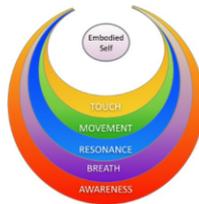


Somatic IFS with Susan McConnell

Live online, Autumn 2021

The Five Practices of Somatic IFS



Internal
Family
Systems
UK

A 28-hr Somatic IFS Practices Experiential Programme

This 11-week, online programme offers an opportunity for participants to learn the practices of Somatic IFS and is a prerequisite for those who would like to attend the Somatic IFS Training. The programme includes:

- Six 3-hour **Experiential Sessions** with Susan McConnell, and
- Five 2-hour **Embodiment Practice Groups**, with a member of Susan McConnell's highly experienced staff team.

Dates & times

- **Session 1, Somatic awareness:** Monday 13th September, 3-6.15pm BST
- **Embodiment practice groups:** Sunday 19th September or Monday 20th September, 3-5pm BST
- **Session 2, Conscious Breathing:** Monday 27th September, 3-6.15pm BST
- **Embodiment practice groups:** Monday 4th October, 3-5pm BST
- **Session 3, Radical Resonance:** Monday 11th October, 3-6.15pm BST
- **Embodiment practice groups:** Monday 18th October, 3-5pm BST
- **Session 4, Mindful Movement:** Monday 25th October, 3-6.15pm BST
- **Embodiment practice groups:** Monday 1st November, 3-5pm GMT
- **Session 5, Attuned Touch:** Monday 8th November, 3-6.15pm GMT
- **Embodiment practice groups:** Monday 15th November, 3-5pm GMT
- **Session 6, Embodied Self:** Monday 22nd November, 3-6.15pm GMT

All Experiential Sessions will include a 15-minute break.



About the Experiential Sessions

Session 1, Somatic awareness – exploring body sensations experienced in the present moment, enhancing Somatic Awareness.

Session 2, Conscious Breathing – helping identify habitual breathing patterns and developing breathing practices for regulating emotional arousal.

Session 3, Radical Resonance – explaining the physical systems associated with resonance and looking at how we apply this information within a relationship.

Session 4, Mindful Movement – how to identify life experiences that have restricted your movement impulses. How to apply sequential developmental movement patterns to access and witness implicitly-held memories and to reconnect with our embryological wisdom and creativity.

Session 5, Attuned Touch – explore early childhood experience with touch neglect or touch abuse. How to use imaginary attuned touch with one part and assess its response.

Session 6, Embodied Self – Focussing on the qualities associated with the state of Self-energy and identifying the nonverbal expression of those qualities. How to use the practices of Somatic IFS to re-establish Embodied Self-energy.

Embodiment Practice Sessions

Practice sessions will contain no more than 15 participants. These sessions will allow you to integrate your learning in a spacious way.

Pre-requisites

Participants will need to have completed one of the following before attending this programme of Somatic IFS sessions:

- An IFS Introductory Workshop
- Online Circle Training or
- IFS Level 1 training.

In addition, participants need to be comfortable with and have experience of working in groups, going inside, working with their own inner experience and sharing what they have learned.

Trainer



Susan McConnell, MA, CIFST, CHT, is a senior trainer for the IFS Institute, and has been teaching Internal Family Systems in the US and internationally since 1997. With over forty years of clinical experience, McConnell is the founder and developer of Somatic IFS, integrating nonverbal processes and spiritual practices with psychotherapy to embody the internal system with applications for all clinical issues. For more information, see www.embodiedself.net.

Certification

Each participant will receive a certificate of attendance and be eligible for 28 hours of IFS credit towards recertification.

Online requirements

The Zoom link will be emailed to you the day before the programme begins.

- Please set up Zoom in good time before the training starts. If you don't already have Zoom, you can download it here:
 - [For Windows](#)
 - [For iPads](#)
- If you already have Zoom, allow enough time before the programme starts to update your software if advised to do so by Zoom.
- Your device must be capable of running the basic version of Zoom.
- The training will work best for participants using a desktop, laptop or large iPad screen. Mobile phone is not recommended.
- You will need to need to make sure you have the bandwidth and internet speed to run Zoom.
- During the training, please mute your microphone unless speaking.
- Please ensure your device has an adequate microphone so we can hear your voice clearly.
- **To ensure safety and confidentiality, please work in a private place where you will not be interrupted or overheard. Please do not participate in this training in a public place.**
- **No recording of the somatic programme sessions is permitted.**

To apply for this training...

...visit the [IFS UK booking page](#)

Cost

£595 (\$800 in the USA). A non-refundable deposit of £150 (\$200 in the USA) will secure your place.

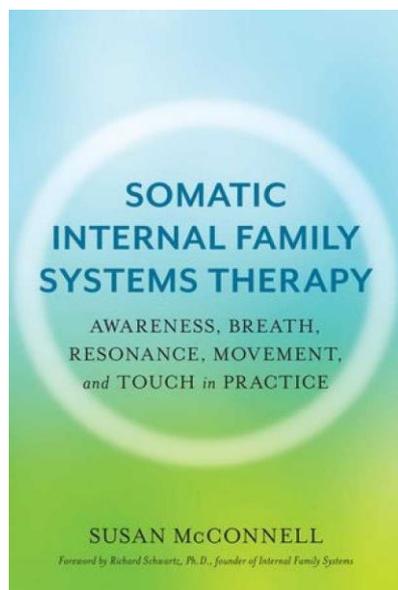
Final payment is due by August 13th, 2021.

Cancellations: The deposit is non-refundable; the remaining fee is refundable until August 13th 2021. Please see full conditions on the [T&Cs page on the IFS UK website](#).

To apply for this training...

...visit the [IFS UK booking page](#).

Suggested reading



Somatic Internal Family Systems Therapy, by Susan McConnell, is essential to understanding the theory and practice of a somatic approach to this evidenced-based IFS Model. McConnell integrates her experience and training in various bodywork, movement, body psychotherapy and spiritual modalities culminating in Somatic IFS.

The somatic practices outlined in the book establish a deeper embodiment of the internal family—the subpersonalities as well as the essential core Self. The compassionate witnessing of the implicit body stories of individual hurts and societal burdens leads to the fullest expression of Embodied Self.

Case studies and vignettes demonstrate the efficacy of Somatic IFS with applications for every clinical issue.

“I am very honoured and excited that Susan McConnell has finally written this book that brings all of her wisdom from years of somatic study and practice to the Internal Family Systems (IFS) model... This book contains the practices she has discovered for achieving Self embodiment and for using the body to find parts and to heal them.” *Richard C. Schwartz, Ph.D. Founder of Internal Family Systems*

“An erudite, impressively informative, thoughtful and thought-provoking study, ‘Somatic Internal Family Systems Therapy: Awareness, Breath, Resonance, Movement and Touch in Practice,’ is an extraordinary and unreservedly recommended addition to professional, community, psychological clinic, college, and university library Contemporary Psychology & Counselling collections and supplemental curriculum studies lists. It should be noted for students, academia, therapists, counsellors, and non-specialist general readers with an interest in the subject.” *Midwest Book Review*

Further information

If you have any questions about this training, please contact Olivia Lester at olivialester06@gmail.com.

For more information about the Internal Family Systems Method including books & DVDs, see www.ifs-institute.com and www.internalfamilysystemstraining.co.uk.