stepping Stones)

To Register

Please complete the Application form <https://forms.gle/KiSDuDCR2rpj9KGJ6> by Sunday Oct.31, 2021. You will be notified if selected by lottery and invited to register.

Payment Details

\$195 USD deposit to secure your spot (*within 48 hours of acceptance*)

\$500 final payment due by Dec 14, 2021 (**\$360** for scholarship)

Via PayPal, Wise or e-transfer to risa.adams@protonmail.com

**Cancellation policy: deposit is non-refundable, remaining fee is refundable until December 14.*

Note: IFS CE Credits available

About the Trainer



Susan McConnell, MAPD, CHT, senior trainer for the IFS Institute, has taught Internal Family Systems in the US and internationally since 1997. Somatic IFS is the culmination of her experience and teaching of various bodywork, movement, spiritual, and psychotherapeutic modalities that facilitate the embodiment of the internal family—the subpersonalities as well as the essential core Self—to bring compassionate witnessing to the implicit body stories of our individual hurts and societal burdens.

For more about Susan see <https://www.embodiedself.net/workshops>

Session Topics

Session 1: **Awareness** – exploring body sensations experienced in the present moment, enhancing Somatic Awareness.

Session 2: **Conscious Breathing** – helping identify habitual breathing patterns and developing breathing practices for regulating emotional arousal.

Session 3: **Radical Resonance** – explaining the physical systems associated with resonance and looking at how we apply this information within a relationship.

Session 4: **Mindful Movement** – how to identify life experiences that have restricted your movement impulses. How to apply sequential developmental

Session 5: **Attuned Touch** – explore early childhood experience with touch neglect or touch abuse. How to use imaginary attuned touch with one part and assess its response.

Session 6: **Embodied Self** – Focussing on the qualities associated with the state of Self-energy and identifying the nonverbal expression of those qualities. How to use the practices of Somatic IFS to re-establish Embodied Self-energy. movement patterns to access and witness implicitly-held memories and to reconnect with our embryological wisdom and creativity.

Suggested Reading

Somatic Internal Family Systems Therapy

<https://www.embodiedself.net/book>

This is the primary source of didactic material, and may be read in its entirety prior or by relevant chapters weekly.

