

# PARTS AND SELF IN IFS THERAPY

## Parts

- we are born with them
- help us walk through life
- in their natural state: playful, creative, open, courageous, confident, curious, and helpful without always being overly exhausted



When parts get hurt and don't receive the comfort and care they need afterwards, they can become burdened with the beliefs about themselves they take from those hurts, and can then be sent into a sort of "exile", so they don't overwhelm you. In IFS, these hurt parts are called **exiles**.

In order to keep exiles hidden and safe, other parts become protectors that work to prevent bad things from happening that could trigger the exile, or to react to bad things that DO happen, so the exile is kept from overwhelming the whole person.

These protectors are **firefighters** and **managers**.

## Exiles

- when hurt and not adequately comforted, these parts take on negative beliefs about themselves from the hurtful event(s)
- often (but not always) young
- Examples of common negative beliefs: "I am bad," "I am not good enough," "I am shameful"



## Managers

- protectors that look ahead and/or plan to **prevent** bad things from happening that could trigger the exile to overwhelm the person
- **Examples** of manager behavior: criticizing, worrying, people pleasing, planning, caretaking, analyzing



## Firefighters

- protectors that **react** when something has already happened that triggers the exile, to make it stop
- usually respond without thought of consequence
- **Examples** of firefighter behavior: rage, self-harm, dissociation, substance abuse, gambling, bingeing, scrolling



## Self

When parts, especially protectors, learn that the true Self is available, they can allow self to help them, and to sometimes even help the exile so it doesn't have to carry its hurt (burden) anymore. Then, both the managers and firefighters can relax a little more and not have to work as hard as they have been.



**Therapist:**

helps client connect Self to parts and helps parts create room for Self to help parts



# Use Of Self In Therapy

**Val Wosket**



## **Use Of Self In Therapy:**

The Use of Self in Therapy Michele Baldwin, 2000 This new edition expands upon the first edition with new research numerous case studies tables figures interviews and diagnostic criteria You will benefit from the current and expanded material that will help you to realize and use the positive impact of self in therapy and give clients improved services

**BOOK JACKET**

The Use of Self in Therapy Michele Baldwin, 2013-02-11 One of the most powerful factors in therapy is that it involves the intensive relationship between two or more human beings The issues of transparency and self disclosure therefore become important concerns for therapists how can they use themselves effectively in their work without transgressing on professional regulations These issues and concerns are addressed in this new edition of The Use of Self in Therapy by experienced therapists who share their own wisdom research and experiences in valuable ways Disregarding methodology or approach the authors demonstrate how to train and develop the self and person of the therapist as a powerful adjunct to successful therapy They enable practitioners to become more effective in helping their clients to realize and regain their own powers of healing and healthy recovery This 3rd edition also examines the impact of increasing professional regulation as well as the impact of the internet and social media on the conduct of therapy Also new to this edition are discussions of how therapists can use themselves in cultures that are less individually oriented This book is a valuable addition to any therapist's library and therapy supervisor's teaching arsenal

**The Therapist's Use of Self** John Rowan, Michael Jacobs, 2002-10-16 Most therapists regardless of theoretical approach intuitively recognize that their sense of self intimately influences their work Using this elemental truth as a launching pad Rowan and Jacobs articulate the different avenues through which the self informs therapy and how each can be used to improve therapeutic effectiveness Along the way the authors provide a masterful exposition of transference countertransference and projective identification throwing much needed light on topics that have long been mired in controversy and confusion The book is a priceless resource for experienced therapists and those just beginning the journey Professor Sheldon Cashadan author of Object Relations Therapy and The Witch Must Die The Hidden Meaning of Fairy Tales Outstandingly in the current literature this book meets the conditions for integrative psychotherapy to fulfil its undoubted potential as the therapy pathway of the future Much has to change in our field First people have to become better informed and more respectful of other traditions than their own engaging with all kinds of taboo topics Next vigorous but contained dispute has to take place without having a bland synthesis as its goal Finally the current situation in which integration runs in one direction only humanistic and transpersonal therapists learning from psychoanalysis has to be altered Rowan and Jacobs each a master in his own field have done a wonderful collaborative job The book's focus on what different ways of being a therapist really mean in practice guarantees its relevance for therapists of all schools or none and at every level Andrew Samuels Professor of Analytical Psychology University of Essex and Visiting Professor of Psychoanalytic Studies Goldsmith's College University of London There is no

question in psychotherapy more important than the degree to which the practitioner should be natural and spontaneous. Would it be sensible to leave one's ordinary everyday personality behind when entering the consulting room and adopt a stance based on learned techniques? This is the question addressed by Rowan Jacobs in *The Therapist's Use of Self*, approaching it from various angles and discussing the relevant ideas of different schools of thought. The authors are very well informed and write with admirable clarity, directness and wisdom, and have made an impressive contribution to a problem to which there is no easy solution. Dr Peter Lomas, author of *Doing Good Psychotherapy Out of Its Depth*, This book deals with what is perhaps the central question in therapy: who is the therapist? And how does that actually come across and manifest itself in the therapeutic relationship? A good deal of the thinking about this in psychoanalysis has come under the heading of countertransference. Much of the thinking in the humanistic approaches has come under such headings as empathy, genuineness, nonpossessive warmth, presence, personhood. These two streams of thinking about the therapist's own self provide much material for the bulk of the book, but other aspects of the therapist also enter the picture, including the way a therapist is trained and uses supervision in order to make fuller use of her or his own reactions, responses and experience in working with any one client. The book is aimed primarily at counsellors and psychotherapists or trainees in these disciplines. It has been written in a way that is accessible to students at all levels, but it is also of particular value to existing practitioners with an interest in the problems of integration.

*The Therapeutic Use of Self in Counselling and Psychotherapy* Linda Finlay, 2021-10-13. This book examines the therapeutic use of self and the intertwining of the therapist's professional self and their personal self. Combining practical illustrations and case studies with theory and research, the book explores a number of questions such as: What are our personal values and attitudes, and how do these manifest in our work with clients? How do we interact with and impact others, and in what ways might this help or hinder our therapeutic work? What might we represent to the client as a result of our particular social background, and how might this impact on the power dynamics within client relationships? Learning features include: Practical Applications, Research boxes, Case Examples, Critical Reflections, Discussion Questions and Further Reading. This is a must-read for any students studying professional practice, counselling, process ethics, skills, working online, remotely, the therapeutic relationship and more.

**The Therapeutic Use of Self** Val Wosket, 1999. This study examines the therapist's contribution to process and outcome in counselling. Based on case studies and research findings, it presents the counsellor's evaluation as the vehicle for the development and insight into individual characteristics.

**American Journal of Psychotherapy**, 1947. [DVD Counseling and Psychotherapy Theories in Context and Practice](#) John Sommers-Flanagan, Rita Sommers-Flanagan, 2004-04-26. Learn the various counseling theories through authentic examples led by actual practitioners working with real clients. This comprehensive two-DVD set promotes student learning by illustrating each of the counseling theories covered in the textbook *Counseling and Psychotherapy Theories in Context and Practice*, Second Edition, by John and Rita Sommers Flanagan. However, the DVDs can be used in conjunction with this text or

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**Thesaurus of ERIC Descriptors** ,1995 4th 7th eds contain a special chapter on The role and function of the thesaurus in education by Frederick Goodman

**National Criminal Justice Thesaurus** ,1991

**The Journal of the American Osteopathic Association** ,1919

**Pneuthery Including Aerothery and Inhalation Methods and Therapy** Paul Louis Alexandre Tissier,1903

**The Intentional Relationship** Renee R Taylor,2020-01-15 This groundbreaking book addresses a critical aspect of the occupational therapy practice the art and science of building effective therapeutic relationships with clients A distinguished clinician scientist and educator Ren e Taylor PhD has defined a conceptual practice model the Intentional Relationship Model to identify how the client and the therapist each contribute to the unique interpersonal dynamic that becomes the therapeutic relationship She emphasizes how therapists must act deliberately thoughtfully and with vigilant anticipation of the challenges and breakthroughs that have the potential to influence the course of the relationship

**The Person of the Therapist Training Model** Harry J. Aponte,Karni Kissil,2016-01-08 The Person of the Therapist Training Model presents a model that prepares therapists to make active and purposeful use of who they are personally and professionally in all aspects of the therapeutic process relationship assessment and intervention The authors take a process that seems vague and elusive the self of the therapist work and provide a step by step description of how to conceptualize structure and implement a training program designed to facilitate the creation of effective therapists who are skilled at using their whole selves in their encounters with clients This book looks to make conscious and planned use of a therapist s race gender culture values life experience and in particular personal vulnerabilities and struggles in how he or she relates and works with clients This evidence supported resource is ideal for clinicians supervisors and training programs

**Psychotherapist's Casebook** Irwin L. Kutash,Alexander Wolf,1986

**Thesaurus of ERIC Descriptors** Educational Resources Information Center (U.S.),1995 This is a reference for quick and productive searches of the ERIC database This 13th edition lists more than 10 000 terms used to index the ERIC database whether it is used in print on CD ROM or online The 13th edition of the Thesaurus features 200 new terms as well as new information in many existing entries Where appropriate the following information is included with each descriptor the

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**Handbook of Eclectic Psychotherapy** John C. Norcross,1986 **How Master Therapists Work** Len Sperry,Jon Carlson,2013-11-12 How Master Therapists Work engages the reader in experiencing what really happens in therapy with master therapists who they are what they do and how they bring about significant change in clients It examines one master therapist s actual six session therapy also available on DVD that transformed a client s life resulting in changes that have been sustained for more than seven years Session transcriptions directly involve the reader in every aspect of the therapeutic change process This is followed by the commentary of a master therapist psychotherapy researcher who explains how these changes were effected from a psychotherapy research perspective Next the master therapist who effected these changes explains what he was thinking and why he did what he did at key points in the therapy process Then the client shares her thoughts on this life changing therapeutic experience This is a must have one of a kind book that will greatly enhance the therapeutic understanding and skills of both practicing therapists and therapists in training **Psychotherapy** William Belmont Parker,1908 **Resources for Christian Counseling Series** Gary R. Collins,1986

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