

INTERNAL FAMILY SYSTEMS THERAPY

TRAUMA INFORMED FOR BETTER BEING



WHAT IS IFS?

IFS (Internal Family Systems Therapy) is a trauma sensitive, yet powerful therapy approach which supports us to explore different aspects of who we are and how 'parts' of us interact as a whole system. Our internal system governs external behaviours and ways of being. When our system is balanced our lives flow freely and productively.

WE ALL HAVE PARTS

We all have different parts inside of us, all with the highest intention of keeping us safe - even those that seem challenging or disruptive!

Getting to know our parts and hearing their concerns is a beneficial way to understand ourselves better, enabling us to have greater self connection and self compassion.

All parts are valued and welcomed.



WE ALL HAVE SELF ENERGY

A key precept in the IFS model is the belief that we all have '**Self energy**' within us. The Self is the wise, well reasoned aspect of ourselves that holds our most positive qualities. The compassionate connection of Self to our other parts resources and harmonises the system and opens us up to the possibility of becoming 'Self led'.

Qualities of Self Energy:

COMPASSION • CURIOSITY • CONFIDENCE • CALMNESS • CLARITY • CREATIVITY
• COURAGE • CONNECTEDNESS

UNBURDENING TO HEAL

When Self is able to compassionately witness other parts, it allows those parts to **release the 'burdens'** or hurts they have been carrying for us. Unburdening releases the issue or trauma so we are free to live in a balanced, measured and resourced way.



SAFE, GENTLE & EFFECTIVE

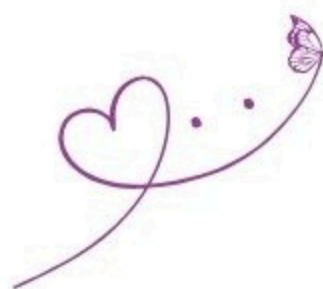
IFS is **extremely gentle** and will only go as fast as the slowest part of you is comfortable to go, making this an extremely safe process, even in cases of trauma.

IFS is **evidence based** & growing in popularity due to its effectiveness.

IS IFS FOR ME?

IFS helps with:

- Confidence
- Relationships
- Past Trauma
- Stress & anxiety
- Depression
- Improved resilience
- Self esteem
- Feeling stuck
- Addictions/compulsions
- Inner conflict
- Overwhelm
- Eating disorders



For anyone who wants to be a happier, healthier human!

CONTACT US FOR A FREE 40 MINUTE CALL AT
YOURSPIRITSHINES@GMAIL.COM

SHINE IS LOCATED IN SUKHUMVIT SOI 11, BANGKOK

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