

- 1) **Treating the Various Types of Trauma**
 - a.) Acute Trauma
 - b.) PTSD
 - c.) Complex or Relational Trauma Developmental and Attachment Traumas
 - d.) Extreme or Dissociative Trauma
- 2) **Internal Family Systems (IFS): Permanent Healing of Emotional Wounds**
 - a.) The Origins, Goals & Assumptions
 - b.) A non-pathologizing, accelerated approach, rooted in neuroscience
 - c.) Different from phase-oriented treatment
 - d.) The importance of our protective responses
 - e.) Dealing with emotional overwhelm head-on
 - f.) Multiplicity of the mind- we all have parts Healing at the cellular level
- 3) **Managing Common Co-Morbidities**
 - a.) Depression, Panic Attacks, Substance Abuse, Eating Disorders, ADD and OCD
 - b.) A non-pathological approach
 - c.) Comorbidities as protective responses to trauma
 - d.) Symptoms as “parts of the self”
- 4) **Differentiating Therapeutic Issues from Biological Conditions**
 - a.) The intersection of biology and situation (“Real Mind-Body Medicine”)
 - b.) The therapist’s role in biology- When to refer and when to work it through
 - c.) The psychotherapy of psychopharmacology
- 5) **The IFS Technique**
 - a.) **Step 1: Identifying the Target Symptom**
 - a. Identify the “target symptom”
 - b. Apply Meditation practices
 - c. Separating the person (self) from the symptom Learn about its intention
 - b.) **Step 2: Gain Access to Internal Strengths & Resources for Healing**
 - a. Moving from defensiveness to curiosity.
 - b. The “Self” of the therapist-countertransference redefined
 - c. Access compassion to open the pathways toward healing
 - d. The role of empathy in healing- the benefits and the downsides
 - c.) **Step 3: Finding the Fear and Function of the Symptom**
 - a. Focusing on its fear