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Internal Family  
Systems is a powerfully  
transformative,  
evidence-based model  
of psychotherapy. We  
believe the mind is  
naturally multiple and  
that is a good thing.  
Our inner parts contain  
valuable qualities and  
our core Self knows  
how to heal, allowing

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us to become  
integrated and whole.  
In IFS all parts are  
welcome. IFS is a  
movement.

## **What is Internal Family Systems? | IFS Institute**

The Internal Family  
Systems Model is an  
integrative approach to  
individual  
psychotherapy  
developed by Richard  
C. Schwartz in the  
1980s. It combines

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systems thinking with the view that the mind is made up of relatively discrete subpersonalities, each with its own unique viewpoint and qualities. IFS uses family systems theory to understand how these collections of subpersonalities are organized.

**Internal Family  
Systems Model -  
Wikipedia**

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Richard C. Schwartz, PhD, the developer of the Internal Family Systems (IFS) model, is on the adjunct faculty of the Department of Psychiatry at Harvard Medical School. He has devoted his career to evolving and disseminating IFS, which now is being taught all over the world. Dr.

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**Second Edition ...**

But no theory has done so much with the phenomena of multiplicity as that of Richard Schwartz's, Internal Family Systems Therapy (IFS). Schwartz's special contribution has been the recognition of three classes of inner characters and the relationship between them. First there are the disavowed parts called the Exiles.

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## **Internal Family Systems Therapy by Richard C. Schwartz**

Schwartz developed a therapeutic technique called Internal Family Systems Therapy (IFS) after working with a number of clients who claimed to recognize that they had several components, or parts, to themselves.

**Richard Schwartz |  
IFS - Internal Family**

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**Systems**

Richard C. Schwartz,  
Ph.D. - The Founder of  
Internal Family

Systems Richard  
Schwartz began his  
career as a systemic  
family therapist and an  
academic. Grounded in  
systems thinking, Dr.  
Schwartz developed  
Internal Family  
Systems (IFS) in  
response to clients'  
descriptions of various  
parts within  
themselves.

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**Richard C. Schwartz,  
Ph.D. - The Founder  
of Internal ...**

By Richard Schwartz -  
Many therapeutic  
attempts to integrate  
mindfulness help  
clients notice negative  
emotions from a place  
of separation and  
extend acceptance  
toward them. But what  
if it were possible to  
transform this inner  
drama, rather than just  
keep it at arm's

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length? The goal of Internal Family Systems (IFS) is to build on this important first step of separating from and accepting ...

## **Mindfulness Meets Internal Family Systems**

Internal Family Systems (IFS) is an approach to psychotherapy that identifies and addresses multiple sub-personalities or

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families within each person's mental system. These sub-personalities ...

## **Internal Family Systems Therapy | Psychology Today**

Internal Family Systems (IFS) revolves around the idea that all of us have many "parts" or inner personalities, and that each part has its own individual way of handling various

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situations to manage the system (ourselves) as a whole, often in well-meaning but self-destructive ways. Through the power

## **Befriending Our Parts in Eating Disorder Recovery with ...**

IFS steht für „Internal Family Systems“ oder das Modell des „Inneren Familien-Systems“. Der Psychotherapeut Dr.

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Richard C. Schwartz  
hat dieses Modell  
entwickelt, indem er  
die systemische  
Sichtweise der  
Familientherapie auf  
die Innenwelt des  
Individuums  
anwendete.

## **IFS Europe e.V.**

In his important new book, Richard C. Schwartz applies the systems concepts of family therapy to this intrapsychic realm. The



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result is a new understanding of the nature of people's subpersonalities and how they operate as an inner ecology, as well as a new method for helping people change their inner worlds.

## **Internal Family Systems Therapy (The Guilford Family**

...

Sweezy and Ziskind's newest volume, *Innovations and*

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Systems Therapy  
Elaborations in Internal  
Family Systems

Therapy, is the natural follow-up to that text. Here Richard Schwartz and other master IFS clinicians illustrate how they work with a wide variety of problems: racism, perpetrator parts, trauma, addiction, eating disorders, parenting, and grief.

**Innovations and  
Elaborations in**

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His books include  
Internal Family  
Systems Skills Training  
Manual (with Frank  
Anderson, M.D. and  
Martha Sweezy, Ph.D.)  
(PESI, 2017), Internal  
Family Systems  
Therapy (Guilford  
Press, 1997),  
Introduction to the  
Internal Family  
Systems Model  
(Tarcher, 2001), and  
The Mosaic Mind (with

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Regina Goulding)  
(Trailheads, 2003), as  
well as  
Metaframeworks ...

**Internal Family  
Systems Therapy  
(IFS) - PESI**

In his book, "Internal Family Systems Therapy", Dr. Schwartz writes, "A developing system will also be constrained if it accumulates burdens along the way. This happens when the

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system is traumatized  
(thrown out of balance)  
before it has fully  
developed.

## **What is Internal Family Systems Therapy? An Interview With ...**

Founding developer ,  
Richard Schwartz,  
gives an overview of  
the Internal Family  
Systems model.

**Dr. Richard Schwartz  
explains Internal**

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**Family Systems (IFS)**  
...Richard C

Internal Family Systems (IFS) uses Family Systems theory—the idea that individuals cannot be fully understood in isolation from the family unit—to develop techniques and strategies to effectively...

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SYSTEMS THERAPY

WITH RICHARD

SCHWARTZ, PHD

therapists and clients  
on video can engage in  
a realistic session that  
conveys a wealth of  
information not  
contained in books or  
therapy transcripts:  
body language, tone of  
voice, facial  
expression, rhythm of  
the interaction, quality  
of the alliance, and  
other aspects of  
process

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## **for INTERNAL FAMILY SYSTEMS THERAPY**

"Internal Family Systems Therapy, developed by Richard Schwartz, is one of the most innovative psychotherapeutic approaches to emerge in recent years.

Schwartz's model is a unique application of family systems theory to the complex and conflictual interactional



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system within each  
person.

**Internal Family  
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Schwartz, Richard C**

...

Internal Family  
Systems, Guidepost for  
Sexual Intimacy.

Richard Schwartz on  
Better Sex through the  
IFS Approach. Richard  
Schwartz. ... When our  
inner parts meet our  
partner's parts, the  
complexity is

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compounded, which is why couples therapy can be so difficult.

Despite the fact that, like Mark and Stacey, most partners want me to get the other ...

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