

Northeast Counties Association of Psychologists Bergen - Hudson - Passaic Counties, NJ

Fall Program Sunday, September 22, 2024: Zoom Webinar
Introduction to Internal Family Systems Therapy (IFS) Workshop
Presented by: Daphne M. Fatter, Ph.D.

PROGRAM:

Developed by Richard Schwartz, Ph.D. 40 years ago, Internal Family Systems therapy (IFS) is now an evidenced-based practice for depression, generalized anxiety disorder and post-traumatic stress disorder. In this workshop, Dr. Fatter will review the conceptual framework of IFS including basic assumptions of IFS, goals of the model, and research to date.

Clinicians will learn a road map for steps in doing IFS therapy. This workshop will include a guided experiential exercise for therapists to begin to identify their own parts to demonstrate the model experientially. Applications of IFS in clinical work and case examples using IFS for trauma, common clinical issues, and working with marginalized populations will be discussed. Benefits, contraindications, risks, and limitations of IFS therapy will be addressed.

PRESENTER:

Daphne Fatter (she/her), PhD, is an IFS Certified licensed psychologist and an Approved IFS Clinical Consultant. She is also EMDR Certified and an EMDRIA Approved Consultant. With nearly two decades of experience, she specializes in trauma treatment, including PTSD, complex trauma, and grief. Dr. Fatter completed her doctorate at The Pennsylvania State University and a postdoctoral fellowship at the Trauma Center affiliated with Boston University School of Medicine under Dr. Bessel van der Kolk. She has authored works on trauma healing and is known for her insightful presentations worldwide.

Learning Objectives: At the end of this workshop, participants will be able to:

1. Report an overview of Internal Family Systems (IFS) theory.
2. Identify characteristics of Self.
3. Describe qualities of the three types of parts in an individual's system.

ZOOM WEBINAR: *Registration closes on 9/20/24. No new registrations will be accepted after 9/20/24.*
https://us02web.zoom.us/webinar/register/WN_8U8XmC9GRteaju6Z5xZAIQ

11:00 -- 1:00 PM Welcome, Orientation, and Program

NCAP Members and Students – No Charge • Guests/Non-NCAP members \$30

RSVP by 9/20/24 If payment is not received by September 20th, non-members will be blocked from attending the program on September 22nd.

Guests/Non-NCAP members*: payment can be made through Zelle to NCAP and cell #201-218-0430, or by check made out to NCAP and mailed to: NCAP, 8 Cricket Lane, Woodcliff Lake, NJ 07677.

*Guests/Non-NCAP members, please include your email address with your payment so you can receive instructions for joining the Zoom webinar.

2 CE credits available for psychologists (add'l. charge): Please note new procedure to obtain CE:

After registering for the program, Click this link to purchase your CE Certificate BEFORE THE CE PROGRAM: <https://psychologynj.org/store/viewproduct.aspx?id=23670453>

This program is co-sponsored by NJPA and NCAP. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NJPA maintains responsibility for the program and its content. This program qualifies for 2 C.E. credit hours for psychologists.

*Intended audience: Psychologists, psychiatrists, educators, mental health professionals, graduate students. *Please note that due to issues of confidentiality, the presentation is open only to people in the field.*

Program sophistication: Intermediate—some basic knowledge of the specific content is required.

The presenter has no commercial support or conflict of interest for this program.

NJPA does not endorse the presented material as the only approach to a given area of study or therapeutic approach.

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