

WHAT MAKES PEOPLE TICK?

A Divorce Professional's Guide to Our Multiple Parts

APFM / ADFP / MCFM Conference - Boston 2019


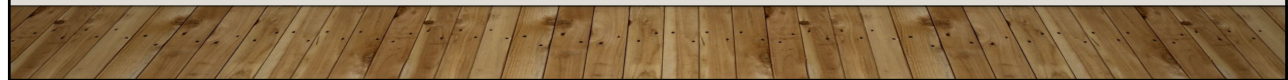
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Lecturer on Law, Harvard Law School
Boston Law Collaborative, LLC
www.BLC.law

QUESTIONS

- How many mediators?
- How many engaged in Collaborative Practice?
- How many CP coaches?
- How many financial professionals?
- How many lawyers?
- How many therapists?
- Familiar with the Internal Family Systems model?
- Trained in the Internal Family Systems model?

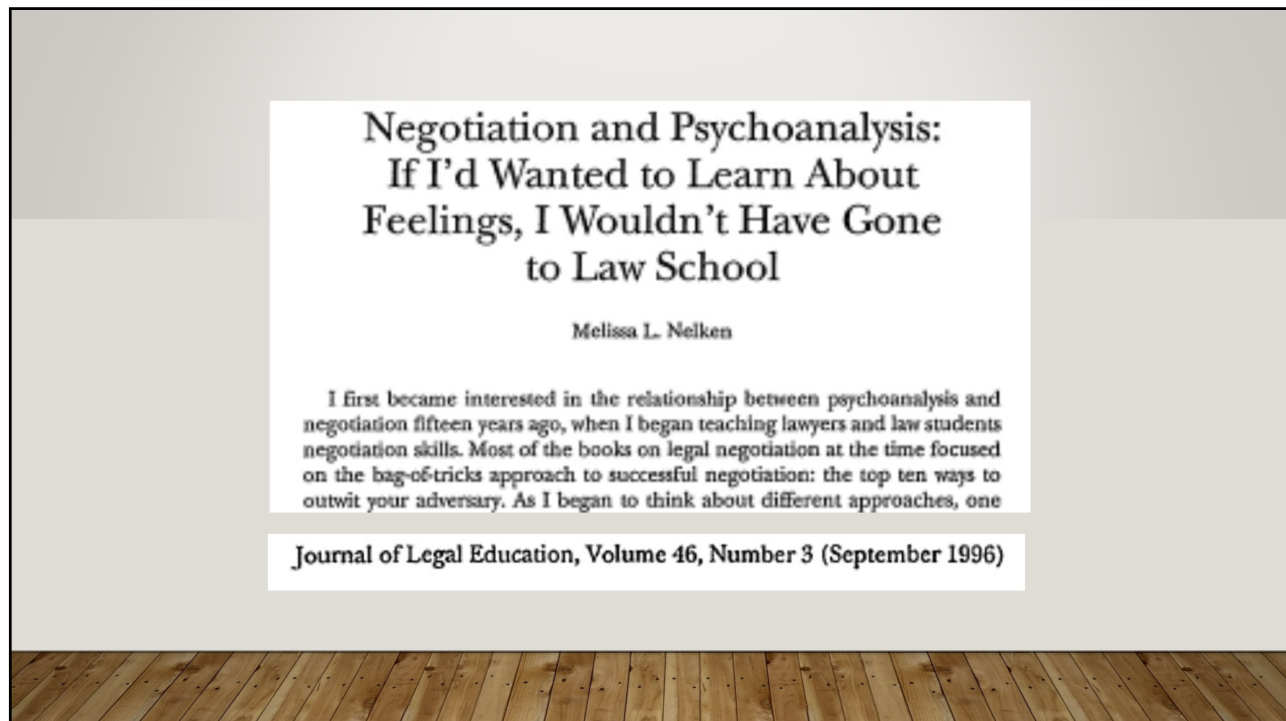
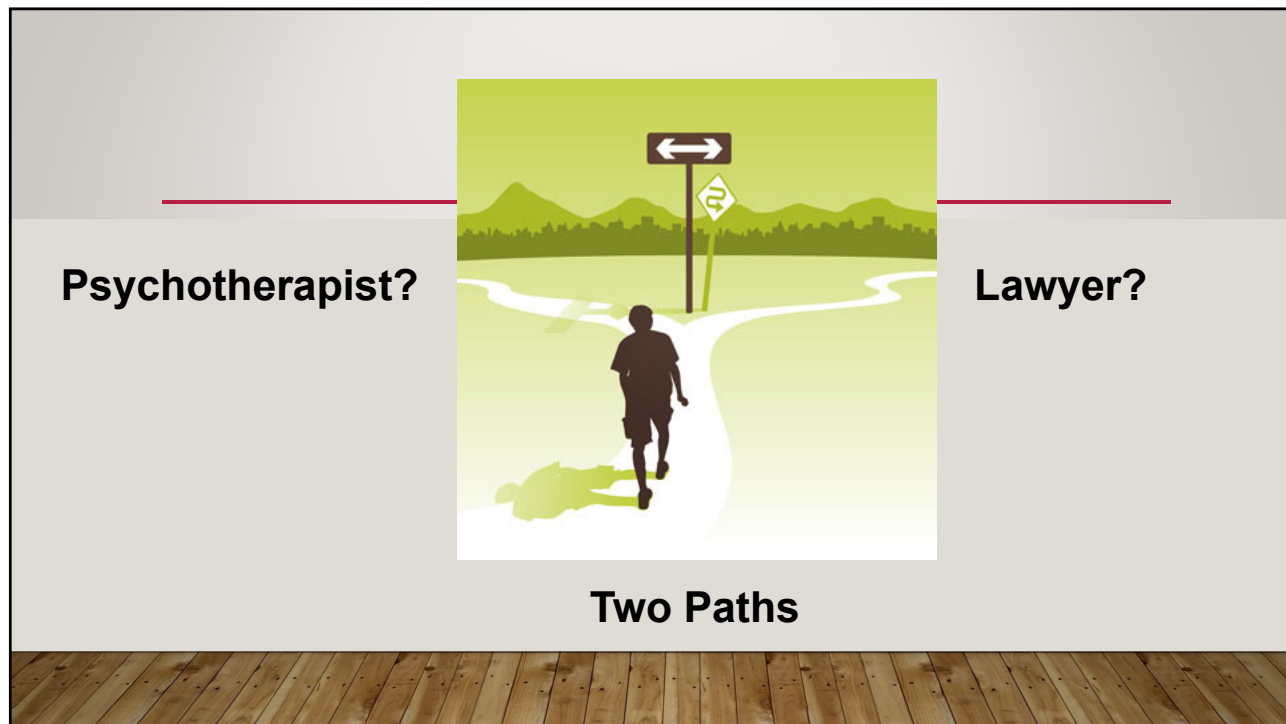
AGENDA

- A journey from the realm of reason to the realm of emotion
- The power of metaphor in divorce mediation
- The power of “parts” as a metaphor
- **Introduction to the Internal Family Systems model for divorce mediators and other dispute resolvers**
- Q & A



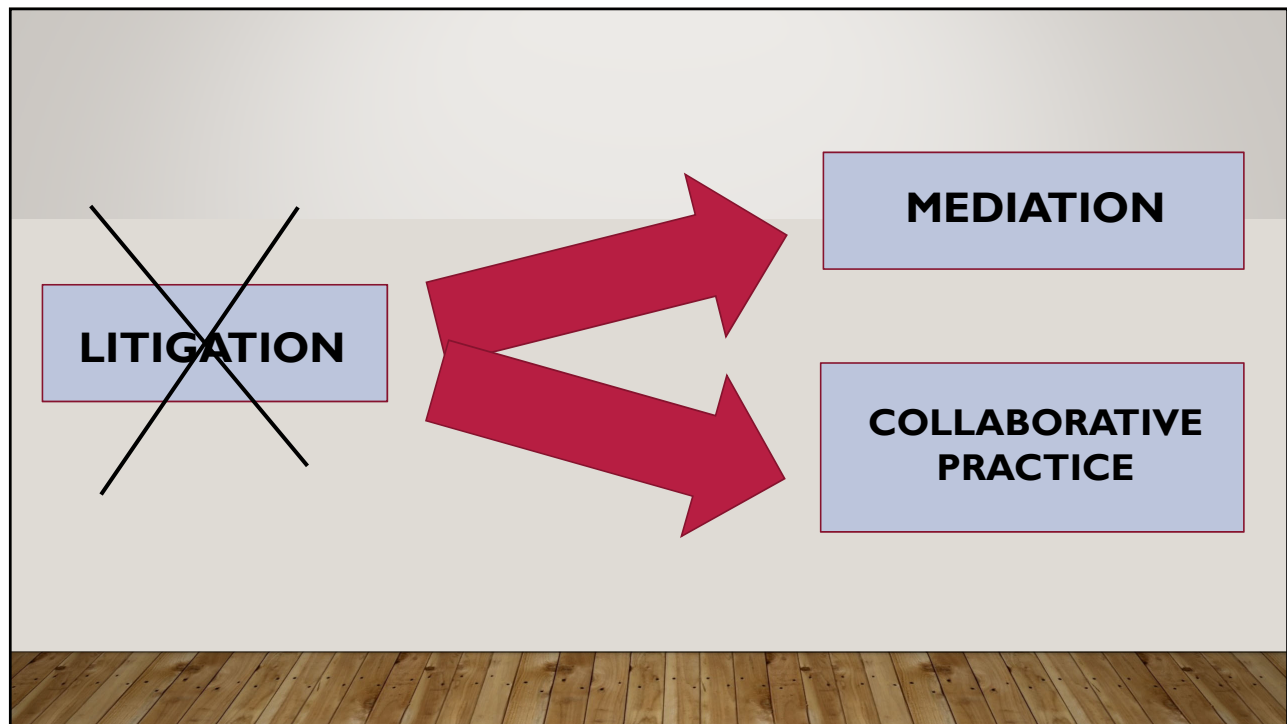
Happy Birthday, Jessica
49 years old today!!

DH as woodworker - 1973

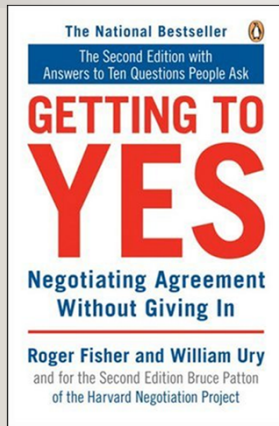




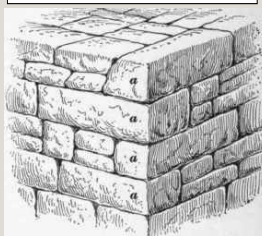
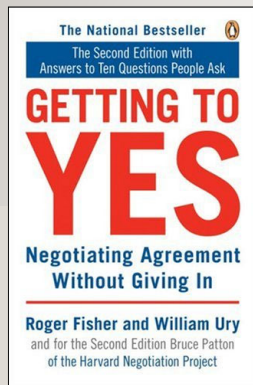




WHAT IS NEGOTIATION?



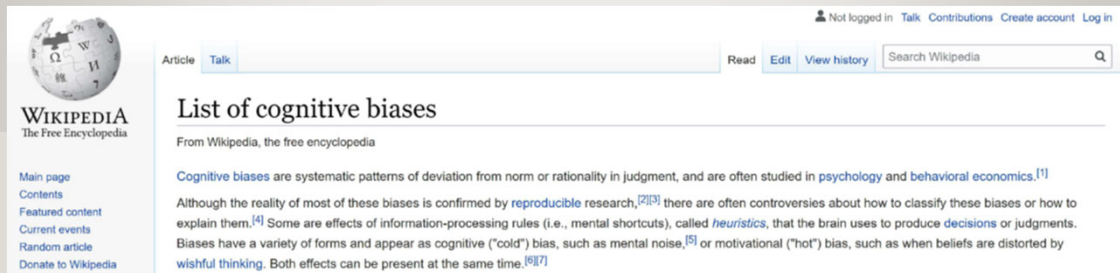
- Separate the people from the problem
- Shift focus from positions to interests
- Generate options to achieve joint gains
- Look for principled benchmarks to resolve disputed issues
- Consider BATNA (best alternative to a negotiated agreement)



**Foundation =
Rationality**

- Separate the people from the problem
- Shift focus from positions to interests
- Generate options to achieve joint gains
- Look for principled benchmarks to resolve disputed issues
- Consider BATNA (best alternative to a negotiated agreement)

COGNITIVE BIASES

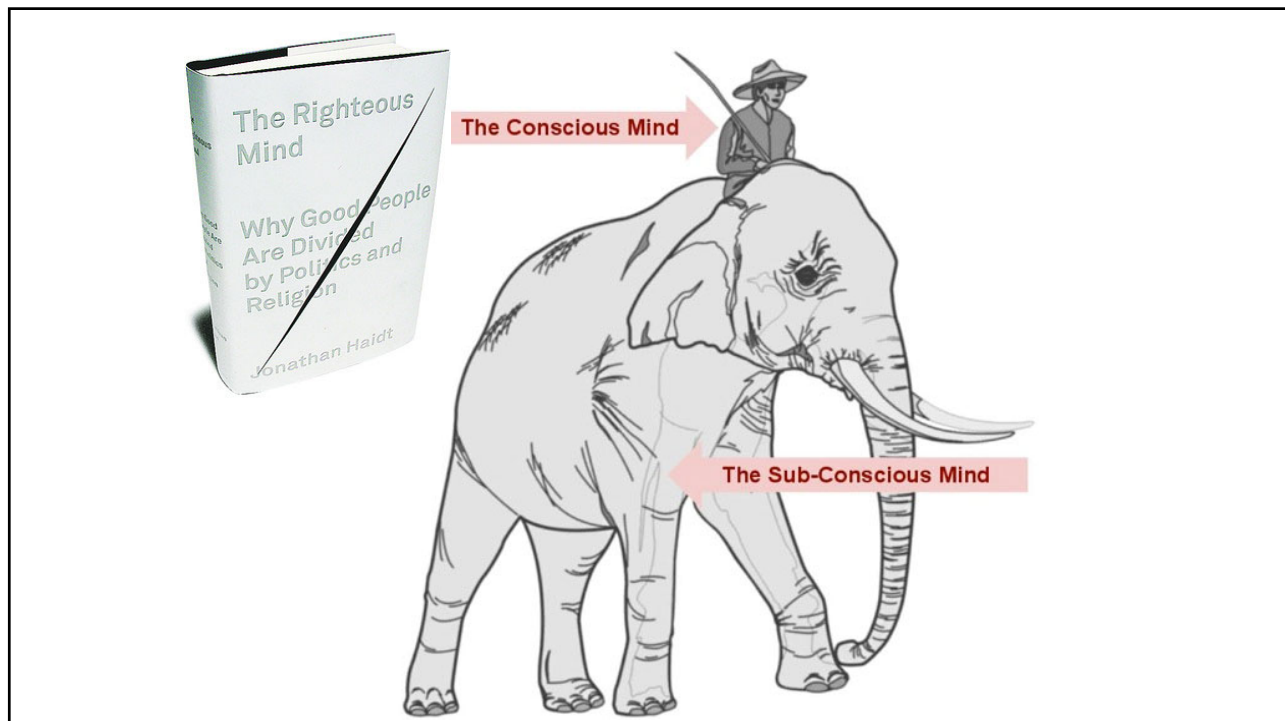
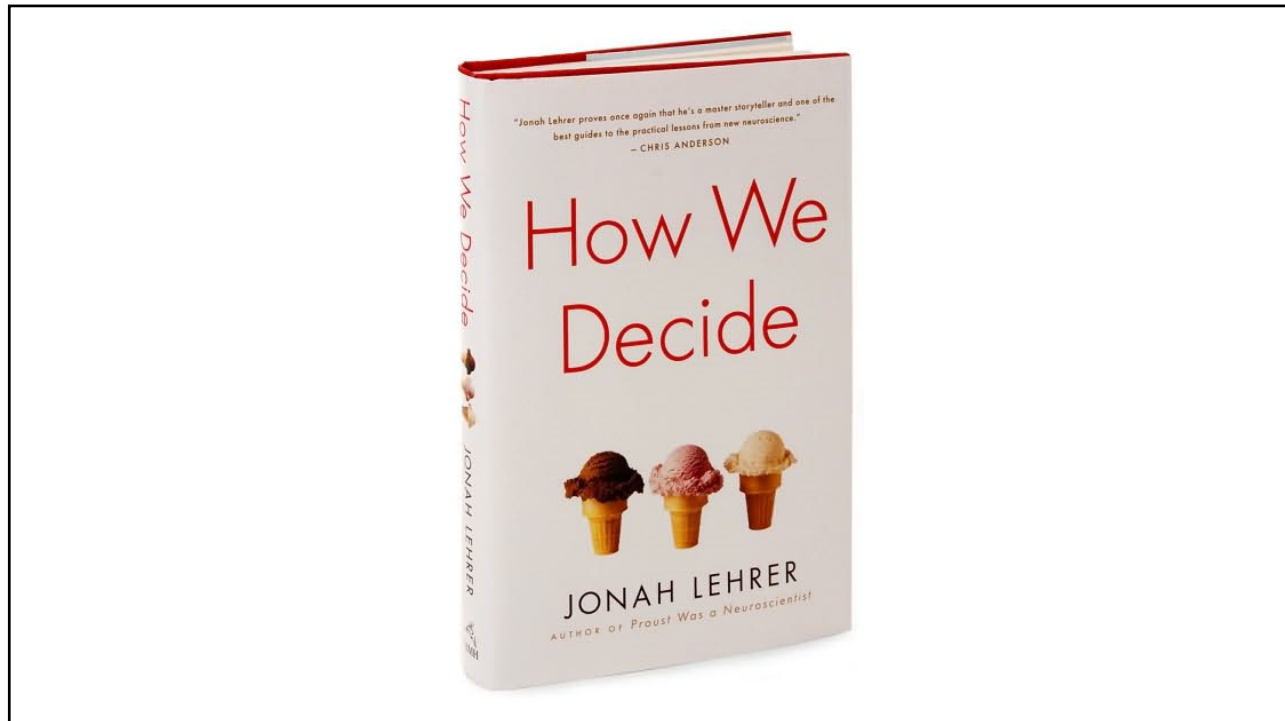


More than 200, such as . . .

- Confirmation bias
- Sunk cost bias
- Fundamental attribution error
- Framing effects

EMOTIONS





COMPETITIVE AROUSAL



People like to win!



Monday, Nov. 26, 2007

Success Depends on Others Failing

By Laura Blue/London

Reward mechanisms in the brain depend on how well you think other people are doing, a new neurological study suggests. The findings, published in the Nov. 23 issue of the journal *Science* are the first to lend physiological proof to a longstanding theory among contemporary economists: that people are affected not only by their own achievements and income, but also by how they stack up against their neighbors.

The study, by cognition experts and economists at the University of Bonn in Germany, looks at the brain regions that process reward. Nineteen pairs of subjects performed a series of tasks, estimating the number of dots on a screen, while their brains were scanned. Each time a subject answered correctly, he or she won a cash prize but the prizes were not always the same. Players could see whether their opponents had answered correctly, and how the prize money was distributed.

The researchers were especially interested in the set of outcomes where both players answered correctly. For any given prize value, the brain's reward response was bigger if the other player earned less. Players on average were more pleased with a 60 euro prize when the other player got just 30 euros, for example, than they were if both players earned 60 euros, or if the other player got more.

People like to cooperate!

When volunteers playing the Prisoner's Dilemma Game cooperated with one another, the "reward circuits" of their brains were activated, the same regions that are activated when certain drugs are taken or when good fortune befalls us



COOPERATION AND COMPETITION: LESSONS FROM EVOLUTIONARY PSYCHOLOGY

Reciprocal altruism – i.e.,

cooperation

AND

Social hierarchy – i.e.,

competition



Competitive vs. Cooperative Impulses ... in the same person



**“We should stick
to our guns”**

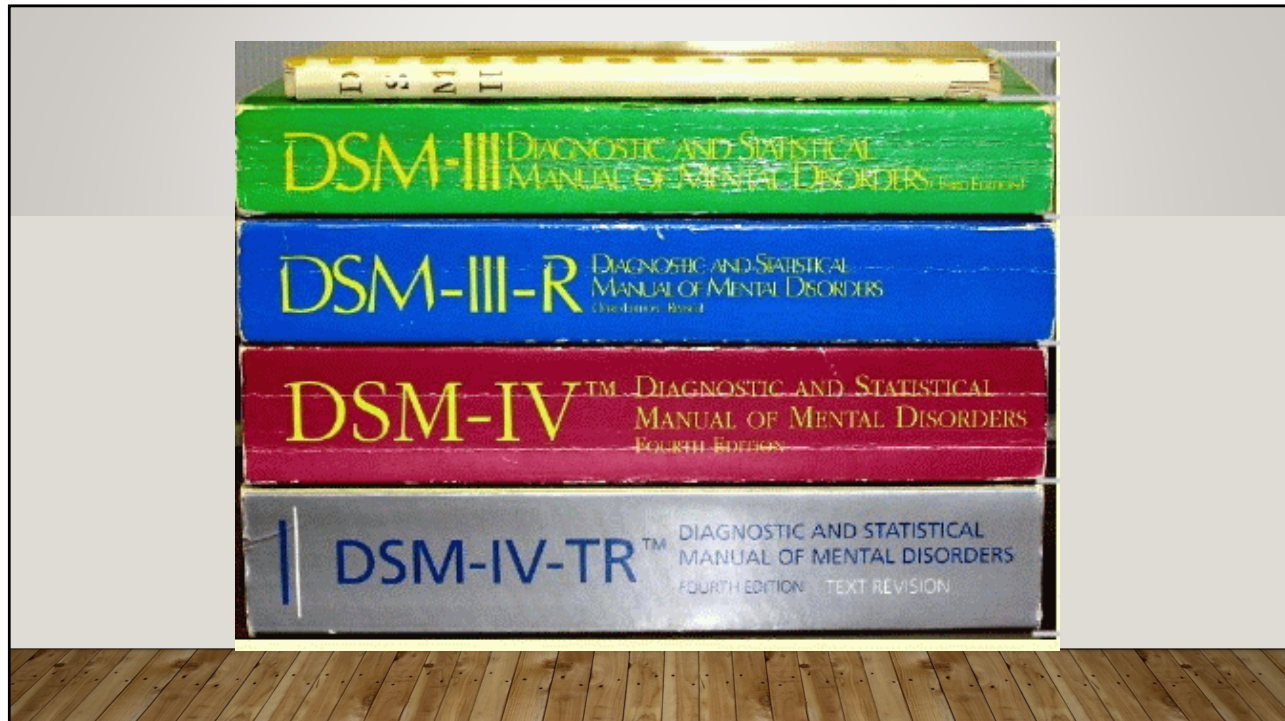
**“We should
settle”**

PREVALENCE OF MENTAL ILLNESS IN THE U.S.

***What percentage of adults in the U.S. suffer from a
diagnosable mental illness in any given calendar year?***

26.2%

Source: Kessler RC, Chiu WT, Demler O, Walters EE. Prevalence, severity, and comorbidity of twelve-month DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). **Archives of General Psychiatry**, 2005 Jun;62(6):617-27.

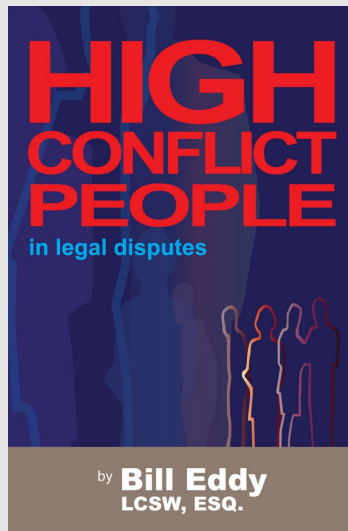


Narcissistic Personality Disorder

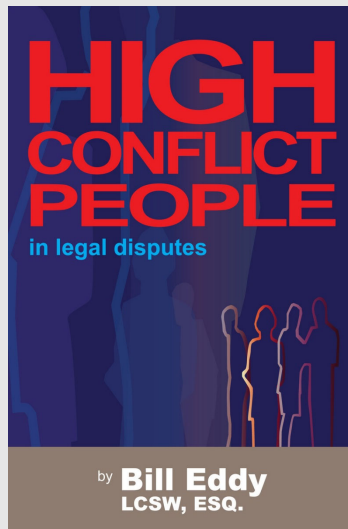
(DSM-IV-TR § 301.81)

A pervasive pattern of grandiosity (in fantasy or behavior), need for admiration, and lack of empathy, beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:

1. **Has a grandiose sense of self-importance** (e.g., exaggerates achievements and talents, expects to be recognized as superior without commensurate achievements)
2. *Is preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love*
3. **Believes that he or she is "special" and unique** and can only be understood by, or should associate with, other special or high-status people (or institutions)
4. *Requires excessive admiration*
5. **Has a sense of entitlement, i.e., unreasonable expectations of especially favorable treatment or automatic compliance with his or her expectations**
6. **Is interpersonally exploitative, i.e., takes advantage of others to achieve his or her own ends**
7. **Lacks empathy:** is unwilling to recognize or identify with the feelings and needs of others
8. *Is often envious of others or believes others are envious of him or her*
9. **Shows arrogant, haughty behaviors or attitudes**
10. *Often mild to moderate paranoia, that others are out to do him in.*
11. **Predominant "name dropper" boasting or suggestion association with people or affiliations of importance.**



Tools: *Bonding, Structure, Reality
Testing, Consequences*



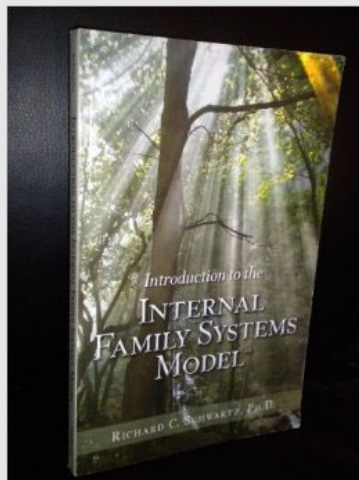
*Does this model “pathologize” the
parties in mediation?*

One of my Teachers

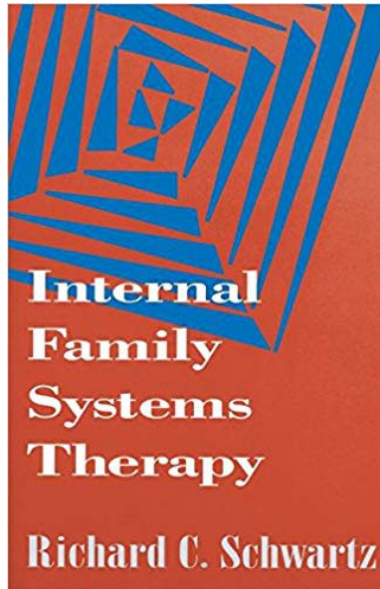


Beth Andrews – potter, psychotherapist, photographer

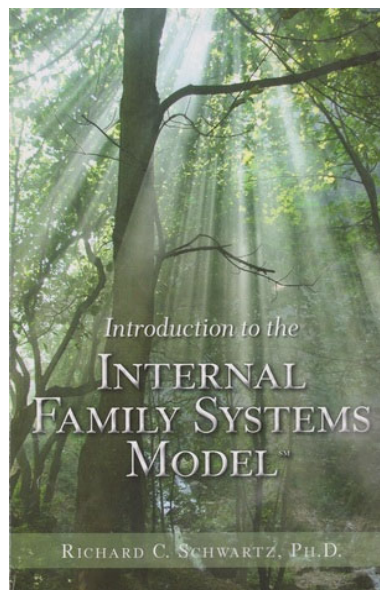
Internal Family Systems Model



Dr. Richard Schwartz

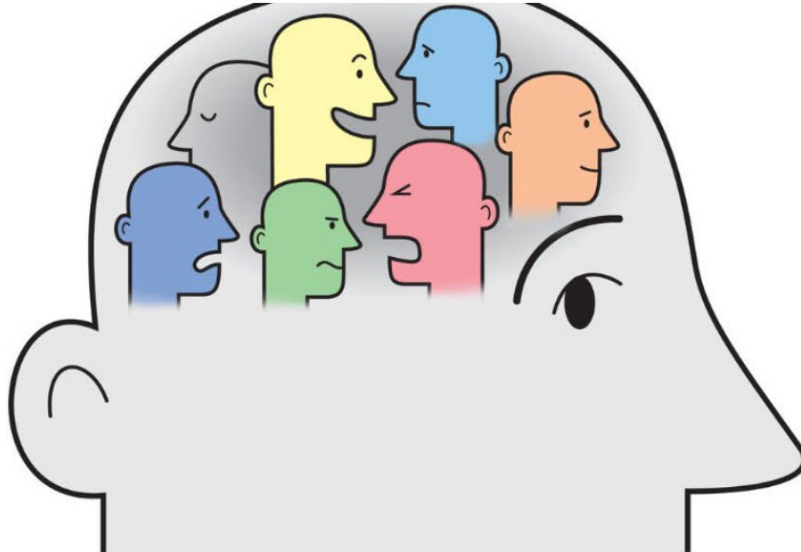


Recommended by Diana Kierein, J.D., LICSW in 2003



Written for a lay audience

People have 'parts'



Internal **Family** Systems Model

- . . . is a ***misnomer***
- It's not about our "families"
- It's about **internal**, family-like relationships of our "parts"

Advantages of the IFS Model

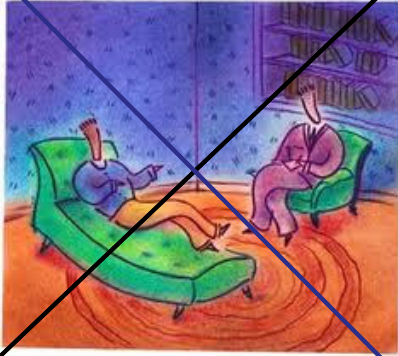
- Intuitive
- Non-pathologizing
- Built on principle of empowerment (not a medical model)

Part of me says I need to stop drinking like this, then I think "Don't listen to him, he's drunk!"

someecards
user card



Mediation is not therapy . . .
but it can be therapeutic



Mediation and Psychotherapy: Distinguishing the Differences

Joan B. Kelly **Mediation Quarterly, 1983**

Family mediation is unique in the extent to which it has been derived and synthesized from diverse fields of practice. Theory, practice, and technique have been borrowed from the fields of labor mediation and negotiation, law, social psychology, and the psychological disciplines that provide psychotherapy and counseling. The richness and excitement of this newly emerging field are due both to the process of integrating these disparate elements and to the feeling of many mediators that mediation is truly better for its clients than any of the separate contributing parts. That is, in its best form, family or divorce mediation meets its clients' needs more completely and more coherently than either the traditional legal process or divorce counseling alone.

Like any other emerging field, mediation is experiencing a continuing need for definition and increased clarity. As each practitioner brings his or her

Mediation, Multiple Minds, and Managing the Negotiation Within

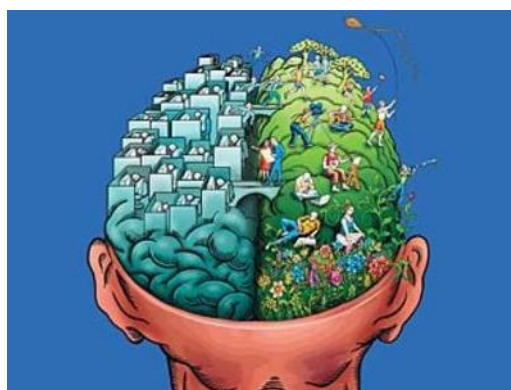
David A. Hoffman*

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16 Harvard
Negotiation Law
Review 297
(2011)
<http://tinyurl.com/Hoffman-IFS>

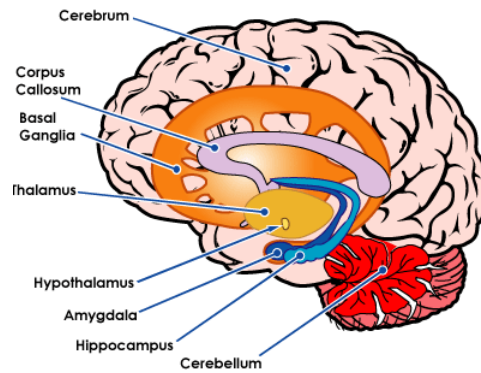
What do we know about our mind’s “parts”?



Left brain and right brain

There **are**
physical
structures in
the brain that
help us explain
our thinking
and behavior

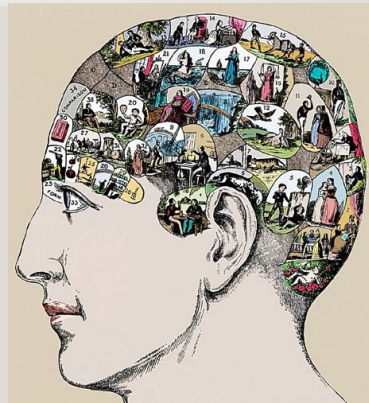
What do we know about our mind's "parts"?



There **are** physical structures in the brain that help us explain our thinking and behavior

BUT THE IDEA OF 'MULTIPLE MINDS' IS NOT ABOUT SEPARATE **PHYSICAL** PARTS OF THE BRAIN ...

It's a **metaphor** to describe our various neural networks



THE POWER OF METAPHOR:

“The metaphor
is the most
powerful tool
known to
humankind”

- Ortega y Gasset



THE POWER OF METAPHOR: Divorced Parents As Co-pilots



- Co-pilots don't have to like each other
- They might even dislike each other
- But ... they have a job to do
 - Keep the passengers (the kids) out of the cockpit
 - Keep the intercom switched off...
 - ...except for reassuring messages
 - Land the plane successfully

THE POWER OF METAPHOR: Focusing on the Future vs. the Past



THE POWER OF METAPHOR: Focusing on the Future vs. the Past

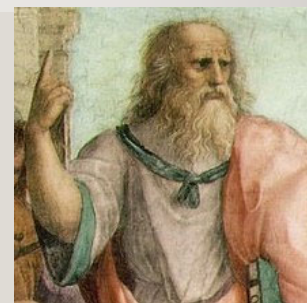


THE POWER OF METAPHOR: Mediation and white-water rafting



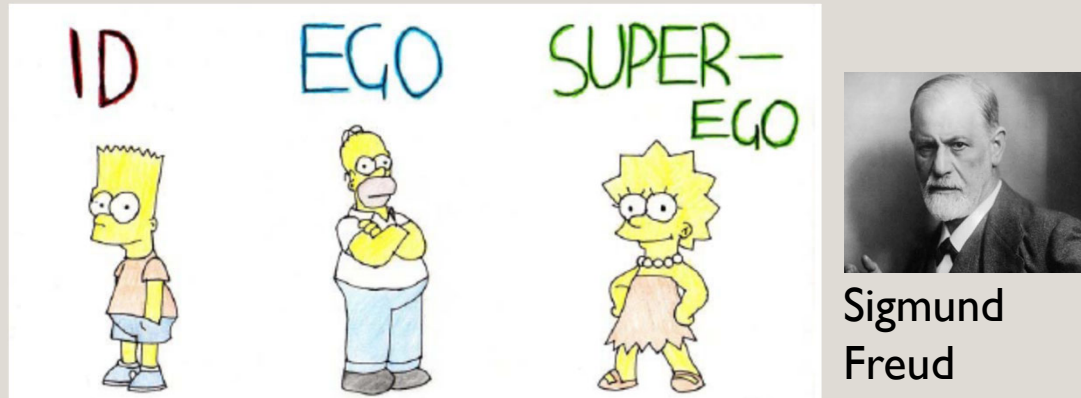
- Some parts of the river are calm
- Some are not
- The journey can be successful, if everyone ...
 - Stays in the boat
 - Allows the experienced river guide(s) to steer
 - Refrains from panicking
 - Rows in the same direction
 - Refrains from striking other passengers with a paddle

THE POWER OF METAPHOR: “Parts”

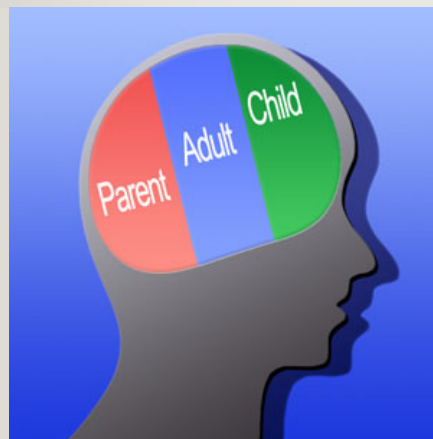


Plato: two horses
and the charioteer

THE POWER OF METAPHOR: “Parts”



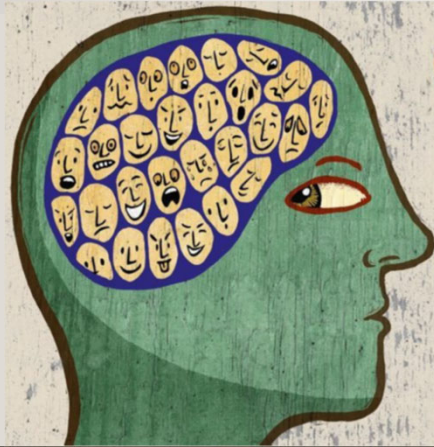
THE POWER OF METAPHOR: “Parts”



Eric Berne,
Transactional
Analysis



PEOPLE HAVE 'PARTS'



*“Faust complained about having **two** souls in his breast, but I harbor a **whole crowd of them** and they quarrel. It is like being in a republic.”*

- Otto von Bismarck

OUR “PARTS”



- Multiplicity of parts – no predetermined number
- Each part serves us in some way
- There are no *bad* parts, but . . . they sometimes take on extreme roles
- Even parts that take on extreme roles can be healed and take on productive roles
- Parts sometimes take on opposite roles



BIG, USEFUL IDEAS ARE SOMETIMES VERY SIMPLE

$$E=mc^2$$

BIG, USEFUL IDEAS ARE SOMETIMES VERY SIMPLE



BIG, USEFUL IDEAS ARE SOMETIMES VERY SIMPLE



BIG, USEFUL IDEAS ARE SOMETIMES VERY SIMPLE



**NO TAXATION
WITHOUT
REPRESENTATION**

BIG, USEFUL IDEAS ARE SOMETIMES VERY SIMPLE

Collaborative Practice

(Representation without Litigation)

BIG, USEFUL IDEAS ARE SOMETIMES VERY SIMPLE

Mediation

(Facilitated Negotiation)

BIG, USEFUL IDEAS ARE SOMETIMES VERY SIMPLE

Mediation

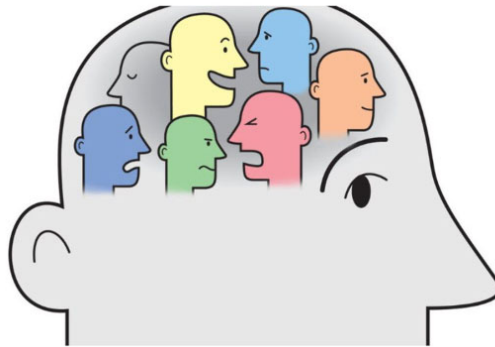
(Assisted Negotiation)

BIG, USEFUL IDEAS ARE SOMETIMES VERY SIMPLE



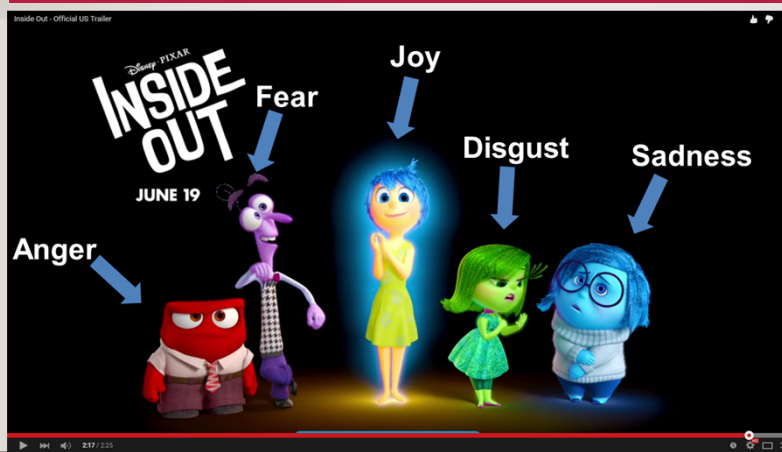
BIG, USEFUL IDEAS ARE SOMETIMES VERY SIMPLE

People have 'parts'





THE POWER OF METAPHOR: “Parts”



THE POWER OF METAPHOR: “Parts”



<https://www.youtube.com/watch?v=yRUazGQ3nSY>

THE POWER OF METAPHOR: “Parts”



Richard Schwartz,
Internal Family
Systems



A TAXONOMY OF OUR PARTS

- **Exiles** – carry our wounds and shame (feelings of inadequacy)
 - **Managers** – are proactive, try to prevent reinjury
 - **Firefighters** – are reactive, try to counteract the pain of reinjury
- } **Protectors**

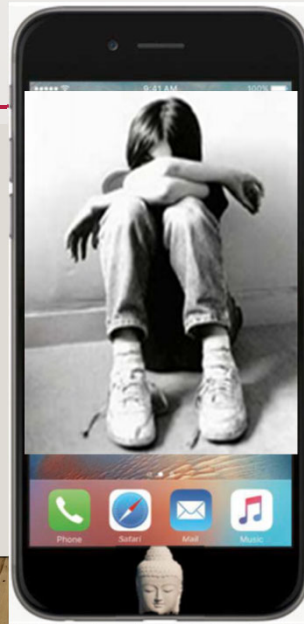
Self Energy – the core of who we are (our heart, spirit, soul, etc.)

OUR INTERNAL OPERATING SYSTEM



Kudos to IFS therapist,
Percy Ballard, M.D. for
very useful metaphor

OUR INTERNAL OPERATING SYSTEM



Shame
(Exiled Part -
- Wounded)

OUR INTERNAL OPERATING SYSTEM



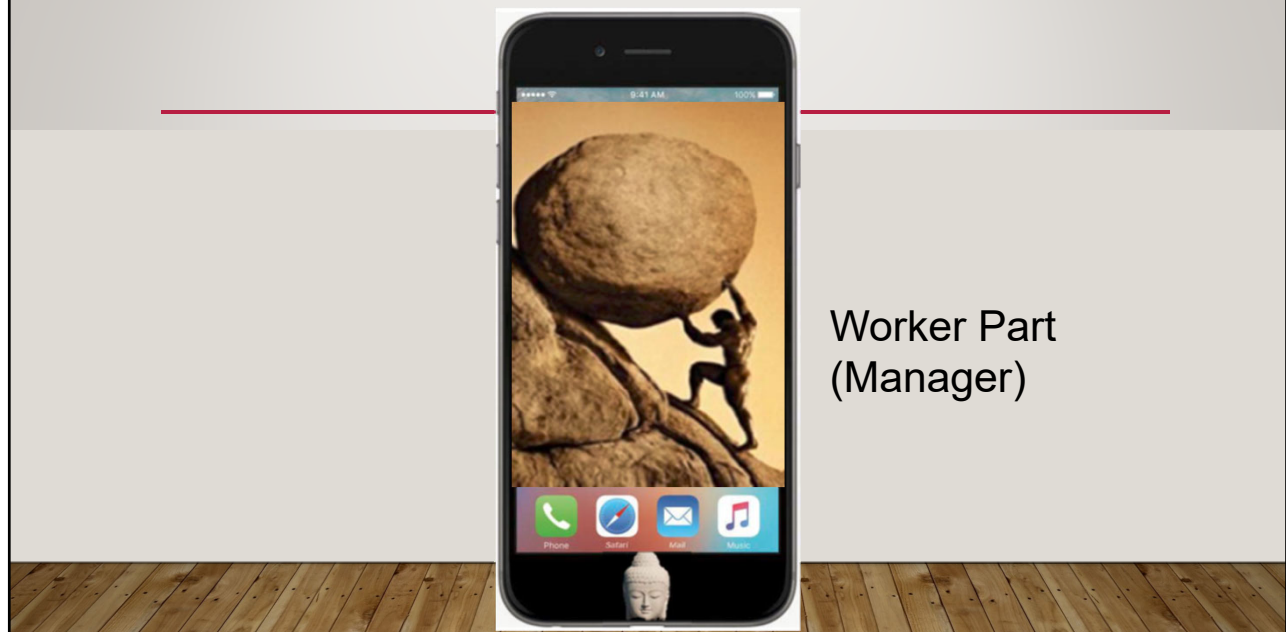
Shame
(Exiled Part -
- Wounded)

**"I am not
enough."**

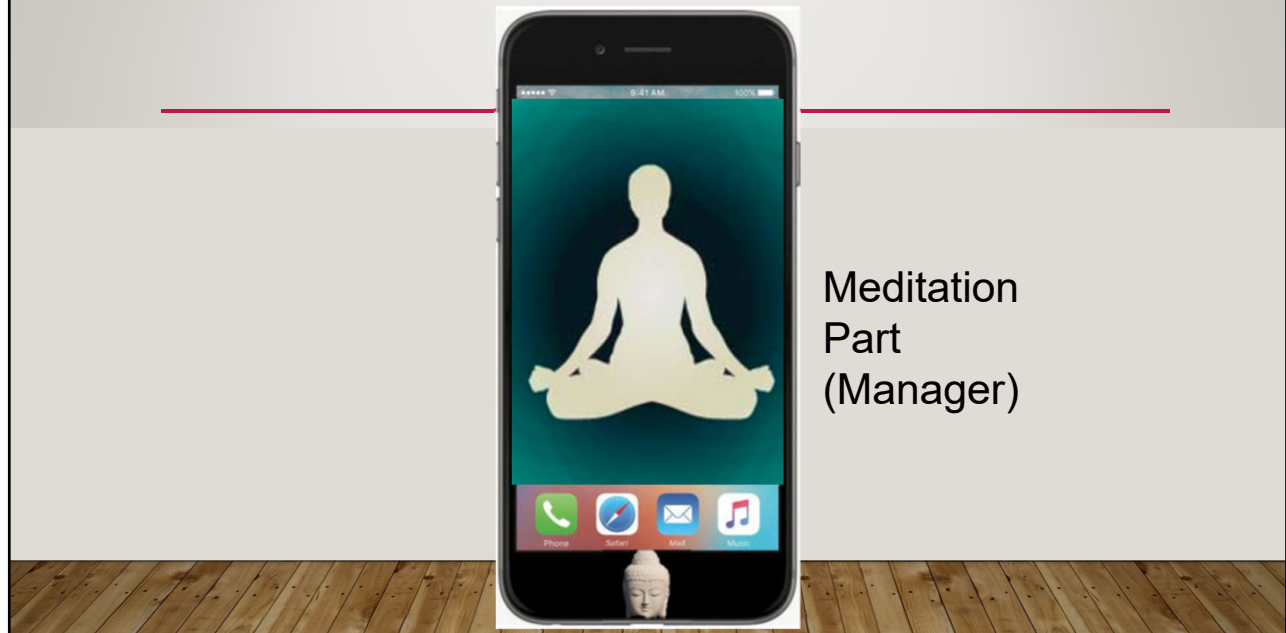
OUR INTERNAL OPERATING SYSTEM



OUR INTERNAL OPERATING SYSTEM



OUR INTERNAL OPERATING SYSTEM



Meditation
Part
(Manager)

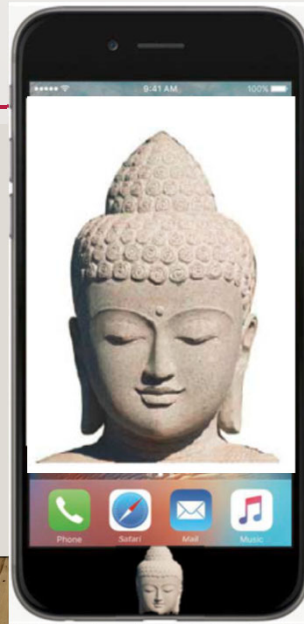
OUR INTERNAL OPERATING SYSTEM



Self
energy

OUR INTERNAL OPERATING SYSTEM

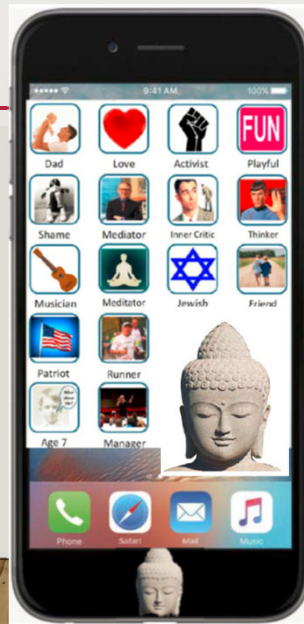
The goal of
the IFS
model:
to be
Self-led



Self Energy
(a/k/a “heart,”
“spirit” or “soul”)

- Calm
- Curious
- Compassionate
- Centered
- Clear
- Confident
- Courageous
- Creative

OUR INTERNAL OPERATING SYSTEM



**Self
energy**

USEFUL METAPHORS

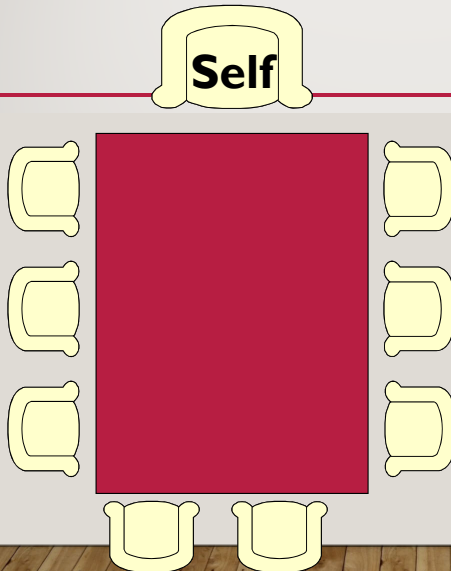


THERE IS A MEDIATOR INSIDE EACH ONE OF US

Self

... equipped with

- **Curiosity**
- **Compassion**
- Calm
- Courage
- Clarity
- Confidence
- Creativity
- Connectedness



Lessons for Dispute Resolvers from IFS

1. Coping with Complexity	<i>Working with people's Parts – acknowledging their ambivalence and resistance</i>
2. Accessing Client's "Self" Energy	<i>Helping the Parties find and empower their inner mediator</i>
3. Reassuring Exiles	<i>Counteracting blame, and thereby letting firefighters relax a bit</i>
4. Compassion for our Clients	<i>Recognizing that they have many of the same parts that we do</i>
5. Self-Compassion and Self Leadership	<i>Becoming self-forgiving; practicing non-attachment to the outcome</i>

I. COPING WITH COMPLEXITY



**"We should stick
to our guns"**

**"We should
settle"**

I. COPING WITH COMPLEXITY

*“It sounds like **part** of you wants to settle and **part** of you hates the idea of giving in.”*

Engaging the components of ambivalence/
resistance directly

I. COPING WITH COMPLEXITY



I. COPING WITH COMPLEXITY

Asking the 'gladiators' to take a step back



I. COPING WITH COMPLEXITY

Asking the 'gladiators' to take a step back



I. COPING WITH COMPLEXITY

Asking the 'gladiators' to take a step back



2. Accessing Clients' Self Energy

Colloquy with a Plaintiff in an employment dispute

- "It sounds like there's a **part** of you that wants to go the distance because it feels you were treated unfairly."
 - "Absolutely"
- "... and another **part** of you that's being very practical about the risks of going to trial?"
 - "Yes, *that too*."
- "I think we all have a **mediator inside** that helps us manage these different parts, and helps us make wise decisions. Can you feel that mediator inside you?"
 - "Yes, ... [pause] *I know that I need to settle this and move on.*"

3. REASSURING EXILES

Divorce (heterosexual) (stereotypical)

- Husband was the primary earner (very successful) - became a workaholic
- Wife dialed back her career to raise the two kids, who are now in junior high school
- Jet-lagged Husband became irritable and angry at home
- Wife became depressed and withdrew from the marriage
- Husband had an affair, which the Wife discovered from a text message on the Husband's phone
- She wants to continue focusing on the kids and needs alimony/child support
- He wants 50/50 parenting time and wants her to go back to work

3. REASSURING EXILES

Divorce (heterosexual) (stereotypical)

- The Blame Messages:
 - Wife: "The only reason you want 50/50 parenting is to save money – money is all you care about."
 - Husband: "The only reason you don't want 50/50 parenting is to justify your leisurely life."

“Deep Bruise” Theory

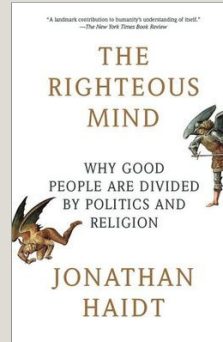


THE DIFFERENCE BETWEEN SHAME AND GUILT

- Guilt = “I did a bad thing”
- Shame = “I am a bad person”

“[P]eople are passionately concerned with ‘the **praise** and **blame** of [other people].”

“**Social Capital**”



(quoting Charles Darwin, The Descent of Man)

3. REASSURING EXILES

Divorce (heterosexual) (stereotypical)

- The Blame Messages:
 - Wife: “The only reason you want 50/50 parenting is to save money – money is all you care about.”
 - Husband: “The only reason you don’t want 50/50 parenting is to justify your leisurely life.”

THERAPIST MIKE ELKIN ON COUPLES COUNSELING

1. When couples are in conflict, their relationship is conducted by their protective parts – their armies. Armies are not known for their relational skills.
2. Armies focus solely on winning. They are the Good Guys, and the others are the Bad Guys.
3. They see any ambiguous stimulus as an attack unless conclusively proved otherwise.
4. They reject information that they perceive as inconsistent with their mission.
5. When their efforts to vanguish the other side fail, they try harder. They send in more troops.

THERAPIST MIKE ELKIN ON COUPLES COUNSELING

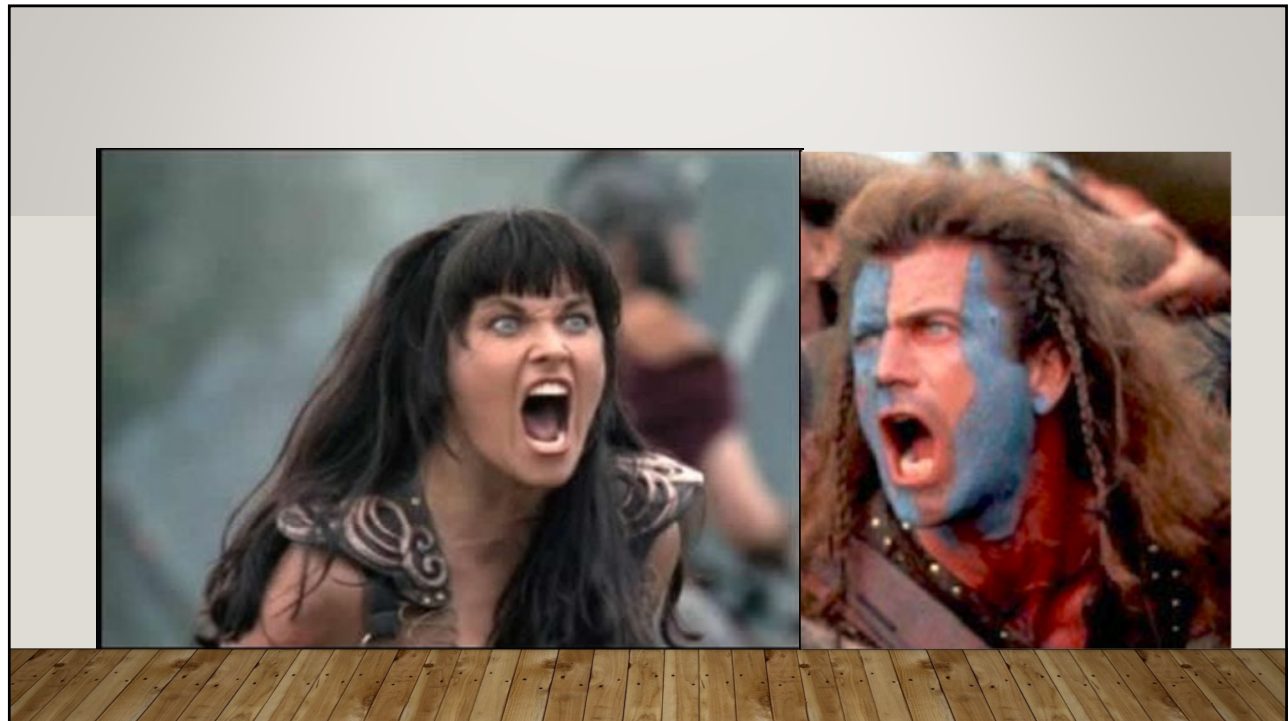
6. Protective, angry parts – our armies – see the problem as outside them, and see it as a moral problem. The solution is for the other person to stop being a Bad Person and work toward becoming a Good Person.
7. Protective, angry parts – although very motivated to be helpful and effective, never are.
8. Protective parts never protect. Instead, they energize and attract that which they are trying to protect against – namely, the other person's armies of protectors.

THERAPIST MIKE ELKIN ON COUPLES COUNSELING

9. When couples are in conflict, what each wants more than anything else is innocence – the feeling of being a Good Person.
10. This is complicated (and motivated) by the fact that many of our most easily accessible parts (our Exiles) are convinced that we are worthless and unlovable, and that if we were fully and completely known, we would be despised and rejected.
11. Fights between members of a couple are usually about the same thing: who is the better person – who is more loving, generous, flexible, intelligent, competent, forgiving, and truthful of the pair.
12. During a fight, each member of a couple tries to prove to the other that they are morally defective, bad, and wrong.

“Deep Bruise” Theory





REASSURING EXILES

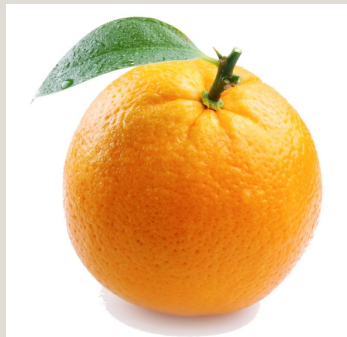
- Ken Cloke's story about Rose, the veteran teacher

3. REASSURING EXILES

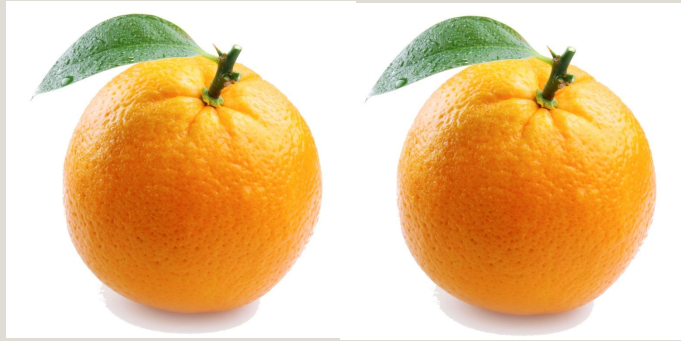
Divorce (heterosexual) (stereotypical)

- Reassuring Exiles
 - “It sounds like – in your division of labor – you were each trying to do the right thing”
 - To the Husband: “You’ve been very clear about how it would be good for the kids to have strong connections with both of you.”
 - To the Wife: “You’ve been really clear about how it would be good for the kids to have a stable home base.”
- To both:
 - “You each have a part of you that is passionately concerned about what’s best for your kids, and you also have a part that is concerned about money – all of that is totally normal and understandable.”

‘GOODNESS’ IS NOT A ZERO SUM GAME



‘GOODNESS’ IS NOT A ZERO SUM GAME



... But what about
the mediator's parts?

4. Compassion for Our Clients

Some of My Parts

- I Can't Figure This Out
- I'm No Good at This
- The Parties Don't Like Me



Exiles

and

- I'm a Professional
- You're Doing Really Great!
- Could be Better



Managers

and



- DMMM - Don't Mess-up My Mediation!!

Firefighter

4. Compassion for Our Clients

My DMMM Part

- Reaction to being interrupted



What about me??

- Over-reaction



Don't Mess Up My Mediation!!

5. Self-Leadership

WHEN WE ARE SELF-LED ...

*We can connect
with the “Self”
energy in
others*



5. Self-Leadership

CHAPTER 13

Releasing the Soul

Psychotherapy as a Spiritual Practice

RICHARD C. SCHWARTZ

5. Self-Leadership

Mediation as a Spiritual Practice

By David A. Hoffman and Richard N. Wolman

(Available at www.Mediate.com and at www.tinyurl.com/Hoffman-Wolman)

Can mediation be considered a spiritual practice? And what is a spiritual practice anyway?

We think the answers to these questions might explain, at least in part, why we and many other mediators find mediation to be so fulfilling – turning an occupation into a labor of love.

Both of us were initially attracted to mediation for pragmatic reasons. Helping people avoid court, and reach fair, cost-effective solutions to their conflicts, seemed socially useful and intellectually challenging. But, with each passing year, we find ourselves looking beyond fairness and efficiency to the parties' deeper objectives and our own.

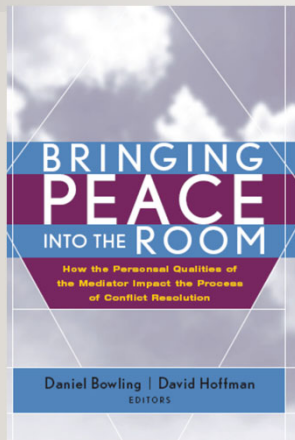
5. Self-Leadership

How can we focus on client objectives without being attached to the outcome (having an agenda)?

*The story of the
Buddhist priest
litigator*



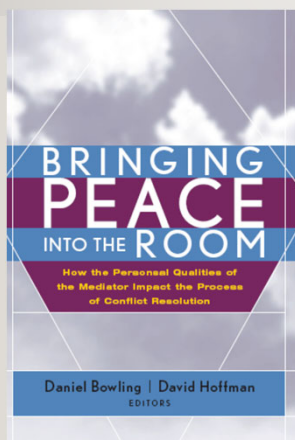
5. Self-Leadership



One of our 'super powers'

But how do we do it?

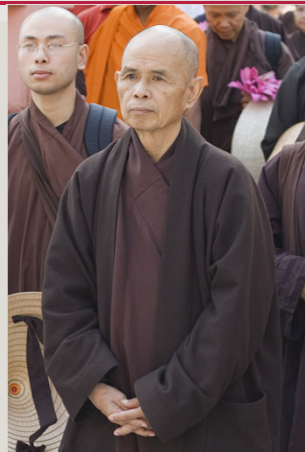
5. Self-Leadership



Thich Nhat Hanh:
**"To create peace, we
 have to be peaceful."**

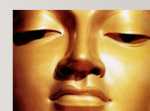
**... which means
 unblending from our
 'parts'**

**... asking them to step
 back and gives our
 hearts some space**





FINDING **SELF** ENERGY (ESP. COMPASSION AND CURIOSITY) FOR **DIFFICULT CLIENTS**



- **Greed** – the heiress with the iron-clad prenup, a long-term marriage, and a homemaker husband
- **Jealousy** – the dad who bad-mouthed his philandering wife to every corner of the town
- **Sexual abuse** – a father who molested his daughter and was struggling to find remorse
- **Cruelty** – a philandering husband who faked his own suicide to escape his marriage
- **Hypocrisy** – husband who discovered he was gay, secretly had an affair with a man on whom he lavished expensive gifts while continuing to berate his wife and kids for their spending

APPLYING IFS PRINCIPLES TO CONFLICT STORIES

“What is truer than the truth?”

A: “The story”

- *Isabelle Allende*

APPLYING IFS PRINCIPLES TO CONFLICT STORIES

Why are stories truer than the truth?

THE VERBAL OVERSHADOWING EFFECT

Sean Babinat

“BRAIN HAS A WAY OF DISTORTING MEMORIES”

Boston Globe: May 13, 2003 **Page:** C3 **Section:** Health Science

Bad news for diary enthusiasts and raconteurs: Accumulating evidence suggests that when it comes to preserving memories, certain things are better left unsaid.

APPLYING IFS PRINCIPLES TO CONFLICT STORIES

Why are stories truer than the truth?

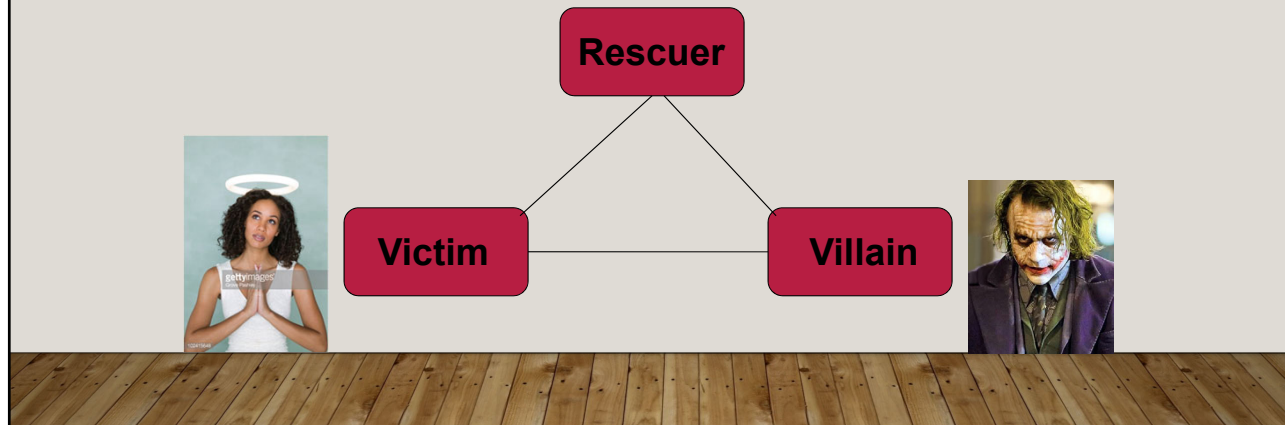
Why are conflict stories so powerful?

- *Fusing fact with feeling*
- *The **moral** dimension*

THE THREE CONFLICT STORIES

(SOURCE: KEN CLOKE)

I. The story of victimhood (“innocence”)



THE THREE CONFLICT STORIES

I. The story of victimhood (“innocence”)

2. The story of self-blame (“shame”)



THE THREE CONFLICT STORIES

1. The story of victimhood (“innocence”)
2. The story of self-blame (“shame”)
3. What’s the third story?

THE THREE CONFLICT STORIES

1. The story of victimhood (“innocence”)
2. The story of self-blame (“shame”)
3. The story that explains why we made up the other two **stories**

WHO’S TELLING THE STORIES?

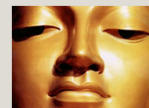
- The Story of Innocence (Protector)



- The Story of Self-Blame (Exile)



- The Story that Explains Why We Made up the Other Two Stories (Self)



A QUIZ SHOW: “NAME THOSE ‘PARTS’”

- Husband was the primary earner (very successful) - became a workaholic
- Wife dialed back her career to raise the two kids, who are now in junior high school
- Jet-lagged Husband became irritable and angry at home
- Wife became depressed and withdrew from the marriage
- Husband had an affair, which the Wife discovered from a text message on the Husband's phone
- She wants to continue focusing on the kids and needs alimony/child support
- He wants 50/50 parenting time and wants her to go back to work

A QUIZ SHOW: “NAME THOSE ‘PARTS’”

- *Three Choices*
 - *Exile*
 - *Manager*
 - *Firefighter*

A QUIZ SHOW: “NAME THOSE ‘PARTS’”

- Wife: *“A part of me wants to kill him”*
- Wife: *“Another part of me knows that would be a bad idea”*
- Wife: *“I feel so alone”*
- The Husband just bought a red sports car (after always owning Camrys)
- The Wife has been drinking too much since he left
- The Husband has recently been spending an unusual amount of money on the kids
- The Wife has been disparaging the Husband in her discussions with the kids
- *“We need to resolve this before we spend all our money on lawyers.”*

WHAT **IFS** AND MEDIATION HAVE IN COMMON

- *Each Part has a story*
- *Each Part needs to feel understood*
- *When Parts feel heard, they will listen*
- *In order for the Parts to succeed, the entire system must succeed*

WHAT IFS AND **MEDIATION** HAVE IN COMMON

- *Each Part / Party has a story*
- *Each Part / Party needs to feel understood*
- *When Parts / Parties feel heard, they will listen*
- *In order for the Parts / Parties to succeed, the entire system / team must succeed*

WHAT IFS AND MEDIATION HAVE IN COMMON

- *Each Part / Party has a story*
- *Each Part / Party needs to feel understood*
- *When Parts / Parties feel heard, they will listen*
- *In order for the Parts / Parties to succeed, the entire system / team must succeed*
- ***There are no 'bad' Parts / Parties***

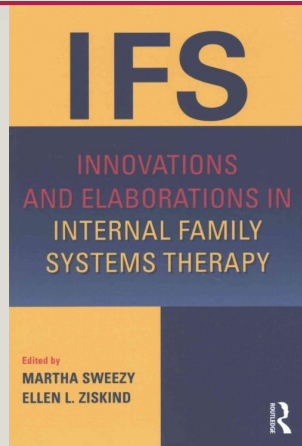
WHAT IFS AND MEDIATION HAVE IN COMMON

- *Each Part / Party has a story*
- *Each Part / Party needs to feel understood*
- *When Parts / Parties feel heard, they will listen*
- *In order for the Parts / Parties to succeed, the entire system / team must succeed*
- ***Curiosity and compassion can help the Parts / Parties find their way to peace***

ONE MORE TOOL IN THE IFS TOOLBOX



THE PSYCHOLOGY OF IMPLICIT BIAS



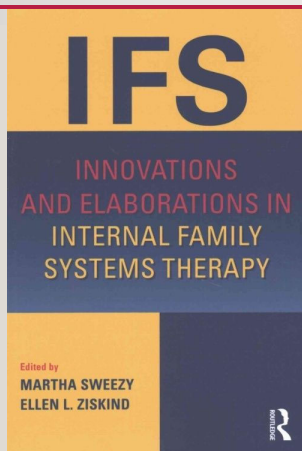
Chapter 7

Dealing With Racism

Should We Exorcise or Embrace Our Inner Bigots?

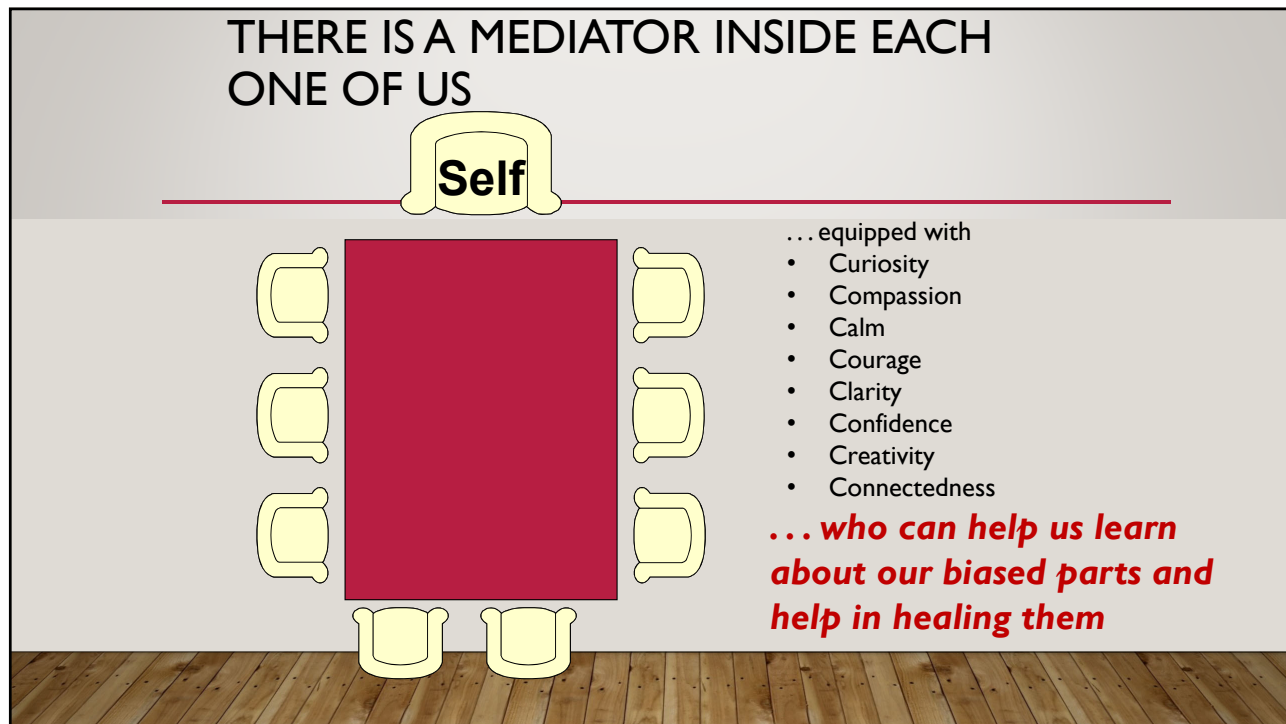
Richard C. Schwartz

THE PSYCHOLOGY OF IMPLICIT BIAS



Internal Family Systems model

- We all have biased parts ...
- And unbiased, idealistic parts
- Shaming / trying to suppress our biased parts doesn't heal them
- Instead, try understanding them – engaging with those parts with curiosity and compassion



www.SelfLeadership.org

Internal Family Systems
The Center for Self Leadership
Committed to bringing Self leadership to the world.

708-383-2659

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"Internal Family Systems is a powerful model and treatment modality!"
~Diana Fosha, Ph.D., Developer of AEDP

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Welcome to The Center for Self Leadership!

The Center for Self Leadership welcomes all people of any age, race, religion, gender identity, sexual orientation, class, ability, language, or cultural background into the Internal Family Systems community. You are welcome here, and all of your parts are welcome too. Learn more about our [Individual](#) and [Organizational](#) IFS Training Scholarship opportunities which support our quest to expand diversity and inclusivity in our community.

A DEEPER DIVE ...

One-day workshop with Dr. Richard Schwartz and me

***“Introduction to the IFS Model:
A One-Day Workshop for Divorce and
Family Professionals”***

March 27, 2020 – Boston

www.BLC.law



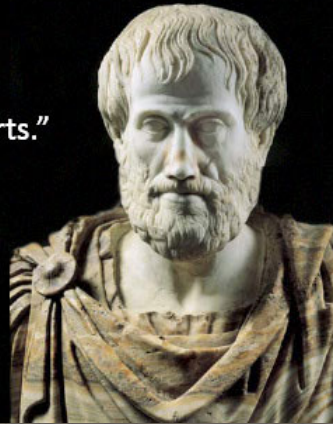
QUESTIONS? COMMENTS? CONCERNS?



A FINAL THOUGHT ...

"The whole is greater
than the sum of its parts."

-Aristotle



Namaste