

Somatic IFS Therapist and Practitioner Directory

This directory is provided as a public service for anyone interested in Somatic IFS therapy. It lists the contact details and professional information of practitioners who have completed the 54-hour Somatic IFS Training with Susan McConnell.

Please Note: All the practitioners listed first have assisted Susan McConnell on a Somatic IFS program

NAME	CONTACT DETAILS (Email / Phone / Website)	LOCATION	CREDENTIALS	PROFESSIONAL / LICENSING BODY	THERAPY OFFER
Beth O'Neil	bethyin60@gmail.com +1 (773) 230 7811	Illinois is where I am currently licensed	Licensed Clinical Social worker (LCSW), Assisted on SIFS Trainings and as a PA, AT and Co-Lead on IFSI Trainings	NASW	Supervision/ Consultation, Group Consultation, Somatic IFS I am in the process of retiring from my therapy practice and will only be available for new referrals for consultation.
Beth Rogerson	beth.rogerson@gmail.com +46 739 814 848 bethrogerson.com	Stockholm Sweden Online	Certified IFS Therapist Level 3, IFIO, Post Advanced IFS Approved Clinical Supervisor, Gestalt Couples and Individuals, LifeForce Yoga Practitioner, iRest Practitioner, Mindful Self Compassion Teacher	American Association of Marriage and Family Therapist, Mental Health Professional License: C.0007887	25 years of experience providing counseling and psychotherapy services to individuals, couples, families, and children. My focus with my clients is better relating in all of your relationships: partners, families, and even yourself.
Frances Booth	fdbooth@gmail.com +1 (978) 475 3882 francesbooth.com	RI and MA, USA	LCSW, IFS Lead Trainer. Assisted as a PA on IFSI Trainings	Social Work	Supervision/ Consultation and Group Consultation. Not available for individual therapy at this time. Frances seeks to cultivate presence in work and life. Graduate of Cornell University and Simmons School for Social Work. Her clinical work focuses on trauma, medical disease and eating concerns; and integrates Relational IFS, Somatic IFS and Mindfulness. Somatic IFS experiential groups, Introduction to IFS trainings, Direct Access Workshops.

Karby Allington-Goldfain	therapy@karby.hush.com +1 (720) 250 7941	Online Therapy primarily	Certified IFS Therapist and Consultant, IFS Level 3, IFIO Advanced training, PA for IFSI Trainings - Level 1; IFS, Trauma and Neuroscience; Addictions, Eating Disorders and IFS Licensed Professional Counselor, Licensed Marriage and Family Therapist, Certified EMDR Therapist and Approved Consultant	LPC, LMFTY	Therapy, Supervision/ Consultation, Group Consultation I have a wait list for therapy. I also have two licensed and IFS trained /informed/ mentored therapists that work with me in my practice that have current availability and offer in-person sessions in the Denver, Colorado metro area.
Lesley Hartman	lesley@lesleyhartman.ca +1 (902) 431 1721 lesleyhartmanassociates.ca	Nova Scotia, Canada Online therapy in locations inside and outside Canada as permitted by licensing regulations	M.A., Registered Psychologist	Nova Scotia Board of Examiners in Psychology	Therapy, Supervision/ Consultation, Group Consultation. I also run therapeutic retreats. I work with adults to resolve the impacts of the difficulties that face us. We all have our own individual, family, ancestral, cultural and collective stories of adversity, trauma and grief. My wish is to foster deeper connections within and among people and other beings, and to facilitate journeys to people's sources of sustenance. Somatic IFS and EMDR are my primary modalities for this work.

<p>Lois Ehrmann</p>	<p>loisehrmann@gmail.com</p> <p>+1 (814) 404 0286</p> <p>etherapyandconsultationservices.com</p>	<p>Tele Mental Health consultation and very limited Online counseling</p>	<p>PhD- Counselor Education and Supervision; MA- Counseling; BA- Psychology/minor Religion; Licensed Professional Counselor in Pennsylvania and New Jersey; National Certified Counselor; Approved Clinical Supervisor, Board Certified in Tele Mental Health; Certified IFS Therapist and Approved Consultant; Certified Trauma Treatment Specialist; IFS Level 3, Assisted as a PA for Somatic IFS and IFS Level 1</p>	<p>Licensed in Pennsylvania and New Jersey</p>	<p>Supervision/ Consultation and Group Consultation</p> <p>In therapy I integrate IFS/Somatic IFS into an attachment focused trauma reduction process that is collaborative and client oriented. Having trained in Neurofeedback and other trauma reduction methods I pay attention to sensory and state changes as well as support bottom-up approaches to resolve trauma on multiple levels.</p> <p>I am in the sunset of my career, and it brings me great joy to assist other professionals in their growth in IFS and Somatic IFS.</p>
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<p>Marcella Cox</p>	<p>connect@kindfulbody.com</p> <p>+1 (401) 203 7066</p> <p>kindfulbody.com</p>	<p>Online Therapy in California</p>	<p>LMFT, CEDS-S Certified IFS Therapist (Level 3) and Approved IFS Consultant and Assisted on Somatic IFS Trainings and Retreats, CEDS-S, CBTP, CDWF, Certified MSC Teacher, RYT 200, Assisted as a PA for IFS Level 1 and Somatic IFS</p>	<p>Licensing body - CA BBS and Professional membership - CAMFT and IAEDP</p>	<p>Therapy, Supervision/ Consultation and Group Consultation</p> <p>I support clients to heal and reclaim parts of themselves from a place of compassion and curiosity. My approach is informed by Somatic IFS, Mindful Self-Compassion, Brené Brown's Shame Resilience Theory, Intuitive Eating, Health At Every Size® and Body Trust®. See my website for more information.</p> <p>Co-Founder IFS Telehealth Collective at ifstherapyonline.com ; IAEDP Certified Eating Disorder Specialist - Supervisor (CEDS-S) Center for Body Trust Certified Body Trust Professional (CBTP); Brené Brown Certified Daring Way Facilitator (CDWF); Center for MSC Certified Mindful Self-Compassion Teacher; Registered Yoga Teacher (RYT) 200</p>
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<p>Maritza Erazo</p>	<p>renacer.counseling.services@gmail.com</p> <p>+1 (615) 285 8197</p> <p>maritzaerazo.com</p>	<p>TN, Online Therapy</p>	<p>LPC-MHSP, Registered Play Therapist, Certified IFS Therapist, MDMA Informed Therapist, Assisted on Online Somatic IFS practice Series, Online and In-Person Somatic IFS Training Level 2</p>	<p>IFSI, ACA, and PTA</p>	<p>IFS and Somatic IFS Consultation for Black, Indigenous, and/or People of Color (BIPOC) IFS Trained Therapists. (English/Spanish) vía Zoom (CST)</p> <p>I also offer Somatic IFS Therapy for people who have experienced attachment wounds, complex trauma, racialized trauma, inter-generational trauma, religious trauma, anxiety and depression. It is my hope to help clients discover and eventually embody their most authentic self and transform their internal conflict into an internal collaboration.</p> <p>Consulta IFS y IFS Somático para terapeutas de color formados en IFS.</p> <p>Realizo consultas en Español/Inglés vía Zoom (CST)</p> <p>También ofrezco Terapia del IFS somático para personas que han experimentado heridas de apego, trauma complejo, trauma racial, trauma intergeneracional, trauma religioso, ansiedad y depresión. Es mi esperanza ayudar a los clientes a descubrir y finalmente encarnar su ser más auténtico y transformar su conflicto interno en una colaboración interna.</p>
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Nancy Berkowitz	nfberkowitz@gmail.com +1 (781) 237 7720	Wellesley Hills, Massachusetts USA and Online	PhD, RN- NP, CS	Licensed in Massachusetts, USA	Supervision/ Consultation and Group Consultation I can offer online individual and group supervision for Somatic IFS. For many years I have assisted Susan McConnell in in-person retreats, online Series and Somatic IFS trainings. I am an IFS Certified Therapist (Level 3) and IFIO trained. I also prescribe psychiatric medications, if needed, for people I see in private practice.
Olivia Lester	olivialester06@gmail.com +44 7842 849 285	Online	Assisted as Lead PA on IFS Institute L1 and L2 Trainings	UKCP Registered	Therapy, Supervision/ Consultation, Group Consultation I have a MSc in Humanistic/Integrative Psychotherapy and use IFS as my overarching modality. I am currently unable to begin working with new clients or groups.
Patricia R Attia	T-attia@hotmail.com +1 (914) 980 9373	New York City, USA	PhD, LCSW	NASW	Therapy, Supervision/ Consultation, Group Consultation, Trauma Healing I have no availability at this time.
Sherry Rubin	sherrygrubin@gmail.com +1 (610) 873 0815 PathtoConnection.com	Pennsylvania Online	Certified IFS Therapist, LCSW and E-RYT, Assisted as a PA on IFS Level 1 and Somatic IFS Costa Rica Retreat 2022 (and upcoming 2023)	LCSW in Pennsylvania, USA	Somatic IFS allows the body to be centered and to lead. Susan McConnell's Somatic IFS helps me to guide and witness the whole person, to welcome the depth that the body offers into the IFS framework. (I do not have individual openings at this time). I have opening for consultation however I do not have openings for ongoing client work.

<p>Sue Smith</p>	<p>sueesmith@hotmail.co.uk</p> <p>+44 798 509 2387</p>	<p>Preston, Lancashire, UK</p>	<p>Certified IFS Therapist, BACP Registered Person- Centred Therapist, ISMETA Registered Somatic Movement Educator and Therapist, Trained in Hakomi Mindfulness based Somatic Therapy, MA in Dance and Somatic Well- being, BA and Dip HE in Person-Centred Therapy, IFS Level 3.</p>	<p>BACP, ISMETA</p>	<p>Therapy, Supervision/ Consultation and Group Consultation. I also offer workshop facilitation</p> <p>I am a warm, empathic therapist who values the uniqueness of each person's essence, gifts and journey. I work respectfully and with safe attuned relationship as central. I bring in movement, creativity, somatic awareness and attuned touch, where welcome. I am passionate about IFS, Somatic IFS and supporting safe connection with body, mind and spirit. I see therapy as an exploration embarked on together, in a supportive therapeutic relationship, knowing when we can connect with the healing, wise source within each of us; we will know what is needed moment to moment for positive change and healing to unfold.</p>
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Amy Andrews Alexander	contact@dramyalexander.com +1 (647) 877 6463 dramyalexander.com	Oakville, Ontario Online	MD, MHSc	College of Physicians and Surgeons of Ontario	I offer OHIP-covered Somatic IFS psychotherapy services to folks in Ontario, Canada who are living with a wide variety of mind-body challenges, including mental health issues, chronic pain, cancer (all stages of illness and recovery) and insomnia.
Anna Gartshore	gartshore.rsw@gmail.com +1 (705) 542 9646 annagartshore.com	Online and in Sault Ste. Marie, Ontario	MSW, RSW, Certified IFS Therapist, IFS Approved Clinical Consultant and PA	Ontario College of Social Workers	My clinical practice is influenced by my past professional training in physical theatre where body awareness and presence is central to creative flow. Somatic IFS helps us attune to those parts that arise and signal through the body as we gradually meet them with embodied Self-Energy. I have experience and expertise working with eating disorders, complex developmental trauma and systemic, colonial trauma.
Anna Vincentz	anna@annavincenz.dk +45 22 661 513	Espergærde, Denmark Online	IFS Level 3 Therapist and Certified Family Therapist MPF	MPF (Member of the Danish Psychotherapist Association)	Individual IFS therapy for parents. Somatic IFS, working with and through attachment, the nervous system and New Danish Parenting. Couples (IFIO) therapy working on the inner and out attachment that plays out in our relationships and parenting. Understanding ourselves at a deeper level, connecting and healing the pain that keeps us apart.
Ann-Katrin Bockmann	akbockmann@web.de +49 533 321 1418 akbockmann.de	Hildesheim, Braunschweig, Germany Online	Dr. Psychology, Psychotherapist, Speech Therapist, IFS Level 2, IFIO (IFS with couples), Assisted as a PA on IFS Level 1	Psychotherapeute nkammer Niedersachsen	I offer individual online and in-person work for children, adolescents and adults using IFS and somatic IFS principles combining my work with other evidence-based psychotherapy approaches, body practises and spiritual practises if clients are open or asking for this.

Cathy Hembd	cathyhembd@gmail.com +1 (808) 756 200 psychologytoday.com/us – profile listing	Hawaii In-Person and Telehealth	MA in Psychology, IFS Level 1	Licensed MFT in the state of Hawaii since 2014	I have been in private practice in Hawaii since 2014 where I specialize in working with clients struggling with the impact of early childhood trauma. Previous work with hospice, inpatient drug/alcohol treatment, and at the Maui Sexual Assault Center have helped me to broaden my understanding of the human dilemma. Using primarily SIFS, I offer a safe and compassionate space where the opportunity for healing and a genuine love for yourself can emerge.
Cheryl Champagne	Champagne.therapy@bell.net +1 (647) 746 5988 Cherylchampagne.ca	Toronto office 2487 Bloor West, currently offering online sessions only to Canadians	Registered Psychotherapist	College of Registered Psychotherapists of Ontario	I offer individual IFS therapy to adults who want to understand how their life experiences have impacted their own system and way of living in the world and bring healing to their amazing parts. This includes wounds from childhood, intimate partner relationships and societal oppression. I identify as a Cis-female, queer, white settler.
Claudia Cameron	Cocameron@gmail.com +1 (410) 458 5740	Online only - at the moment	IFS Level 2	Clinical Social Worker and Registered Art Therapist	Offer Somatic IFS and IFS as well as Psychotherapy.
Cristina Mateo	satcrismat@gmail.com +351 914 515 510 institute-of-true-happiness.com/pt	Online, mainly	EMDR Level 1 and 2, IFS Level 1	No	I work mainly with people who have body sensations related with parts stuck in the past that they are not aware of. These parts can also manifest in physical and medical symptoms such as high blood pressure, anxiety, pain in the stomach, bowel disturbances, skin reactions, fibromyalgia, headache and so on.

Dana Elaine Schlick	danaschlickmft@gmail.com +1 (831) 515 8262	Santa Cruz, California, USA Online	LMFT, MA Holistic Counseling, Deep Body Movement Facilitator, Sensorimotor Psychotherapy Level 1 Certification, Syntara Energy Awareness Practitioner	Board of Behavior Sciences (BBS) licensing as CA LMFT	Dana offers support in accessing one's inner wisdom through an attuned, compassionate and embodied presence. She specializes in fulfilling relational desires, grief and loss, embodiment, and awakening the sacred in our lives.
Danielle Phegan	courageouspassages@gmail.com +1 (416) 892 0701 courageouspassages.com	Online for now	A/OAMFT, RP, IFS Therapist	American/Ontario Association of Marriage and Family Therapy; College of Registered Psychotherapists of Ontario	I have been working with individuals, families, groups and other relationships for over 20 years. I work only with the IFS, IFIO and Somatic IFS models; my background is in systems-based therapies and Psychodrama, which easily weave into my current work.
Dario Martinez	dario@dariomartineztherapy.com +1 (415) 548 1224 dariomartineztherapy.com	Teletherapy for California residents only	Licensed Marriage and Family Therapist - №105159	CAMFT	As a therapist, my primary areas of focus are trauma, addictions, anxiety and relationships. I have created a unique, multi-disciplinary approach that addresses issues in two or more of these areas simultaneously using evidence-based, cutting-edge modalities such as IFS (Internal Family Systems), Brainspotting (for trauma and anxiety) and EFT (Emotionally Focused Therapy) for relationship challenges. I am an LGBTQQI affirming therapist and have over a decade of experience supporting people with diverse identities.
David Ames	1peaceishere@proton.me +1 (860) 706 9010	Glastonbury, CT, Telehealth Only	IFS Level 3, Assisted as a PA for IFS Levels 1 and 2	AAMFT	With compassion and curiosity and a solid grounding in the IFS model, I love creating safe spaces for vulnerable exploration for those seeking a freer and happier experience of living, as I assist the unburdening of their most challenging internal part's motivations, through a deep understanding of their positive intent.

Deborah Jacobs	debbie@makearttherapy.com +1 (617) 221 5271 makearttherapy.com	Online and In-Person in Boston, MA area	LMHC, ATR-BC, CYT	Massachusetts Licensed Mental Health Counselor, Board Certified Art Therapist, Certified Yoga Teacher	I have 20+ years of experience as a therapist, expressive art therapist, visual artist, art and yoga teacher. In my practice I offer adults holistic, embodied approaches to healing including Internal Family Systems (IFS), Somatic IFS, Expressive Art Therapy and Somatic Experiencing. People often come to me with issues such as depression, anxiety, addictions, trauma and disordered eating. My style is collaborative, creative, thoughtful and effective in helping people work through problems, overcome fears, release stress and rediscover hope.
Denisa Udžanová	dudzan@hotmail.com +420 734 266 487 ifsinside.wixsite.com/website4	Czech Republic, Slovakia	MA	No	You may struggle with loneliness, criticism, anger, jealousy, laziness, overeating, overreacting, feeling stuck. It is important to acknowledge these feelings and there is much deeper to go. You and your higher Self can work on your Hurts, Distressing Feelings, Trauma, Inherited and Family Burdens with the greatest efficiency. This is an authentic healing from inside out. It Can Be Helped With.
Ellen Grossman	egcnm5@gmail.com +1 (707) 391 9901	Online Worldwide	RN, NP, Certified IFS Practitioner, Experienced PA for IFS Level 1 Trainings	CA Board of Nursing	I use SIFS and IFS to work with individuals and couples. Areas of interest: Attachment trauma, life passages, spirituality, life purpose, death and dying.
Hyunok Jeon	hyunok.jn@gmail.com +64 21 112 0163	Online, Auckland/New Zealand	Registered Psychologist (Clinical scope), Doctorate in Clinical Psychology, MA (Psychology)	Full member of New Zealand Psychological Society	I am offering therapy and consultations if you are interested in cultivating calmness and acceptance for yourself. I use IFS and Somatic IFS as a main tool. I am also trained in EMDR. My particular interests include cultural and intergenerational legacies that affect our everyday lives. I speak Korean and English.

Irene Brooks	idebeerbrooks@gmail.com +44 771 204 5994	Bedfordshire, UK Online	Accredited Counsellor/Therapist and Supervisor, BA, PostGrad Dip Counselling and Psychology, PostGrad Cert Couples and Marital Therapy, Sensorimotor Level 2, IFS Level 3	ACC since 1991	Generic psychotherapy mainly with adults and couples.
Irina Diyankova	dririnadiyankova@gmail.com +1 (865) 888 0257 dr-irina.com	TN/USA and Online in the USA	Certified IFS Therapist, IFS Level 3, Assistant Trainer with IFS Institute	Licensed Psychologist	I provide therapy for complex trauma and multiple issues around it. My approach is based on anti-oppression, LGBTQ+ and Neurodiversity affirming.
Jaclyn Long	jaclyn@mcaft.com +1 (650) 297 3400 x2	Los Altos, CA / Half Moon Bay, CA / Teletherapy	Certified IFS Therapist, MFT, Certified Yoga and Meditation Teacher, Certified Parent Educator	California Association of Marriage and Family Therapists (CAMFT) / Santa Clara CAMFT	Drawing from Somatic IFS and Hakomi principles, I offer a safe space for people to explore parts that are in need of loving attention. I guide people as they bring deep healing to the parts of themselves that carry wounds and help them experience their true nature - the Self Energy that is within us all.
Jamie Goodman	jgoodmanlcsw@gmail.com +1 (203) 815 9800 JamieGoodman.com	Fairfield, CT Online New York Online	Certified IFS Therapist, Approved IFS Clinical Consultant, Assisted as a PA on Level 1 and 2, Assisted at several retreats and workshops with Richard Schwartz	Connecticut and New York LCSW	Individual IFS/Somatic IFS, Individuals, life transitions, self-discovery, somatic healing, anxiety, self-compassion.

Jean Okie	Jean.e.okie@gmail.com +1 (917) 560 1632 okiepsychologistbrooklyn.com	142 Joralemon St., Brooklyn, NY, In-Person and Online	PhD Clinical Psychology; NC PsyA; Certified IFS Therapist	American Psychological Association	I work with children, adults, and couples, integrating several models of psychotherapy (psychodynamic, IFS, EMDR, and CBT) and adapting them to the goals and nature of my clients. IFS therapy and Somatic IFS therapy, applied to both individuals and couples, are my specialties.
Jessica Potter	jpottermft@gmail.com +1 (415) 794 9065	Online, San Rafael California. Licensed in New York from 2023	Licensed Marriage and Family Therapist, Certified in EMDR, Registered EMDR Consultant	California Association of Marriage and Family Therapists	I offer trauma-informed therapy in-person and online. I am trained in IFS, EMDR, and Somatic IFS.

<p>Judith Fischer</p>	<p>Judithfischer312@gmail.com</p> <p>410-964-8080</p> <p>moveandchange.com</p>	<p>Online</p>	<p>MA Dance/Movement Therapy, National Board Certified Counselor, IFS Level 2</p>	<p>BC-DMT #092, NBCC #61380</p>	<p>The Somatic IFS five practices have become the most significant healing contribution I have ever offered my clients. Interfacing Somatic IFS with my Dance/Movement Therapy background is potent and innate. Guiding clients through painful internal experiences to the relief of using their own Self energy for healing is deeply satisfying.</p> <p>I have maintained a Somatic IFS practice for individuals and group since 2015 during this time I was in a consultation group with Pam Krause for 2 years. Dick Schwartz, Frank Anderson, Pam Krause have each been my lead trainers for Level 1 and Level 2. I also have attended Susan's Somatic IFS retreat in Costa Rica.</p> <p>I have been past Education Chairperson of the American Dance Therapy Association, past Adjunct Professor Goucher College Graduate Dance Therapy Program, past Director of Dance Therapy Dept. at St. Elizebeth's Hospital; Northwestern University Psychiatric out-patient Therapist and Pritzker Children's Hospital Therapist both located in Chicago, Il.; and I have given numerous graduate level trainings and presentations for mental health practitioners in national and international settings.</p>
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Karina Legumi	karina@heartlandstherapy.com +44 743 222 1959 heartlandstherapy.com	Bath, UK and Online	IFS Level 2 Compassion for Addictive Process, Advanced Dip Hypno-Psychotherapy, Dip in Advanced Clinical Hypnosis, Dip Holistic Therapies, Advanced Dip Acupuncture, Dip Stress Management, EFT Level 3, Matrix Re-imprinting, Timeline Therapy.	UKCP, CNHC, NCH	Energetically trained Integrative Psychotherapist offering Somatic IFS. I have a background in Bodywork, Movement and Dance, as well as Holistic and Energetic therapies. I am offering a creative, heart-centred approach to assist your explorations with your parts. I invite you to book a free call or online zoom to explore if my approach resonates with you. I work with adults who may choose to come for short and longer-term therapy. Sessions are offered at 60 min or 1.5 hours, online or face to face.
Lisa Preston	lfstherapytoday@gmail.com +1 (917) 338 1884 Drlisapreston.com	New York	Doctor of Osteopathy	DO	IFS for individual adult clients. I have a special focus on how emotions show up in the body. I offer a warm, non-pathologizing environment for you to do your own work.
Lucinda Flavelle	lucinda@masterthemaze.ca +1 (604) 700 9715	Alberta, Canada	M.A. Counselling Psychology with an Emphasis in Depth Psychology	British Columbia Association of Clinical Counsellors #11883	IFS Level 2, IFIO (Intimacy from the Inside Out), Advanced Somatic IFS Clinical Training.
Marina Hazan	marina.hazan@gmail.com +972 54 735 5517 ifs-directory/listing/marina-hazan	Online	Registered Social Worker, IFS Certified Therapist and Consultant, Assisted many times as PA on IFS L1 and L2, and several times as Lead PA on L1	OCSWSSW	Specializing in treating childhood trauma, PTSD, challenging relationships, life transitions, and more. Fluent speaker of English, Hebrew and Russian.

<p>Megan Colvin</p>	<p>colvin.megan@gmail.com +1 (662) 268 7881 megancolvinlpc.com</p>	<p>Telehealth in MS, MO and IL USA. Soon In-Person in Columbia MO, USA</p>	<p>Counselor, EMDR Certified</p>	<p>Licensed Professional Counselor</p>	<p>Using the transformational IFS model, I assist individuals to access their internal healing capacity. Substantive change and healing of deep wounds is possible within this model. I utilize EMDR to assist in metabolizing of traumatic events. My approach is informed by a blend of the latest in trauma and neurobiological research as well as the wisdom of holistic approaches to healing. I work to help you understand your unique experiences and the way that they have impacted your neurobiology and central nervous system. Using somatic approaches, you can begin to safely reconnect with your body to begin healing the trauma that has resulted in an overactive nervous system.</p>
<p>Micah Landau</p>	<p>intuitiveinquiries@gmail.com +1 (34) 343 3559</p>	<p>Brooklyn, New York Online</p>	<p>Social Work</p>	<p>LMSW</p>	<p>I utilize Somatic IFS and compassionate curiosity to help my clients learn to attain their highest selves, heal from childhood trauma, and be more at ease in the present. I'm fluent in Yiddish as well as English, and have focused more on addictions, anxieties, religious and childhood trauma, and attachment issues.</p>
<p>Nancy F Novak</p>	<p>nancy@fnhpc.com +1 (561) 704 3998 ifstherapyonline.com</p>	<p>Florida</p>	<p>IFS Certified Level 3; Licensed Mental Health Counselor</p>	<p>FL Dept. of Health Division of Medical Quality Assurance, Mental Health Counselors Associations LMHC Florida</p>	<p>I offer IFS therapy to those who are going through life transitions, changes, and challenges who experience symptoms such as depression, anxiety, sadness, grief, self-criticism, extreme emotional responses and addictive processes, including eating and food issues. My work is trauma informed and I work with and welcome people of all races, religions, genders, sexual identities and backgrounds. I also work with clients and therapists who desire to learn about the model and use it as a life practice.</p>

Nicole House	nicole.house@me.com +1 (214) 842 3476 nicole-house.com	Dallas, TX - In-Person and Online	Level 2 IFS Practitioner, IFS Certified Coach and IFS for Groups	No	I work with individuals, couples and small groups. I offer 60–90-minute sessions that allow clients to create, uncover and deepen connections in their own mind/body, in their relationships and out in the world. I use SIFS in conjunction with the traditional IFS model for creating awareness, tuning in to the body using breath work, movement, personal touch, and resonance for deeper trauma healing and releasing in the body. Creating this space makes way for our true essence and embodied Self to shine through. I also offer group workshops.
Patricia Rich	patty@patriciarich.com +1 (215) 760 3519 patriciarich.com	Online (Located near Philadelphia, PA)	Certified IFS Therapist and Approved Consultant, AASECT Certified Sex Therapist	LCSW in Pennsylvania, CST-S	I help people to BeFriend and Lead their Internal Sexual Systems (BLISS) [™] . Somatic IFS is a powerful component of this work with individuals and relationships. I have a passion for bringing compassion to parts that have been exiled or stressed in relation to sex and sexuality. I love to help people to access embodied Self Energy so they can heal, increase pleasure and become more empower-ed in their lives. I welcome clients of all genders and sexual orientations and relationship structures.
Rachael Culver Dodds	r.culverdodds@virginmedia.com +44 7905 716516 stresslesstre.co.uk	Harrogate, UK and Online worldwide	IFS Level 1	TRE for All	I work with anxiety and trauma in people who want to re-connect to their body or remove blocks to health and happiness by combining TRE tremoring with S/IFS parts work, so you can relinquish unhelpful beliefs and pain, allowing you to become calmer, more whole, resilient and resourced.

<p>Ramona Havlat</p>	<p>contact@ramonahavlat.com +33 767 039 529 ramonahavlat.com</p>	<p>France Online Worldwide (in English and German)</p>	<p>Certified IFS Level 3 Practitioner, Intimacy from the Inside Out Post-Advanced Practitioner, Compassionate Inquiry, Certified Integral Coach, Certified Trauma-Sensitive Mindfulness Practitioner, Certified Feng Shui Consultant, Master's Degree in Architecture, Assisted as a PA for IFS Level 1 and 2 (Intimacy from the Inside Out)</p>	<p>Verband Freier Psychotherapeuten, Heilpraktiker für Psychotherapie und Psychologischer Berater e.V., VFP IFS Association</p>	<p>Online sessions worldwide via Zoom meeting in English and German, Individual and Relationship Coaching. Somatic IFS is an integral part of the IFS and IFIO sessions I offer for individuals and relationships.</p>
<p>Shankari Linda Barrera</p>	<p>wildwisdomguide@gmail.com +1 (831) 244 0990 wildwisdomguide.com</p>	<p>Online in USA, Canada and Worldwide</p>	<p>IFS Level 1, Esalen Institute 100-hour Gestalt Facilitation Certificate, Soul Lightening Process Acupressure Certificate, The Somatic School's Body-Oriented Coaching Certificate</p>	<p>No</p>	<p>As a Somatic IFS Practitioner, I offer a body-centered approach to your spiritual and self-development. I hold space for you to move from your thinking self to your feeling self, as you explore and discover the wisdom of your body, connecting to your true, wild nature.</p>
<p>Sonia Milohanic</p>	<p>sonia@re-connect.com.au +61 (478) 380 584 reconnecttoyourtruenature</p>	<p>Online (AEST time zone)</p>	<p>Certified IFS Therapist Levels 2, Sensorimotor Psychotherapy Level 1; Master of Counselling; Dancing Freedom Facilitator</p>	<p>Clinical Member of the Psychotherapy and Counselling Federation of Australia (PACFA)</p>	<p>ReConnect to your true nature with Somatic IFS psychotherapy. I am a Certified IFS Therapist with additional training in SIFS and Sensorimotor Psychotherapy. I offer 75 or 90-minute online sessions to adults longing for a more embodied relationship to Self and parts, others, earth and spirit. I often work with people who experienced childhood trauma and chronic pain/illness. Many are therapists.</p>

Soyoung Park	p77sy@yahoo.com somanas.com	Seoul, Korea (Online for consultation) only)	Certified Clinical Psychologist by HRDK in Korea, Neurofeedback expert	Korean Psychological Association, Korean Health Psychological Association	I try to maximise a client's needs by using Somatic IFS, health psychology, neurofeedback and clinical psychology in SoManas wellbeing health centre.
Susan Schodlatz	schodlatzsj@gmail.com +1 (781) 598 0244 (Office)	Swampscott, MA and Telehealth	Psychiatric Clinical Nurse Specialist, IFS Level 1	Massachusetts Board of Registration in Nursing, American Nurses Credentialing Center Certification	After 40 plus years as a Psychiatric Clinical Nurse Specialist, I recognize the inextricable connection between Body, Mind and Spirit. Each, in relationship to the other, is essential for healing. It is through the presence and guidance of my Embodied Self and the client's that optimum healing and wellbeing occurs. The fullest life expression becomes possible.
Suzanne Herrity	info@suzanneherrity.com +61 (0)437 483 889 suzanneherrity.com	Australia Online Worldwide	BSc (Hons) Counselling and Psychotherapy, Gestalt Therapy, IFS Level 1	PACFA (Psychotherapy and Counselling Federation of Australia) Clinical Member	My approach is primarily influenced by Humanistic Approaches, Gestalt and Internal Family Systems. I help people navigate difficulties in life including: Trauma, Complex Trauma and PTSD Chronic Illness and Autoimmune Concerns Eating Distress and Relationship with Food Physical, Emotional and Psychological Abuse Guilt and Shame Self Criticism Migrants living away from home Spiritual Emergency and Spiritual Concerns Integrating Non-Ordinary State and Psychedelic Experiences
Suzanne McGarvey	thejoyofself@gmail.com +1 (585) 205 8332 thejoyofself.com	Online via Zoom	IFS Level 3	No	Thoughts and experiences that miss the mark of who we have kept our best Self hidden... until now. I coach people to uncover the confident, creative, clear-headed you, that embodies calm compassion-ate courage and more. I am not limited to state or country.

NAME	CONTACT DETAILS (Email / Phone / Website)	LOCATION	CREDENTIALS	PROFESSIONAL / LICENSING BODY	THERAPY OFFER
Yoav Bartov	yoavbartov@gmail.com +972 545 622 074	Raanana, Israel Online	SWMA, Couples and Family Therapist, Certified IFS Therapist (Level 3) and Supervisor. Experienced PA and Assisted as a Lead PA on IFS Levels 1 and 2	Social Work and IFS	I offer Couples and individual IFS and Somatic IFS Therapy. I specialise in Trauma, Anxiety, Depression and Neurodiversity. My fee is 150\$ for a 60-minute session.
Jo Chan	allpartswelcome@pm.me	Worldwide Online	IFS Level 2 Somatic IFS	IFS Level 2, IFIO (Intimacy from Inside Out Couples Therapy), Resonant Healing Practitioner (Sarah Peyton), Somatic Experiencing, Buddhist Psychology, Awakening Joy Mindfulness Teacher, RYT-200, Trauma Sensitive Yoga (TCTSY), Trauma Sensitive Mindfulness Practitioner (TSM). Assistant on IFSI Level 1 training.	Chinese British, cis-gender queer identified somatic healing practitioner, psycho-spiritual carer. Somatic/nervous system focus, trauma-informed, holistic mind body spirit approach - accompanying clients in their journeys of self discovery, healing and connecting with our innate embodied awareness, wisdom and Self-leadership. Areas inc: Developmental trauma, spiritual bypass, stress, depression, anxiety, inner critic, grief, inner conflict, race, identity, immigration, relationship difficulties. Individuals and Couples coaching (IFIO).

Graduates of Susan McConnell's SIFS Training

If you wish to be added to this directory or to update your current entry, please email susanmcccon@gmail.com with the subject header 'SIFS Directory'

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