

Internal Family Systems
Dick Schwartz
www.selfleadership.org
GAMFT
St Simons Island GA
5/1/09-5/3/09

Intrapsychic processes = Worthless empty part → critic → binge circular patterns
Talk to parts directly in the client or using “empty chair” like doing family therapy.
I cant beat you (cutting part) shifted out of control place and asked what’s going on.

When being abused, had to shift out of body to keep from raging and being further abused. Why it’s still impt in the present to do that. The rage was there. The part can’t change, and the more we pressure it, the more it escalates. They are frozen in time, they think the past is present .you Good valuable parts forced into parts the client didn’t like and had to engage destruction to save the person.
can’t take the kid out of the network and expect it to change. Same is true with IFS, you can’t expect it to work until what it’s protecting has been able to change.

If you knew the secret hx of your worst enemy, it’s enough to dissolve all hostility – Longfellow.

When you have a different connection, you can go about finding the constraints that are keeping it in their role. Good valuable parts forced into parts the client didn’t like and had to engage destruction to save the person.

Most clients are suicidal most of the time. The parts don’t want to kill the client, just need to understand how they can step out of the role.

First premise – we’re all multiple personalities. We have the same multiplicity phenomenon, the difference is dids are blown apart by the horrific abuse. Full range of personalities. Working with the angry part, you will find they have fears as well. They all have talents and resources to lend us. Those become obscured by traumas and attachment injuries. They are dying to leave the role and will when feel safe

The parts are stuck in the roles by becoming attached to the emotion or belief that came into you from outside from some experience and attaches to one of these parts and drives the existence. The mistake is to assume that the part is the burden. As parts unload the burdens, they transform into their natural, healthy states. How do you get them to unload what’s been dumped on to you.

Extreme belief, emotion, or energy that attaches to part and drives the way it is there after. 1st class 2nd class burdens we inherit – legacy burdens. It’s the extreme belief, etc, not the part that’s problematic.

Rilke – everything terrifying, is something that needs help.

Need to look at what constrains terrorists & drug dealers.

We all have genetic flaws and predispositions. Like RA. Some with genetic predispositions that the parts will use to keep them from doing something they don’t want to do.

First rule of speaking, know your audience. This is the bible belt. “Are you saying that there isn’t pure evil, Satan, etc” we do find sometimes that people have these little bundles of negativity, that didn’t come from inside, like free-floating burdens, can do an exorcism. This shakes your world view about what is evil and what is not.

So Charles Manson could be explained by this??? What about the sociopath/psychopath. Isn’t it true they don’t have a conscience or ability to empathize. They do have a part that doesn’t care about anybody. If you are get to that part, it becomes even more critical and brutal and they often try to commit suicide. Not that they don’t

have it, but that they are so dominated by part that doesn't care. As you believe in the model, dsm is totally different.

Differentiate by object relations? Virtually any explorer has run into multiplicity: internal objects, ego states, sub personalities, alters, schema, etc

Like the blind folks and elephant, they come away with different perceptions/presuppositions.

I was forced into beginners mind (Buddhist) because I didn't know any better. Brain stuff? Research? Trying to raise funds at Harvard. Silly dispute that it's either biochemical or emotional. My experience is that it's both. Just because schizophrenic brains look different, doesn't mean they don't have parts to work with.

How I got into this. Working with bulimic kids and their parts. Trying to improve the relationship between kid and part. Trying to have the critic and kid talk. The breaks down and becomes angry at the kid. As a structural family therapist, we were taught to get the father to step back in the room and improve the relationship between the mother and daughter. Maybe the same thing was happening with the IFS. Maybe there's a part that's so angry at the critic and get it to step back and not interfere. There would be a dramatic shift relative to the part they are working with. They might be omtp amptjer [art/of o get the fear to step back, it encourages mindfulness. I'm curious why it's doing this, calling you names all of a sudden. So what part of you is that, let's keep it around.

The Self is the core part. I stumbled on a way to help clients access that very quickly. It's just under the surface of these crazy angry parts. It's just under the surface of the most disturbed clients. How is that possible?

Esoteric (further in) spirit, soul, Buddha nature, Self, Dao, Inner Light – everybody has a word for it and says that's who we really are. Not only do they manifest in a certain way, they also have a kind of wisdom about how to being to heal themselves. We are born with wisdom about how to heal ourselves.

Ego state therapies. Psychosynthesis, Mindfulness state we can all get into (DBT) (getting borderlines to separate from emotions and get into mindful state:

Don't passively witness emotions, but to actively go to them, heal them, help them resolve the emotions, be with them, real compassion. Most people have this state and can do it. Sometimes it can take a while. They've lost the sense of self

1. release burdens then the parts naturally transform
2. restoration of trust in self leadership

in trauma, parts organize to protect Self, even though it's not in need of protecting. In families kids become distrustful of parents, become parentified, they are too young and ineffective to run the family, therefore the parts become hyper critical.

Jung also came upon it – complexes – are sim to parts. He developed "active imagination" journeys to go inside.

Self doesn't get damaged, it is pushed back by other parts. There are parts that will step forward to take the hit or trauma. Pedophiles are the ones who took the bullet from the original abuser, they carry the abusers energy. They were originally the hero.

Introduction to clients – the degree to which they look at you like you're crazy is directly related to the degree you THINK they are going to look at you crazy.

Asking questions about the inner world around the problem. What do you say/ feel when it happens. So part of you thinks you should leave your wife, and part of you thinks it would be a disaster. Identifying the parts as gathering history. Parts are emotions and thoughts. Would you like some help with one of them?

The ones we wind up working with are the ones in extreme roles. We're going to be working with the parts that are causing troubles in peoples lives. Trying to get to place of pure self – guru like state.

“If I keep doing this, am I going to turn out like you???” ☺

The goal is not to eliminate parts, but bring them back home: round them up, help them unburden, transform and bond. So there aren't managers, firefighters, critics.

Flock of birds or school of fish and they look like one organism. You can take one out and it still has autonomy.

You were never one personality to begin with so it doesn't make sense to try to have ONE personality.

Symphony of selves – orchestra conductor, when everyone is in harmony, produces beautiful music.

Work with kids down to age 4 (have to be verbal) with kids, once you open the door, they will tell you about all of the parts since they haven't been socialized away from the model.

We're born with potential. When babies are born there are 6-7 discrete states. If you were raised in perfectly harmonious family and culture, they would come out “on time” Terrible twos – traumas force the parts to come out too soon.

Abuse, trauma, and attachment issues take over. Dictatorial father, if you resolve the issue with female child and she marries her “father” do they have to come in for tune ups? Go to the part that's pathologically attached to the abusive father and allow them to reattach to partner.

Schwartz, RC (2008). [You Are The One You've Been Waiting For, Bringing Courageous Love To Intimate Relationships.](#)

Specialize in treatment of severe abuse, my experience is that a large number of my clients will come upon perpetrator parts who actually perpetrated against someone and weren't aware of it. The line between perp and victim is very thin. May be in different form, may be in the same form.

Map to the territory – once you learn it, forget it and throw it away. We don't impose this on clients. They are teaching us about their inner system and you are organizing it in your head. In the beginning I wound up hurting my clients. If it's a delicate system, you will blow them apart. You have to learn the rules of the system and how to enter it respectfully.

Looking for patterns and distinctions that seem to matter. Distinction betw parts that are protecting you and highly vulnerable parts that are easily hurt and being protected. Inclination is to get them feeling good asap – don't

Vulnerable parts.

What did you try to do with the memories, sensations, beliefs, emotions? Rationalize, defend, stuff it, forget it, obsess about it, angry

Most of us try to stuff it as first line of defense, people around us tell us to move on, grow up, get over it, let it go, suck it up, pray about it, etc. Cant change the past, just move on. They want us to stuff it too.

You wind up exiling the parts of you who were hurt the most by those events, the parts that are the most vulnerable, free spirited, parts of us. We think they are toxic to us because they carry those burdens. The process of growing up in this culture, pushes us away. They have the power if they are triggered, to take us there. They are frozen in those humiliating moments. We don't want to feel that, so we lock them up and throw away the key.

Managers – Another set of parts that will “never again” let it happen, so I’m going to manage your life, take control it. These are the hypervigilant parts, criticizing you to get you to look better, perform well. They are trying to run down your confidence, so you don’t take any risk. They are the caretaking parts so no one will reject you, not like you. Share pre-emptive focus. Often very intelligent, good analyzers, anticipate danger, good problem solvers. Interested in controlling everything and pleasing everybody. Doing whatever they can to keep exiles from appearing. They can numb you.

Firefighters – When exiles are triggered, it’s terrifying. Another set of parts tries to distract you, dissociate you from all that emotion til it burns itself out. I’m going to get you out of that state right now! What’s your first impulse, -- suicide, anger, chocolate, exercise, sleep, drink, obsess, reading (any distractor, TV, Web, etc), work (somebody makes me feel bad, I’ll write another article and feel better) affairs, drugs, sex, shopping, gambling, blaming, pulling hair, etc. Suicide Contract takes away their biggest source of comfort so they decompensate the next week.

Managers & Firefighters are protectors

Hope merchant – selling hope to hopeless clients. We are going to help you out of that role by getting that pain taken care of in a totally different way. Just give me a chance to show you I can

Close your eyes, take several deep breaths as you go inside

Scan your body, find a place that doesn’t feel quite right, a part that may feel tension, or anything. When you have a part in mind go ahead and focus on it. Turn your attention onto that physical sensations, medical symptom, thought pattern, emotion. Just focus your attention exclusively on that for now and how you directly experience it. As you focus on it, notice how you feel toward it. Explore your relationship with it. How do you feel about this part that gives you sensation, etc. Do you like it?

Like it, hate it, how do you feel toward it. If you feel anything besides curiosity toward it, ask that part to step back so you can get to know it a little better. See if they are willing to separate and let you open your mind to this part? If they will separate, notice now how you feel toward that original part. We’ll continue this process until you can just be curious and mindful about the part. Sometimes we can’t get that part to step back, that’s okay, just means they may need some attention.

If you do feel curious, it’s safe to get to know it. Might want to know why it’s doing what it’s doing. What it’s afraid would happen if it weren’t doing what it’s doing. Just be curious.

I’m going to stop talking for a few minutes and I’ll let you know when it’s time to finish up in there. (5 minutes) (need to be in mindful state first hence deep breathing)

In the next couple of minutes you can wind down the conversation. Thank your parts for what they let you know or didn’t let you know. No rush.

Orthodox Jewish woman – part that feels guilty, betraying thousands of years of tradition.

How did you feel toward that part? (manager who’s trying to get you back in integrity and get you back with the tribe)

Hypervigilance – doors are locked, workmen coming to the house and worrying that they know where we live. How would I handle it became the issue today. Focusing on this one part of you, what are you afraid of, fear that wouldn’t handle it, or that couldn’t handle it.

Irresponsible part – insurance paperwork, etc, feeling bad about that 12 y/o when had adult responsibilities and I would come up short – I would break things or forget to do them. Maybe I didn’t have the fun I needed as a

12 yo, so maybe that's the irresponsible part today – 12 yp exile stuck back in the time, frightened and out of role who is now not wanting to do all that stuff.

Mother was very depressed when I was child. I was her helper. Part that felt it had to be extremely responsible. Letting it go and not having to be perfect. Parentified kids have perfectionist parts

USE IN HISTORY TAKING/TREATMENT SUMMARY!!!!

Parts I don't particularly like, anger, protector parts, underneath that, the exiled part is very sad and I think id rather be angry. The external content was my crazy family – keep you away from the sadness.

Needy part – asks people to fulfill my needs. Normally I shame myself for that “people don't want to see that” that's the part of me that held my heart and took the brunt of rejection or pain – things that hurt me. Why do you still exist? If you don't have me, you don't have a heart.

If you're doing the work and suddenly distracted, can you find the part that took you out and ask it what's happening that it needed to leave

Dissociation is part taking you away from something that it doesn't want you to know about or stay with.

Emerson – frustrated bec many of his best ideas were stolen by the ancients ☺

Video of Vietnam vet

Numbing was protecting the rage. If he felt the rage, he might hurt someone.

1st session – we learned the hard way to go to protective parts first to get permission to go to the exiles. Working 1st with numbing part and try to get permission to go to the rage.

Curious about .

It's the anger that concerns me the most. I just don't know where it's going to lead. I get angry and the fear of what I could do, so I shut down and get numb. I spent so many yrs shut down after bx died.

Okay to start with numbness? Focus on the body and where you feel it. (bx ow it reacts to that understanding Seems like it feels more relaxed. Doesn't feel tense.

died in nam while he was in boot camp.

It's a shroud around my heart. How do you feel about it. I can appreciate, but want it gone.

Would the part that wants it gone step back so we could get to know it and help it.

How do you feel toward it now. I understand it. What it's trying to do. Maybe let it know that and see h

Maybe tell it what you understand about what you understand it's trying to do and see if that's right. It agrees with the fact that it doesn't want me to go over the edge and it's also there to protect me

Over the edge with the rage? Yes. Crazy, hitting somebody, throwing things.

It's mainly focused on protecting you and other people from the rage. How are you feeling toward it now as it tells you all that? Disappointed in myself. After 57 yrs, I should be able to deal with rage and not shut down. Is there a critical part that's come in? let that critic know we understand that it's trying to help too, but would it step back for now. Hesitant. It can watch and come back if it has to.

How are you feeling now toward that shroud around your heart? It's like a caring fondness. Great, let it know that. And how you know how hard it's worked to protect you all this time. It feels very appreciative

Ask it if we could go to the rage and help it feel better and not have to carry so much rage and it wouldn't have to work so hard to protect you. It would like to relax and take in some sun. would it be okay with it if we went to

the rage and got to know it, without the rage taking over. This one is really hesitant. I understand, it would be a big leap of faith to give us a shot. I've done this a lot and it would actually be helpful that it wouldn't have to stay in that state. It's really willing

If it's possible, start with the rageful part in a room and you're outside the room looking through the window. Do you see it or sense it in there? I can see it. Dark spirits bouncing off walls. How many? Can't really tell, but there's many of them. Dark spirits bouncing all around. As you look at them through the window how do you feel about them? Free. Good. Maybe the part that's afraid of them, maybe we can get it into a safe and comfortable room. Get any of those other parts to go into their own safe and comfortable room and trust us. The scared one doesn't want to go. It's afraid. Ask it what it's about. It's afraid the spirits will take over. Tell it that's not going to happen. We're going to get to know them outside the room. They can't do anything dangerous if you're not afraid of them. If the one who's afraid can go into a sep room and trust you and me. It would be okay if it had final say re: danger. Totally. It's going into the room and standing by the window. How are you feeling toward them? Inquisitive. From outside the room tell them you're curious about them and see what they want you to know about themselves.

Start with numbing part, shroud over his heart – notice it. How do you feel toward it? Tells me that it's the parts protector. Ask it to step out. Keep doing it til some semblance of self. Get permission from numbing part to go to the rage – lot of reluctance. I had to be the hope person and sell the part on the safety. It's a lot of negotiating and permission. Don't go places with out permission! After it stepped out, how do you feel about the rage? Inquisitive. That's the mindfulness we're trying to shoot for. He's calm and confident of it.

3 of 8 common qualities

Curiosity, calm, confidence, compassion, courage, creativity, clarity, connectedness

They emerge spontaneously as if you lifted something off the person and there it is. Never get it all

Now I know it's safe. If you're not afraid of any of these parts, then it can't hurt you!

He's going to begin to dialog with the spirits. Organize it so he's not overwhelmed by it.

He's starting to get overwhelmed with it a little bit. It's bringing up some really bad times

So they're showing some bad scenes, yeah, that I had no control over and it affected me. Is it too much to handle? I still want to try. Tell them to slow it down a little bit and we're going to get to all that. To relax, just want to get to know them. It's great that you were able to stay with it so long

Tell them it's you appreciate them carrying all that stuff and we really want to help them with it. They're saying it's about time, we're tired. Yeah, it is. Are they still bouncing around. Almost seems like they stopped to take notice. Can you count, so many of them, more than 10, absolutely

Reassure them we're here to help them. We may not be able to help them all today, but we do what to help them all. How are they reacting? Very interested

Prob best to go one at a time or all of them who are connected to a certain scene in the past. Is that ok

They can talk about it and decide who can go first. One or a group. A group centered around my brother

How are you feeling toward them. I just want to talk to them. Good. Is it okay if just that group comes out of the room and comes closer to you/ yes. First let's consult with the part. since they've settled down and not flying all over the place, it's more open

Lets bring out that group connected to your brother. It's like there's one senior and numerous younger, smaller ones.

Are you feeling some caring for these guys, yeah. Let them know you really care about them and keep doing that til they start to trust us.

How's it going. Do they trust? Yeah. So would you be up for looking at what they need you to see about your brother? Yes. Ask them to not totally overwhelm you with feelings, so you can be with them

When they brought my bx back I was at Pendleton. They flew me back to IL for 3 days I stood at the head of his casket in my dress blues and I didn't move. For yrs I was a marine and not a brother or son. I wasn't much help to my parents . imp sorry for that. Now it's too late. At the cemetery when they played taps, I cried so hard inside that no tears came out. Going back to the house. My gmx said. I wonder if he felt any pain. I remember my mx screaming. All I wanted to do was rip my uniform off and run

Id like you to enter that scene with that young man and be there for him. What ever he needs, just be there with him. Can you do that? Yeah. He needs to cry. Can you help him see it's safe to cry? I have to take him out of the uniform. Great. Do that. (sobs)

Yeah. It's almost like there's a light. Yeah, that's right. Even though the pain is tremendous, there's a brighter point later. That's right. You're doing great. Down on his knees, doubled up. That's great. You be with him. I'm holding him telling him it's okay.

That feels good. That's great. The weight ...is this my water. (both drink)

Let's see how he's doing. Would he like to come with you to a safe place? What would he like to do? He needs to stay a little longer. Can you stay with him? Yeah. Tell him to let you know everything that's going on. Feels so good to have the marine out of him. He feels human and it's okay to cry. Healing.

Want to do anything with that uniform? He doesn't want to put it back on, in fact he doesn't want to see it again. Maybe you can get rid of it somehow. I have a special place to take it to. That's great.

I love the canyons out in UT. Cliff dwellings. I go out there quite a bit. I think that would be a good place to put it for the spirits of the canyons. Perfect. How's he doing. Very good. Still sad, but weight is gone.

Anymore he needs to do before we go somewhere else? Ready to leave that time and place? Ask if there are any parts back there that are stuck and want to come along.

There are a lot of parts associated with Nam. Would they like to come now? They want to be heard next. Lets take him someplace he can enjoy. Ask him to check his body and see if there's anything else he needs to unload. He's always felt the guilt that it should have been him. Where does he carry it? All over, inclusive. Is he ready to unload it now? Yeah. How does he want to do that water, fire, canyon spirits? Canyon spirits would be good. Invite them to come. They're all sitting on the tall. Are you ready to get rid of it now. Tell him to lift it up out of his body and they will take care of it.

They have it. I can also feel the last few years I've worked on it. Enough. That much more has been relieved. He's enjoying the sunlight and wind and being the spirits. Tell him he can invite his body in the future. See what comes into it now. Felt something telling me I'm okay. I'm good enough. Feels good also feels disappointing bec I look back at all the things I could have done. That's the critical part that's sneaking in. tell him he's been very patient and ask him to go back and wait some more.

It's like the sunlight is inside of him now.

If working with someone who is highly dissociative, what would you do differently?

In tx therapy, lot of stabilization. In this model, you don't need that. You don't need to teach them anything. If you are respectful of the protectors, this is grounding in itself. Befriending the scary/scared parts it's calming.

USE IT AS PHASE 2 STABILIZATION

Is this lasting? In this case it did. Sometimes the burdens come back and we ask. There's always a reason.

Use evaluative comments ‘That’s good’ as containment/ support. I didn’t tell what to do. He knew what to do. My comments are to reassure the protectors as they watch him get more emotional. Doing it to get them to let us do what we need to do.

What do you tell clients about doing it on their own? They do it on their own. When they finish, they feel like they did it themselves. In first session, don’t do safe place, etc.

When working with sociopaths, how do you know someone is doing the work or trying to con you? Over time you get a nose for that. Most of the time you catch it. Is there a part that’s trying to get you through that?

I’m a 12 step person for therapists, “give it up to a higher power” know your clients will be able to do this. If you’re worried, it’s *your* stuff

Unburdening is the important part – getting rid of the uniform and survivor guilt.

Hypnosis? Maybe, but I wasn’t trained in hypnosis! 😊 not trained or licensed to do it.

Is this okay or is it too much. Ask the part to slow it down or separate a little bit more from this.

If I get stuck – I’m not sure where we are, does anybody in there know?

By tormenting you they are mentoring you to learn the stuff.

When you see I’m not present, please let me know.

Ask the client and the parts will tell you if the meds are helping or not.

Contraindications have to do with safety

1. is there space in the family that as the client becomes vulnerable, they won’t be attacked
 - a. ask your husband what it would be like to not have sex for 6 months. He’ll die. Sex was used by firefighter along with suicide. So have to create scenario where cl will be safe
2. if you are triggered and can’t hold yourself present

back over the steps for doing the work.

Exercise to get the energy back up.

Partner and space, standing back to back

Exercise in intuition reading another’s mind – try to match/guess your partner

3 poses. I’ll count to 3. spin around and your job is to be in the same pose.

Do it 3 times.

1. tiger – do it (roar)
2. kiss – exaggerated, arms out
3. fire cracker – exaggerated arms up explode sound.

Everyone does the tiger, room laughs

2 more chances, back to back

Firecracker for most of the room

1 more pass

Mostly kiss

Go over steps for doing the work

1. work with protectors first, even if they want to work with exile (grief, shame, etc) I first want to work with the parts who don’t want to go any where near that. Focus on it. Find it, feel it. How do you feel toward it. If they feel anything other than curious, ask the parts to separate – goal is mindfulness. What are you afraid of if you didn’t do this – learn what it protects or is polarized with. If we could go to the rage and make it so it wasn’t so enraged, what would you like to do/could you do – sun. if we could do this, would you have to stay in the role. What would you like to do instead if you didn’t have to protect this way. Often it will be directly opposite of the role they’ve been in. befriending the part, finding what it’s protecting or polarized with, and then beginning to get to know it.

If a part will start in a room by itself use it with very scary firefighters. The goal with the protector is to heal what it's been protecting and then back to the protector.

Don't go to the protector expecting change bec they can't change til what they've been protecting is safe/changed

2. witnessing. The parts need you (cl) to know in a deep way how bad it was when they got hurt originally. Ask the part to show what it needs the client to know. Stay with it so they understand. They need to be taken out of the place they were frozen in time. Most parts are willing to step out of that time and place at that point. Then ready to unload both uniform and survivor guilt. Later came up when he was 5 and bugging his uncle. Later uncle committed suicide and kid blamed himself. You can see the link between "It should have been me" with brother.
3. invite into the body qualities that will lead the future (RDI). His qualities come into him.
4. invite the parts that have been protecting to come in and see that he's safe now and they will now relax and find a new role.

2 points where therapists can freak out – on the way to the exile, clients can spice for firefighter activity. Scares some therapists, even though predictable. Go to the part that's spiking. Stabilizes.

After a particularly intense piece, often there's a backlash. A part is telling the client you're laughing at you/ can't stand you, etc. the part that's feeling vulnerable gets triggered. As therapist, predict it!

Sacred cow under the door – taught as therapist taught to keep very clean boundaries with client. Structured, take only certain number of calls, end sessions on time, don't tell them you care. Throw that all out the window if you're going to do this work. It's temporary and what they need at the time.

As long as suicidal parts have connection to hope of future, they will be okay. I've done this for 20 yrs and only sent one to hospital. I have therapist part who lives in them 24/7. Scared little part calls, okay, what are you going to do with her? I'll just hold her. Okay, so I don't have to deal with the crisis

Come out of session energized. I'm not thinking what to say, it's just coming out of me. That's what self is, just being able to say.

If a client is suicidal and says I'm going to kill myself. Let's go to suicidal part. What's it afraid of that it wants to kill you. Then work with that part.

Is there any time you identify the source of a part of the other person. That's what witnessing is about. Parts will show you what happened in the past to bring in these burdens. Parts come with us into the world. It's the burden we're addressing and releasing.

Cl with rageful father. He's internalized the father & his rage. Do you ever make a distinction between the cl's rage and the father's rage. I don't call attention to it, but the minute we identify it, the client comes up on the insights on their own

Ally with the client, the primary is the Self of cl. I follow the client.

Do you carry the father's energy. Would you like to unload it

video

have you ever been made to feel worthless in your life. If you got the message that a caretaker didn't value you, you fear surviving, bec if you aren't valued, you will die. the terror of survival becomes the drive to redemption.

many parts are desperate to get the person who gave the message “you’re not valuable” to give the message that they are. They become addicted to it and will put up with abuse for the times they get a hit on it. Many decisions on a partner are based on that. It’s a set up. Go to the part that was so attached to the parent and is now so attached to the partner and see if it can change that in the present.

Internal attachment theory! As long as there’s the other kind of attachment, true intimacy is impossible. Once the part comes to that, you can take the edge off and it frees up the partner from having to provide that.

A lot of adoptees are similarly matched to birth and adoptive parents.

How to get each partner to go within and do their own stuff.

Castlewood outside MO. They only do IFS

Really good at talking about her problems from an intellectual basis.

1st 15 minutes inviting her to focus on part and her interrupting and focusing on something else. At some point she decides to go inside. Violate everything I’ve been telling you all day and went right to the exile part bec had sense that she had enough self to be able to do it.

How do you feel about being here in this context. Good, I’m ready to work I know you will help me.

I don’t think it’s eating disorder, but more to do with my parents.

What feelings with your parents. Love and hate. Which of those do you want to start with. Idk. Go inside and see? Okay.

Hate first. How do you feel toward the hate. Uncomfortable like you don’t like it, afraid of it. What kind of discomfort?

It’s mixed. Tell me about the mixture.

It’s like my mom when she’s like putting a show while shells with the others. Individually. Two person. When she’s together with day and she’s on a role, it’s 2 diff persons. She could not admit the things she’s done to me in front of dad. Same thing with all the other people. I don’t understand why she denies it and I get to be the only person who sees the real side of her. The part of you that feels that is the one who hates her for that? Let that part know that makes sense. There’s also a fearful side of me. At times she can be very fierce that nobody else can see it, but she’ll be doing that in front of me, but she won’t admit it. Denial and she forgets. So it’s like she denies it to her self also? I’m not sure. But then she forgets it. It can be terribly frightening and confusing. In the past I couldn’t stand up for myself. I’m working on that now. In the past when I stand up for myself, she’ll talk all the time til it gets smaller and smaller. I hate that. The fact that she can do that. I’m trying to be the person that I can trust myself. The person who gets scared, would it be okay to work with that? Yeah. Find it. The heart. How do you feel about that one. I hate it bec it’s painful. That’s understandable. Ask the part that hates it so much to stand back and we can help it unload the things that scare it.

One part she’s telling me one thing and another part tells me something else. Makes me anxious. I want to trust her, but a lot of voices arguing to trust or not to trust. Every time I look forward to a new beginning, it’s not. I keep on going and trying. Seems like there’s a part of you that wants her to be a good mother to you. It’s disappointing because it switches. Do you want to want to work with the part of you that longs for her to be a good mother, or the part that’s scared. I don’t mind. (longing)

Focus on that, where is it? Still in my heart. How do you feel about that part that wants her so much? Not much strong feelings that I want her love. Should we go back to the fear of her? Focus on that. What do you feel now. I see faces. Her being angry, frustrated, fierce. How do you feel about the girl who is scared. The girl is afraid. I feel her pain. Is it okay to feel some of her pain right now, or is it too much. She’s so sad. How do you feel toward that girl. I want to hold her. Could you do that. How does she react to that does she like it? Keep doing that for a while til she really starts to trust that you are there for her. Is she trusting that you’re there?

Ask her to show you what she needs you to know about that happened in the past. Is she showing you some things? Is it okay to feel all this? I feel so sorry for the girl sitting there. That's great. Keep letting her know what. Why me?????!!!!

Does she like being held by you? It's okay to feel this? She's shaking and crying. Tears keep running down her face. Begging for forgiveness and mom keeps hitting her, shouting, yelling. No body was there. Tell her to keep showing you everything that happened. She's fine now.

How's she seem now. Calm. She feels that you understand her. She's confident and tired. How would it be for you to go into that scene with her and stop the mom from hurting her. No. mom keeps hitting her. Would you like me to come along. No one can stop her. Would you like me to try? The two of us will go in together. Are you ready to do that? She's crazy. Yeah, that's right. We need to stop her from hitting that child. Tell me what you want me to do with mom. Pull her away. I'm doing that now. Tell me when I've done that. What are you going to do with the girl. Hug her. Do that. She's bruised. I've got the mom away, you just hug the girl. We can see that she's hurt.. let her know we're here now. She's fighting against you. The mom is fighting you. I'm going to take care of the mom and help her see she shouldn't be doing that. See if the little girl would like to leave that time and place to a safe place. Let's take her to a safe, comfortable place she can pick where she wants to be. She wants to be in my arms. Where do you take her. To the sofa to sit down. She's happy now? She's frightened. You're just going to keep holding her til she realizes she's safe. Let her know she's with you now and she's going to be okay. We're not going to let the mom do that to her any more. Can she trust that? No. it's hard for her to trust that still. It's going to take a while.

How's she doing now. She's in my arms. She cannot see her mom. The mom is with you. What couch is she on with you? Back in that time or in the present? Where is it. She's on couch in the same house. What do you think about taking her somewhere she's safe in the present. She's afraid. What's she afraid of. She's not sure whether we can take her to the present. I don't know what she's unsure of. Ask her.

She's not moving. Her legs. She's not sure whether to follow me or not. She wonders what would happen to the mom. Tell her the law has to figure that out. The mom needs to take care of herself. It's okay for her to come with you. She's walking with me now. We're talking. She has a smile on her face. Take her to the present where? Wherever she would like to be, where she would enjoy it. Where do you have her. A beach. She's happy there? Um hum. She's happy. Ask her now if she'd like to unload all those feelings and experiences she had with the mom, if she'd like to let that out now. She's not thinking so much of what happened now, she's just walking on the beach with me, smiling. Okay, we can wait on that. So she'd like you to stay there with her? We're just talking. It's imp't for her to see that now that she's with you, she doesn't need the mom. She has you. She's much happier. That's great. She's laughing. How would it feel to bring your focus back outside.

How do you feel? Better. Perhaps the most successful one. I don't understand how I did it. I told myself I wouldn't cry in here. I feel more relaxed. Lighter. The heart is lighter. Everywhere is lighter. Before that it was heavier. Now it's gone. (sigh)

I'd recommend you continue to spend time with her on the beach, talking to her. Every day. I know what you're trying to get her to think that she's better without the mom. It isn't about being with the mom, it's about being with you. You can do that with all the other parts. It's like I'm holding the girl, the mom is next door with you. I ask her to walk with me in the present. Once she's willing to go with me, the mom stuff is gone. The cheerfulness immediately shows on her face. You can see sunshine on her face right away. A different side of her. A lot to think about

Day 2

Meditation,

Deep breaths. Take a few moments to do a body scan. Anything that doesn't feel quite like you. Any achiness, tension, etc. begin the process by focusing on any one of those points. And treat it like an aspect of you. If it feels sincere and possible, extend love and appreciation, comforting words. Is there something it wants you to know. Breathe into those parts all in the effort to let them know you're there and they're not alone. They can actually relax. Extending a loving energy, comforting words, breathing into that place in your body. Some of you will notice a shift in that place. A shift toward a relaxing with that sensation and having more space in the body. If you don't notice a shift, it is okay, it just means that part isn't ready to relax,. It may need more attention. If there is a shift, move onto another part. If the parts do relax, it means you will have more spacious awareness inside. More roominess in there. You might even notice a kind of vibrating energy moving through your body. Maybe your fingers tingle. When that feels sort of complete, you can begin to shift your focus outside, take some deep breaths and come back.

It's a way to remind my parts I don't have to run today and can get more into my body.

Couples stuff.

We're all hurt in our families, we have exiles, given the message by culture and family that there's somebody out there who will take away the hurt. You just have to wait. The cruel joke is that no one can do that for us. We have to do it ourselves. Inevitably that person is going to disappoint you and at that point your protective parts will go into one of 3 projects.

1. all of your attention is focused on blaming, cajoling, browbeating your partner into being different.
2. putting all the blame on yourself to get that person back into where they are supposed to be
3. give up on that person to be the one to take care of you and go to someone else, or go from person to person to drugs, OH, etc.

these are typically the ways folks come into couples therapy.

When you are focused primarily on getting another person to get these parts to feel better, the kind of intimacy we are wanting is pretty impossible. They are so vulnerable, that when partner gets close enough, the protector pushes away er: vulnerability, or exiles glom on and smother and the other person pulls away. The only solution is to become the primary caretaker of your own exiles. And the partner does the same for his.

It takes the desperate edge off. It doesn't make the exiles go away, just makes it more manageable.

U-turn/You turn in the relationship – shift is to doing the work to get the person to take care of self. Shift in focus. As opposed to communication and one person caring for the other. Get the partners to identify protectors and exiles.

Together or individual? Couples therapy isn't defined by the number of people in the room. Depends on the couple.

Don't need each other in the same desperate ways, but when people become more self, they have a stronger ability and desire to connect. It was originally a parts based contract when they first hooked up. So if one grows and the other doesn't, it often doesn't work out. If one isn't willing to do the work, it may be hard on the relationship.

In imago, it's terrifying to clients to think they have to be the cure for the other.

Most of the time couples are fighting about parts wars. It's not what they are really upset about. Pull out the parts and many of the parts will take the client to places in the relationship when one part is very vulnerable and the other person isn't able to be there (a la Sue Johnson). Stay with that part and it will often take you to a

younger part and the present issue is an attachment reinjury. The caretaker/partner is seen through the same lens as the person who “committed” the injury. (EMDR hx taking)

You don't just marry the person, you marry the family. In this work, you marry the internal family as well. It's like 2 single parent families blending. Each person has parts that are like

Some parts are happy about I and some kids are going to lose access to the parent and influence in the relationship. The kids typically act out and deliberately try to sabotage to have more access to that person. Same thing happens as the internal systems blend. There are parts of you who weren't really exiles, but by virtue of the coupling, those parts are losing out. When I talk about this people tend to get depressed. In an intimate relationship, when you hooked up, what parts became exiled and became neo-exiles. They had a lot of access to you and til the merger, now they're pissed off and feeling pushed aside. These parts are shut out and weren't shut out before

Exercise – go inside and find the neo-exiles in you re: your relationship (metaphor of wild horse and now in pony ride track.)

(invites participants to share identified neo-exiles in their relationship)

Often it's a misunderstanding or assumption that came into the relationship that can be cleared up. If it's more than that, do parts work to unburden the part.

If you work with the parts that are lobbying for affair, often it's neo-exile who's given up at being included in the relationship. Your partner can't win. You continue to see the partner through that lens. One in negative override and the other is trying desperately to be accepted. If people become scared of those extreme parts, try to lock them out, and they become more extreme as a result.

When people hook up, there's a group of parts that's pro relationship, some neo-exiles who are totally against it, and a group who are neutral, like in families, their group of family members who let it go until you get hurt. They are like swing vote in elections. As long as you are happy, they are happy for you. If you get hurt, they swing toward the anti's and you wind up in negative override (John Dutton?) and you wind up in the land of He's doing this to me on purpose and you can't get past that.

I loved her originally, but it's gone. If you ever did love this person, it's likely it's still in there, it's just covered up like a solar eclipse. I have parts that can turn me into stone re: partner. “I guess I shouldn't be with this person bec I don't love her any more: I can give them the message, that it might be true, or if you give me a chance, it might be a more protective part covering over and you can allow me to work with you, I can help you do this in a more thoughtful way.

Courageous love – it's possible to love somebody in the way we try to love our children. Whether they come or go, we can support them and open space so they can explore all the different parts of them in their lives. Why is it so hard to do with our partners.. it's self to self, enduring, nurturing, but doesn't carry the firefighter high of “in love” people have been taught in our culture that that's what love is and they feel like they are settling when they don't get that kind of feeling.

A la Schnarch – but it gives roadmap of how to get there.

I love my husband, but I'm not in love – cruel joke, infatuation that exiles produce when they feel the curse of worthlessness has been lifted and someone will take care of the.

State of self-to-self connectedness is fairly transcendent. But not everybody is a good fit with each other in terms of their parts.

Exile was afraid of being by myself. It's been hugely beneficial to work on that. Family of origin stuff exile work – exile showed me a lot of stuff in my f-o-o. And why my protectors have gotten so strong. It's not always secrets you've repressed, but what you find was very hurtful and not so "minor" as you thought.

In and out of love is a firefighter activity unless it's not ☺

Triangulate with firefighters in Bowenian terms.

Technique.

Couple comes in in conflict. My presence is crucial. How I am with them is really impt. The 8 c words/qualities of self. Clarity, courage, and confident. I was trained as structural therapist. Enhance the conflict. I'm totally opposite that now. While you're in my office, I'm going to keep you safe. You can drop your weapons, I'm not going to let your partner go after you. It takes a lot to do that. Most of us don't like to be that assertive, we tend to rely on parts of us who disconnect from people, judgmental, scared parts of us. Takes work to keep your heart open., the parts that think they're going to get more angry with you. To create that kind of safety, takes a lot more personal parts work to be able to be present and available.

They come in and tell me about their problem. Track the pattern around conflict. What do you do when he does, vv. Til you have an idea of the circular sequence. I also ask when your hx does this, what happens inside of you and what do you say to yourself. I'm asking about emotions and thoughts, and then clarifying a part that feels: is there another part that disagrees or argues with that.

Anything else you feel in your body when he does that – feel scared, okay, so there's another part. Which one takes over

When your wife says that to you, what happens in you, in just a few minutes I'm tracking parts sequences.

This is the hardest part for students to get.

At some point as they are describing the process, I'm going t try to convince them. They don't see that they are the problem. They might be willing to focus on changing themselves to get them back to the way it was, but not re: self care.

To change

1. as you describe this pattern to me, how would you like it to be. Ask each part to describe how they would like it to be. By then it's pretty clear to them that the parts are keeping it from happening
2. are you willing to work with those parts of you what are keeping things in conflict. Are you willing to commit to doing this work.
3. what would it be like for you if when he does this thing that drives you crazy, that it wouldn't bother you? "I have to do this when he does that, anybody would react this way." What would it be like for you if it didn't set off a depth charge of emotion?

Protectors is larger rubric for managers and firefighters

You're just trying to get each partner to have an individual vision of how they want things to be.

Contracting process. Sounds like there's this part of you that gets in the way/interferes with how you want to be. Would you be willing to work on that?

Then negotiate which partner goes first. Upside and down side to doing the woman first. It becomes less frightening to the men if they see the changes, although some will say, I could never do that. There are times I will deliberately work with one vs the other because of strategic reasons.

From that part on, 2 phases. One partner does the work while the other witnesses it, can be powerful in relationship, very powerful. And if he comes out of it ad sees that she's relating differently, it can have significant influence on relationship.

Far more time in this phase, have couples to talk to each other or me, but for them to agree to allow me to be the parts detector. To let me take over when I see protector coming out and keep it self-to-self conversation. I'm calling time out ALL the time in the beginning. Go inside and focus on the parts, don't come back out until you figure out what is going on inside.

Stop focus on the emotion that was just here. Come back when you can speak more about what it was and what it was protecting.

I hate it when you say that – stop, go inside and find that part and what was it feeling. – may take 5 minutes.

It's even more powerful if I can get them to stay in long enough to find out what the anger was protecting. I get afraid you're going to leave and when you say that, I have to shut you down, when that happens, it's very powerful. Much like what Sue Johnson is trying to do, but much more direct.

Speaking for rather than from

Have to be good detectors, we all have our own blind spots

I might be working with couple, wife is getting very angry and emotional. The guy seems calm
Stop, go in and find the part that's feeling/speaking and the guy is clam

Pseudo self part can make me seem really calm, rational, and reasonable. When you get past that part, there are a lot of really terrified little parts. My heart wasn't open. I know it feels like it's you and it's very closely identified with you, but I guarantee it's not you. Focus on that feeling of calm and numbness and see if you can find out a little bit more about it. Find the numbing part in his heart.

Noticing, stopping them dead, focusing inside and coming back to speak about it.

Group work? Annual conference in Chicago area, Halloween weekend, come as your favorite part. (emir and IFS)

Live Demo

Do meditation first with folks

The more embodied you are the better the process.

Take a second, check your body, notice how much space there is in it and if there are any parts.

I feel my good friends in my shoulders, and I'm asking them to relax a little bit. Asking all those parts to just trust

How are you feeling about being up here and being such public figures.

My heart's pounding. The meditation helped.

The anxious part of you that's here. Anything that might help. Anything you'd like to speak for it. Say to the group.. anticipation about how exposed I might be

I really admire your courage. I'm not going to pressure you to expose any more than would be safe for you in this context. How's the heart? Less pounding.

Do you have anything in mind? There's plenty. We have a son that's getting married. Some of the age old parts that I'm aware of come up in that. I'm aware of the part of me that moves away from what I perceive as your anxiety and you feel it. It scares me in a way and it hurts me that you are hurt

Check in. when you see lacy being anxious, there's a part of you that criticizes you for doing that, a compassionate part, withdrawing part. What does it look like when you withdraw? There's some anger that comes up when you feel anxious. Not sure what it's about. Not sure that there might be an anxious part of you that gets triggered by her anxiety and the angry part that you're getting triggered. When the angry part wins, what does it do? I get professional. Take a deep breath. When you see tom in that part, what happens inside of you. My teenager, I'm not going to respond to authority "you're not going to tell me what to do and I pull away. Rebellious part comes out and another part pulls you away. Does the rebellious teenager say that? I do, stay out of this, I'm dealing with it, then I pull away. Withdraw and be anxious on your own. I also get very critical when I get anxious. Okay, so what kind of things. I'm assuming it's around the wedding. Yes, but it's a

recognizable patter. You get anxious or worried and this critical part takes over and criticizes everyone around, including me

Anxiety triggers critic, triggers anger in tom which triggers fear of personal anxiety

My father was critical at times and it was absolute. There was no argument. I remember feeling very vulnerable and exposed. Stirs there's something wrong in me. There's a part of me that fights back and another part that gets depressed

I appreciate your level of exposure is it okay? We've identified 2-4 parts.

I'll start with you Tom. What would it be like for you if when lacey was in that critical part, it didn't trigger shame and fear. Very relaxing, but sometimes after an encounter, I reflect on it and become upset with myself that I wasn't more caring.

You feel father stuff, shame and withdraw, you relax and the critic comes out. You'd like to not have the father rxn when you see Lacy.

And when you sense toms withdrawing and anger what would it be like for you if you didn't have such a rxn. I could be calmer and more comfortable with myself. Suppose we could pull that off and you didn't have big rxns to each other, how might it be different when you got anxious.

I'd like to be aware of it, be able to feel safe and cared for. The 2nd part is contingent. You'd like to be able to feel the anxiety, feel able to directly say it and not go to the critic, regardless of tom's rxn.

Your vision for how you'd like it to go when lacey got anxious. Stay clear inside myself that I'm okay. I'm fixing myself to try to get able to say to her, you're doing a good job. There are parts of me who want to care for her. You'd like to stay in that feeling, place. If you could, how would you like to act when she's anxious. That's fuzzy. It's hard for me to say it in a way that doesn't come across "I can take care of you"

Slow down, regardless of how lacey might react, how would you like to be. I'd like to listen. If tom could do that what it be like for you? It would feel like caring.

The way I'm listened to feels very delicate to me. He can't listen like he's in charge.

This teenage rebellious part has big issues with the power thing. There's something about being disregarded. That would be the exile behind that teenage part. Is it okay to feel a little bit of that. As you learn about that side of lacey, what happens to you tom. Tremendous compassion. It's okay for her to be this vulnerable, it evokes compassion, but also a caretaking part. Yes, but I just have to be there to offer handkerchief and nothing else.

Earlier, lacey, when you heard about that part of tom stuck with his father, what was that like for you? I hurt for him and there was definite compassion for that little boy. With your permission, I can work with one of you while the other watches, and the other is for y'all to have the conversation with each other and for me to keep things safe.

As we do this. I feel safe to do this with the two of you in the room, there are some couples I wouldn't do this. It's impt to witness the parts that come up, but don't get overwhelmed. I get the sense that there's enough "self" in the room. If parts come up, just notice and comfort them. I hear that you're really triggered by something, and I'll talk to you later, just stay.

Protectors seem to be around that sense of shame. I want to check in with the parts that might be afraid for us to go there. Looking like a babbling fool, incompetent, weak. Start with that part that's saying you're going to look like a babbling fool. Find it in your body. Feels like upper back. How are you feeling toward that protector that's doing that? Thankful. It's gotten me through a lot of rough situations, but it did so at a cost of tension, awkwardness, and headaches. Let it know you appreciate it what happens, it relaxes. Ask it if we could go to that shame part. Ask around and see if there are other fears around working with the shame part. One voice is asking is there going to be anything to redeem me? Let that part know it doesn't need to be redeemed, but that we are going to work with that part that does. How does it feel. Good. Any other parts? I'm alright

Do you still feel ready? Like riding a roller coaster. I think I'm ready. Check in with the fear and anxiety of it and see what that's about? Some of it is something I heard the desire to be noticed and not noticed at the same time. Guilty. A part saying you're taking up too much time, that you don't deserve to take up this much time.

Check in with it and see if there's anything it needs to say or hear. Check in with it and see if it's okay to do this. Yes.

Check in there now and see how it feels. That sensitive place. Focus on that shame, find it in your body. I feel it in my face and lower back. How do you feel toward it? Like I'm approaching a small child that I care about. Let that child you know you care about him and see how close you can get to him. I can put my arms around him and put him in my lap with both arms around him. How's he feeling, somewhat suspicious. Lets hold that it he starts to trust. Take as long as you need, no pressure. He's more relaxed. Does he trust that you care about him now. Yes. Tom, see if it's okay for him to show you what's in the past. Tell him to let you know in any what he wants, . it's confusing, I always thought he loved me, but when he got frustrated and red in the face, he did it in public and I felt humiliated and shamed. Ask him to let you feel as much of it as you can and tell you all about it.

Ask him if he feels like you get it now or if there's more. Ask him if he's stuck in a particular scene back there? One that comes up is catching me sneaking an ice cream . he ran drugstore in small town. I would sneak ice cream and he caught me once in front of high school students I was in 5th grade. I remember sinking into the floor and becoming nothing. I'd like you to enter the scene. Whatever he needs, you're there. That voice from somewhere "you're okay" you're creative, you got the ice cream and he only caught you once. How's he reacting? Standing up, chest out. Ask him if he's ready to leave that time and place and come with you to a safe place in the present? Yes. Where? Spiritual guide of mine. (details)

Ask this boy now that he's safe if he would like to unload those feelings. Where does he carry it. What would he like to give it up to light, water, fire, wind, etc. you can help him wash it off the shoulders and take it away (movement) he's happy. Have him check his body to see if there's anything else he carries that don't belong to him. Tell him he can invite qualities of the future to come in. brightness and confidence. How's he doing? Great.

Before we stop, maybe you can bring in all the parts that have been protecting to see that he's not so vulnerable any more. There's a fantasy part that creates fantasy of being strong and confident. Now it doesn't have to do that. Now that it doesn't have to do that, what would it like to do. Fantasy in other ways, playfulness.

Another part? Felt need for lacy to say I'm good enough for her. It's loosening, not completely gone, but loosening. It may be protecting other parts. Let it know that you're aware and will work with it in the future Are there any other parts re: vulnerable. Reassuring faces in the audience.

Ready to come back? Thank all your parts for letting us do this? Come on back. How are you feeling. A little red, more relaxed and confident. Want to hear from lacey what this was like to witness.

Anything you want to say to tom about the experience. When you were talking about your dad in the drug store. I felt the pain of the little boy and became very worried that I would be activating that chain.

Part of me wants to take care of her, but it feels warm.

I was also aware of how courageous you were in doing this. One of the ways I've worked before is the enneagram – the fear part is also the courage part. It feels strong.

Another part of me wondered how you're being more confident is going to affect me. What was it saying? I don't know if I want to change. That's natural. Not wanting the confidence in the relationship[I might be rejected. So if he got too confident you might be rejected? Talk about it and I'll be the parts detector.

When I get critical in the relationship, a part can maintain control because I know you're going to work to stay connected. If you're not doing that, I have to change some way of being connected. I know that part that tries to measure up. You're still frustrated and a part of me tries so hard to, but then a part of me let go of that. All I have to do is be aware of my own and yours and respect it. Your fear that he's not going to please you. Yes.

What tom's saying, when he's operating from his self, he's caring. It feels like a gift that I'm giving. It's not about the response I might get. How does that feel? Really sweet.

That's an example of what I'm calling courageous love.

Pause, stop, check in side, anything life.

I want to respond to your fear that I'll move away if I get strong. Healing is more connected.

Feels good. A little hard to trust? Yes and no, it feels connected. I can feel it now. I don't know what I'll feel when we get in the next argument.

When you work with your exile who's afraid of tom leaving, it will be different.

How does this feel as a stopping point. It's been a wonderful experience. You're courage. Okay to hear from folks and stay up here a while.

Questions to Tom and Lacy – personal reactions?

Extraordinary level of intimacy. How do you separate desire to be therapist to each other, and be in relationship as husband and wife. Mindfulness exercises have done a lot to get me into subtle awareness of using professional stance as defense.

It's a huge softening. It's a gift, not about control. To have that critical part not be there feels really nice.

Feels incomplete to not have done my work (lacy)

It doesn't have to be ww3 to get to deeper layers.

Universality of couple stuff.

How do I explain to my wife that she's the secondary caretaker to my neo-exiles? 😊

Sometimes I don't recognize my husband's courageous love. Want to reciprocate his courageous love.

The more confident you felt, the more whole you felt, the more connected you felt.

You didn't mention forgiveness?

Forgiveness is one of those qualities that self manifest spontaneously, in our culture now there's a pressure for premature forgiveness. To forgive someone, you have to exile a lot of parts who are still hurt and angry. Real forgiveness emerges AFTER the healing. You can feel the larger connection vs forced forgiveness.

Why did you pick Tom? Wanted to make sure it wasn't his compliant part. They were both saying okay.

Seemed that there was something in Lacy that got triggered but you didn't mention it. There was a part of lacy that wanted tom to do the work – manager. Didn't feel "clean" so that's why I felt it out with Tom.

If Tom focused on the boy and hated it, I'd ask the part to step back in waiting room. If it wouldn't step back, focus on it and what's going on.

Start sessions with meditative check in is moving sessions more quickly for Lynne

Don't ask how safe/comfortable it is, puts the person on the spot. You make the judgment call. Depends on the level of safety.

One who'd doing SA, find the firefighter that's doing the abusing.

Pressure in our field for people to own it. But saying a part of me, makes it much easier to acknowledge and work with.

"After the Affair" Jasmine???

Person who has the affair has protectors that are trying to project from guilt, etc. the more the person wants apology, the more the protectors get triggered. The victim doesn't feel can let it go until fully witnessed. For that to happen, you can't be faced with protectors of the offender, but they can't put those down because of the guilt. Go to the victim and help her not talk about it from the firefighter. I'm working with the other partner to get those protectors, particularly the critic who is tearing him apart, to step back so he can hear. To let the victim

heal those parts. Let your partner be your tormentor. The way they are hurting you will take you to very rich trail heads for healing. Parts of the victim saying why can't I get over it, you're working with all the parts who come into it. Depends on how much self is present as to whether conjoining

Injured party of the affair who insists on getting a pound of flesh. It's a part. Get it to step back – it's a firefighter, find out what it's protecting and it will step back.

One spouse becomes relationship detective, going through emails and it will create what the part is afraid of. They create what they are afraid of. Help the person find the part he needs to know all the time and totally doesn't trust any more.

Raging folks -- find the part and work with that.

DV – I'm such a big one on safety. If it historically looks like it's not a safe home, I'm going to try to get separation to occur before we work. But without the acrimony. Knowing the perp is a firefighter too. Working with them mean while to see if we can do more of a self-to-self dialog.

Exercise

Get comfortable, put stuff down.

Take some deep breaths

think of an incident partner in your life. Could be current or someone from the past. An incident partner who really triggered you in some way. If not a romantic partner, it could be a family member.

When you have someone in mind, put that person inside a room by himself and you're looking at that person from outside, looking through the window. Have the person while you are watching do the thing that triggered, scared, hurt you as you watch from outside the window. Notice your body's reaction. The protector that jumped to attention. Notice how that feels in your body for that part to be in the lead. Notice what it does in your heart. As you look in the window, how does that affect your vision. What does that part say to you to notice. Mindfully notice what the protector is telling you to notice as you are watching that person through the window. Now see if you can get that protector to separate, to step out of the body in the exercise. Assuring it that you're not going to go into the room at any point, so it doesn't have to protect. If it takes its energy out of the body. Now look at the person again and see if you notice anything different. As you are thinking about the person are you inclined to do anything. Notice the difference. For a second, shift your attention to the protector and see if it's possible to let it know how much you appreciate how much it's tried to protect you from this person and see how it reacts to your appreciation.

Ask it what it's afraid if it didn't jump in like this, if it let you stay. As it answers that question, you may learn about parts it protects. You may not want to go there right now, but it may be useful to learn about them and how vulnerable they are.

As a final question to the protector. What would it take to trust you to handle this person in the real world and not jump in so much. What would it be like for you if it didn't jump in so much.

When all that feels complete, you can come back outside. Be sure to thank the part. Take some deep breaths and shift your focus back out here.

(Process the experience with a partner 5-10 min) thank your partner and come back here.

Exercise. (a minute or two per role)

Hands up facing partner. Decide which is A and which is B keep your eyes closed the whole time.

Close your eyes, touch hands. Start with both a & b letting playful parts take over hands.

Now both of you have more aggressive, angry, assertive part take over. If that doesn't feel safe just notice what you feel as you consider it.

As are still in aggressive parts and Bs are present for the parts in the As

Do the reverse. Bs let angry part take over and As hold self energy for the Bs.

Let playful parts take over again.
Thank your partner

Feedback

If the other person wasn't angry, it sucks the anger out. If you can stay in self as someone is angry toward you. It does suck the aggression out.

How can you tell if it's a part you're in or self

Body scan – how open is my heart, voice shifts, energy I feel when I'm present. It's individual. For some people it's breathing. Try to get a sense of that. What it feels like to be in your body and what it feels like to be in a part

How does it feel to have the protector in your body? How does it feel to have the part out of your body.

Suicidal woman video had tried drinking antifreeze.

Focused on suicidal part. Afraid of it, step back

What it's afraid of if it didn't kill her. Pain of living in family. If didn't feel pain, would you still have to kill her. Yes to punish the people who hurt her – fx and gfx.

It wants to get revenge against parents and aunt because they are the ones who didn't protect you.

Which one make the attempt last time? Both. Does the part feel like you've ever been able to feel those people they didn't protect you. It tried, but they didn't listen. If they were able to listen and felt sorry would this part hu care. Yeah. How's it reacting? It's kind of appreciative that it's getting attention. Have to kill you? No. any time it tries to tell the parents, they pretend they are sorry, but they weren't really. They will say they are sorry, but they don't act like it. There's no emotional response. They don't seem upset. And then they start to complain about the gfx and uncle. Is that right

Then the part that makes sense to me I get that it would be really infuriating and why it would really want to hurt them. Its afraid people want to get rid of it. That's not what we want to do. We just want to get to know it. How do you feel now. Kinda scared and empathy. Ask the fear to step back. See if it's possible to show it empathy and show it how you feel when you , just keep giving it attention and empathy. How's it feeling. Ask it if it does trust that you care about it now. Yeah. Good

How would it feel to you if this part would show you some things about the past. Tell it if it would like to to get ready to show you things about the past and see what comes to you.

Andy the boyfriend who loves unconditionally. That's scary, it's never felt that before and is afraid it will lose it from any one day.(reflect) how are you feeling toward the part now? It makes sense. Tell it that we're getting it that it doesn't want to die, it just wants love. Is that it, yeah

Keep giving it love and see if there's more it needs to show you about the past.

Other things that gox hurt more than she knows. Do you feel ready to see this now? No are you willing to get to a place in the future. Yes. Tell the part not now, but in the future and see how it responds. It's frustrated at me that I'm not ready. That makes sense. We're going to work with the parts that aren't ready, so we can get to that, but if it knows, you are going to get there, it can be patient. See if that's true. Yeah.is it okay if we work with the parts that aren't ready.

Let's focus on the part that's not ready. How do you feel toward her. Scared. She's so angry. Similarly to what we did to suicide part, if the parts that are afraid of her can step back. How do you feel about her now. Ask her about her anger and the fear of seeing the rest of it. She's reached the breaking point. She can't handle seeing any more, because it makes her angry or what kind of break is she afraid of. She's already so depressed and some guy at the Cleveland clinic raped her. She's had to look at all that already and that's made her upset and depressed, so to add more to that would be too much. Does that make sense.

If we could unload the emotions and beliefs from all those times, so it wouldn't overwhelm her so much, would she be willing to continue. She doesn't think it's possible. I get that. And I'm here to tell her it's possible. I can see you're starting to feel some of her feelings. Is that okay? Tell her it's okay. You're feeling what toward her. A lot of sympathy. Can you show her. How are you showing her. By just holding her. Perfect. Hold her for a while and see how she reacts to being held by you.(long pause)

She likes it? Great. Ask her about the emotions and beliefs she carries and ask her where she carries those in her body. Stomach. Is she ready to give it up? To air, water, fire, wind, earth, or something else. Fire. Could you make a fire for her? Ask her to put all that stuff in her stomach into the fire and let it burn up. Make sure she gets it all, have her to check to make sure it's all out. Have her scan her body and see if there's anything else to get rid of . anything that was put into her from those events. How's she feeling. Weird . Scary and unfamiliar. Could you hold her a little while again?

How's she feeling now. Better. Ask her if she'd like to invite into her body qualities she's going to need in the future and see what comes in. courage and peace. How's she feeling now? Empowered
Ask her how it would feel now to see the rest of it what the gfx did
I think she's ready for it. No pressure. She wants to get it out. The purpose is to unload it like she did with the other stuff.
Let's go back to the suicidal part. Are you still feeling like you're ready? Tell the part you're ready to see the rest of it what the gfx did.

Start with suicidal part. Firefighter is starting to look more like an exile. Start to try to heal it and there's a block. I can't take any more. Go to the block. Same process. Turns out to be a part that had already shown and how to feel what the uncle did and couldn't take any more. The therapist she's worked with didn't know about unburdening, just knew to witness and witness, therefore felt worse.
Could bypass the witnessing it because has already witnessed it. Just unburdened it and now there's more room
Come back to suicidal part to witness what the gfx did. (heads up graphic) and get the child out of there.

Tell the part to show you whatever she can of it and stay steady while we watch it. Pgx violated her. Then he told her family the most imp't thing. Families stick together. If you go outside the family, you're a traitor. She believed him and listened to him. Then he got that look on his face that meant he wanted her to do something. He didn't have to say anything. He sat down on the bed and pushed her down so she had to be in front of him. Took her face. She knew what to do because she'd done it before. How old is she? 12 be sure that's everything the part wants you to see about her. That's why she keeps making me throw up because she felt so bad when it was happening. Does that make sense, tell her it makes sense. Anything else she wants you to know. She feels like a traitor to the family. What do you say to her. Do you think she's a traitor (no). tell her she's not. She's doing the right thing. Gpx is traitor. He betrayed a little 12 yo girl .can she hear that. Can she believe it? How would it be if you and me went into that scene together and got her out of there. When we go in, you take care of her and I'll take care of gpx. What would you like me to do with gpx, hold him back so he can't get to her. Tell me when I'm doing that. What are you going to do with that little 12 you. Take her hand and run. Okay. Take her hand and run to the present. Where do you go. My safe place. She likes it. Tell her she wasn't bad. I know that, but it's hard for her to hear it. She shouldn't feel guilty for doing what he said. She really needs to know that she wasn't bad. He was bad. Can you keep working on that with her? Stay with her there.

Two steps that precede unburdening

1. Witnessing
2. Retrieval. – the self goes in (sometimes I do to), to get part unstuck from the past
3. Unburdening.

My goal is to have the little girl shift attachment from the family member to the Self.

Quite a different way to work with suicide. Parts fight for their life and their right to kill a client as long as you fight with them. Go to the with compassion.

There are times when parts are afraid to unburden. What will I be if I let go of this stuff. This is all I am. Reassuring and negotiating. You've had this so long, I get that it seems like that's all you are, but that's not so.

At the end of the hour, we're just celebrating what she's done. Summarizing it. I invite clients to journal. Some come out and forget what they did. I encourage them to journal immediately after the session.

She was bulimic also, no wonder I wanted to throw it up. Wasn't suicidal after this session. With very scary fire fighters looming around. It's scary for the managers. If the scary ones are there, we go there first to diffuse the bombs.

Recognized the look from the gfx because she'd done it so many times before with the uncle.

Therapy wise, it takes as long as it takes. With some clients who aren't so burdened 6 mo – yr. in clients who are this burdened, can take 3-5 yrs. They are getting progressively better, you're unloading so much stuff, but there's so much stuff that it can take years.

Will frequently talk about the parts of me who are angry with gfx. If there's something in me, I'm definitely owning that. Pretty transparent. Let people know you're human!