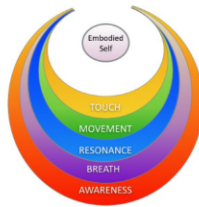


Somatic IFS Training with Susan McConnell

Live online, Spring 2022

The Five Practices of Somatic IFS



Internal
Family
Systems
UK

You are eligible to apply for this 54-hour Somatic IFS Training because you have completed the prerequisites—participation in an online Somatic Series or an in-person retreat with Susan McConnell, and graduation from a Level 1 IFS training.

This online Somatic IFS Training will build on your experiential immersion into the practices of Somatic IFS and your knowledge and experience with IFS. Through demonstrations, small supervised practice groups, reading materials, didactic presentations, experiential exercises, and large and small group discussions, you will learn specific practical interventions to access, witness, and unburden your client's parts.

Dates & times

Thursdays from February 17, 2022 to May 12, 2022 (see *Somatic IFS Training schedule*, on page 2, for details).

Pre-requisites

Attendance at a Somatic IFS retreat or the online Somatic Series and having completed a Level 1 IFS training.

Maximum number of participants

30

Total cost for this 54-hr training: \$2100

A non-refundable deposit of \$500 is due upon registration.

\$1600 due January 3, 2022.

Cancellation policy

All payments, including the deposit, are entirely non-refundable once the due dates above have passed.

CEUs: (US only)

It is our intention to offer CEUs for Psychologists, Licensed Professional Counselors/Licensed Mental Health Counselors, Social Workers, Licensed Marriage & Family Therapists and we will keep you informed concerning the process of attaining them.

A certificate of attendance with the hours attended will be provided in the UK.

To register for this training

Please use the google link below, complete the application form by 15th September and wait to hear if you have been accepted onto the training (no later than 25th September 2021) at which point we will request your deposit or full payment.

[Register here](#)

Training staff

Lead trainer:



Susan McConnell, author of *Somatic Internal Family Systems Therapy* published in 2020 by North Atlantic Books, is the creator of Somatic IFS, an integration of somatic practices and Internal Family Systems Therapy. Somatic IFS is a

culmination of her training and experience with various somatic, spiritual and psychotherapeutic modalities that can transform individual and societal burdens by embodying the internal family. As Senior Trainer for the IFS Institute, she has taught therapists, developed curriculum, and mentored other trainers. She has over forty years of experience teaching and leading groups throughout the world.

Assistants:

- Nancy Berkowitz, PhD, RN-CS, N
- Beth O'Neil, LCSW
- Lois Ehrmann PhD, LPC, NCC
- Olivia Lester, MSc, UKCP
- Sue Smith, MA, BACP

Somatic IFS Training schedule

Seven whole group sessions

Meeting from 8am CST/2pm GMT to 2pm CST/8pm GMT (5 instructional hours with 15-min and 45-min breaks):

1. Introduction to SIFS, February 17, 2022
2. Somatic Awareness, March 3
3. Conscious Breathing, March 17
4. Radical Resonance, March 31
5. Mindful Movement, April 14
6. Attuned Touch, April 28
7. Embodied Self, May 12

Five 3-hour supervised practice group sessions

Groups of six participants led by assistant staff members. Meet on alternate Thursdays from 8am CST/2pm GMT to 11:15am/5.15pm GMT (3 instructional hours with a 15-min break).

Supervised practice group schedule

- #1 February 24
- #2 March 10
- #3 March 24
- #4 April 7
- #5 April 21
- #6 May 5

Target audience

Mental and physical health workers.

This training is run in collaboration with IFS UK.

Topics covered in the training

- Overview of the Somatic IFS approach to psychotherapy and body/energy work
- Somatic Awareness in the healing of emotional and psychological pain
- The use of Conscious Breathing in the healing process of psychotherapy
- Assisting Integration in clients of both the inner and outer worlds
- The practice of Radical Resonance in facilitating healing relationships
- Mindful Movement in restoring energetic emotional and physical freedom for healing
- The use of Ethical Touch in potentiating healing on the multiple levels of the mind, body, emotional and relational realms
- Stepping into the full empowerment of Embodied Self

Required reading before the training begins

Somatic Internal Family Systems Therapy, by Susan McConnell, is essential to understanding the theory and practice of a somatic approach to this evidenced-based IFS Model. The somatic practices outlined in the book establish a deeper embodiment of the internal family—the subpersonalities as well as the essential core Self. Case studies and vignettes demonstrate the efficacy of Somatic IFS with applications for every clinical issue.

“I am very honoured and excited that Susan McConnell has finally written this book that brings all of her wisdom from years of somatic study and practice to the Internal Family Systems (IFS) model... This book contains the practices she has discovered for achieving Self embodiment and for using the body to find parts and to heal them.” *Richard C. Schwartz. Ph D. Founder of Internal Family Systems*

Online requirements

The Zoom link will be emailed to you the day before the programme begins.

- Please set up Zoom in good time before the training starts. If you don't already have Zoom, you can download it here:
 - [For Windows](#)
 - [For iPads](#)
- If you already have Zoom, allow enough time before the programme starts to update your software if advised to do so by Zoom.
- Your device must be capable of running the basic version of Zoom.
- The training will work best for participants using a desktop, laptop or large iPad screen. Mobile phone is not recommended.
- You will need to need to make sure you have the bandwidth and internet speed to run Zoom.
- During the training, please mute your microphone unless speaking.
- Please ensure your device has an adequate microphone so we can hear your voice clearly.
- **To ensure safety and confidentiality, please work in a private place where you will not be interrupted or overheard. Please do not participate in this training in a public place.**
- **No audio or visual recording of the somatic programme sessions is permitted.**