



The Journey into Self-Leadership: Integrating the Internal Family Systems Model (IFS) with Equine Assisted Practice – Part 1

PRESENTER

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DESCRIPTION

This presentation will provide a fundamental understanding of the IFS model. Participants can expect to learn about the background of IFS, the different types of parts, the 8 (+2) C's of Self-Leadership, clinical considerations and populations, and information on IFS training. a. Background of IFS b. Explaining what parts are and what they aren't c. Self-Leadership: the 8 (+2)C's d. Goals of IFS e. Clinical considerations and populations

OBJECTIVES

The goals for part one of this presentation are:

- 1) to give participants a foundational understanding of Internal Family Systems (IFS)
- 2) for participants to learn how to become more "Self-Led"
- 3) to provide clinical and practical ways to integrate IFS theory and the 8(+2 C's) with equine assisted practice, and specifically Natural Lifemanship
- 4) To learn how IFS is about facilitating the client to access more self-energy

EVALUATION

To complete the evaluation and to earn CE Credits, please click on the link below or copy and paste it into your browser.

<https://www.surveymonkey.com/r/inx2020-self-leadership>