

1. Record Nr.	UNINA9910820720003321
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Titolo	Internal family systems skills training manual : trauma-informed treatment for anxiety, depression, PTSD & substance abuse / / Frank G. Anderson, Martha Sweezy, Richard C. Schwartz
Pubbl/distr/stampa	Eau Claire, WI : , : PESI Publishing & Media, , [2017] ©2017
ISBN	1-68373-088-7
Descrizione fisica	1 online resource (159 pages) : illustrations
Disciplina	616.8914
Soggetti	Psychotherapy patients - Family relationships Psychosynthesis Families - Psychological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"Exercises, Worksheets, Techniques, Meditations."
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Section 1: Introduction to Internal Family Systems (IFS) -- Section 2: Assessment and Diagnosis -- Section 3: Treatment & Exercises -- Section 4: Common Challenges In The Alliance With Protectors -- Section 5: Healing: The Unburdening Process -- Section 6: Treatment Tips -- Section 7: Other Applications of IFS Therapy -- References
Sommario/riassunto	Internal Family Systems Therapy (IFS) provides a revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach -- rooted in neuroscience -- IFS applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers straight-forward explanations and illustrates a wide variety of applications. Easy to read and highly practical. Step-by-step techniques Annotated case examples Unique meditations Downloadable exercises, worksheets IFS is Evidence-Based Thirty years ago, IFS creator Richard Schwartz, PhD, listened to his clients describing the behaviors and fears of their most extreme parts. He found that the inner world of all his clients was characterized by parts who had a positive intent for the client but had taken on extreme roles in an effort to be safe. He also discovered that these extreme parts

would become less disruptive and more cooperative once their concerns were addressed and they felt safer. IFS views psychic multiplicity as the norm: we all have parts. In addition, every part has a good intention for the client, and every part has value. When clients listen to all their parts, they can heal their wounded parts. Today, IFS, which has established a legacy of efficiency and effectiveness in treating many mental health issues, is being heralded by Dr. Bessel van der Kolk as a treatment that all clinicians should know.

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