



# IFS Concepts and Treatment

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# My Own Inner System of Parts

# IFS: Origins and Basic Principles

- ❖ Developed by Richard Schwartz in 1980
- ❖ Basic Principles:
  - Multiplicity
    - Parts or subpersonalities
    - Relationships to each other, like family systems
  - Self
    - Equivalent to “Wise Mind” and “Buddha Mind”
    - “The core of psychic balance, the seat of consciousness, and the inner source of love”

# Exiles and Protectors

## ❖ Exiles

- Usually young parts

## ❖ Protectors

### ➤ Managers

- Pre-empt stressful situations: plan, control, lookout

### ➤ Firefighters

- Rescue, put out emotional fires



# Case Vignette

# 3 Systems

- ❖ Client's internal system
  - Exiles, protectors
- ❖ Couple's System
  - Client's parts, protectors
  - Wife's parts
- ❖ Societal System
  - Legacy burdens

