

What is Internal Family Systems?

Transformative psychotherapy... and empowering paradigm.

IFS is a transformative tool that conceives of every human being as a system of protective and wounded inner parts led by a core Self. We believe the mind is naturally multiple and that is a good thing. Just like members of a family, inner parts are forced from their valuable states into extreme roles within us. Self is in everyone. It can't be damaged. It knows how to heal.

IFS is frequently used as an evidence-based psychotherapy, helping people heal by accessing and healing their protective and wounded inner parts. IFS creates inner and outer connectedness by helping people first access their Self and, from that core, come to understand and heal their parts.

But IFS is much more than a non-pathologizing evidence-based psychotherapy to be used in a clinical setting. It is also a way of understanding personal and intimate relationships and stepping into life with the 8 Cs: confidence, calm, compassion, courage, creativity, clarity, curiosity, and connectedness.