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Front Cover; Internal Family Systems Therapy; Copyright Page; Contents; About the Contributors; Foreword; Acknowledgments; An Introduction to IFS; 1.The Therapist-Client Relationship and the Transformative Power of Self; 2.Emotional Cannibalism: Shame in Action; 3.IFS with Children and Adolescents; 4.Self in Relationship: An Introduction to IFS Couple Therapy; 5.Integrating IFS with Phase-Oriented Treatment of Clients with Dissociative Disorder; 6.Embodying the Internal Family; 7."Who's Taking What?" Connecting Neuroscience, Psychopharmacology and Internal Family Systems for Trauma 8.The Internal Family System and Adult Health: Changing the Course of Chronic Illness9.IFS and Health Coaching: A New Model of Behavior Change and Medical Decision Making; 10.Treating Pornography Addiction with IFS; 11. Welcoming All Erotic Parts: Our Reactions to the Sexual and Using Polarities to Enhance EroticExcitement; Glossary; Index

Sommario/riassunto

Internal Family Systems therapy, or IFS, is widely recognized as one of the most compassionate and comprehensive psychotherapies available. Its non-pathologizing approaches to behavior, consciousness, and personality have been adopted by clinicians around the world, but with the exception of Richard Schwartz's foundational introductory text, few texts give clinicians the information they need on adapting the IFS framework to patients' complex and diverse needs and circumstances. Internal Family Systems Therapy changes that. The chapters focus on topics common in therapists' practice,