

# INTERNAL FAMILY SYSTEMS CONSULTATION GROUP

## INTEGRATIVE APPROACHES

May 3 - June 28, 2024

Becoming a skilled IFS therapist or practitioner requires competency in the model as well as a deep commitment to working with our own parts. As therapists, healers and coaches, we often have "healer" parts that carry their own burdens that can make therapy feel like work and lead to burnout. Group consultation with an experienced facilitator who creates a safe container can soften healer parts while enhancing your skills and your own Self-leadership, making the therapeutic process more effective, spacious and effortless.

Integrative approaches to IFS can deepen our own experience of Self and parts, thereby giving us more wisdom and practical tools for working with our clients. We'll explore the integration of inner, outer and metaphysical worlds, sociology, neuroscience, attachment theory, somatics, physical contact, expressive and creative arts therapies, nonordinary states of consciousness and psychedelics, ritual, nonduality and other spiritual practices to support ourselves and our clients in the healing process.

### Who This Series is For

You have a good foundation in IFS. You've taken Level 1 IFS or equivalent. You've been working with your own parts and have an experience of Self. You know the qualities of Self, parts categories, the unburdening process and have been using IFS with your clients. You are comfortable with the model and you're ready to deepen your understanding and skills in the context of an intimate and supportive group with a highly seasoned facilitator.

### Details

This online group will meet on zoom Fridays from 10:45 -12:15 US Mountain Time (5 pm UK) 5/3, 5/17, 5/31, 6/14 & 6/28 in 2024. All hours apply towards IFS certification for those trained by the IFS Institute.

### Investment

The cost of the series is set at US \$625. If you are a BIPOC, LGBTQI+ or other marginalized person and need financial assistance, please contact Sabrina directly.



### Sabrina Santa Clara

**LPC, R-DMT, CIFST, CPIT, RYT**

Sabrina has been practicing IFS for over 25 years. She is a Certified IFS therapist and approved IFS Consultant. Sabrina holds certifications and degrees in Somatic Psychotherapy, Dance Movement Therapy, Yoga, Massage Therapy, Holistic Health and Psychedelic Integration. Though she is a licensed therapist, she operates primarily as a Spiritual Doula.

While IFS is the root of Sabrina's practice, she deepens IFS by bringing in other wisdom traditions and models for living a Self-led life.

Sabrina is also an expert in Psychotherapeutic Touch. She trains clinicians in the ethics and fundamentals of Psychotherapeutic Touch, IFS, Self-Psychedelic Integration, embodiment and somatic meditation.

Sabrina is bilingual (Spanish), culturally mixed, and gender fluid. She is an artist, poet, and dancer who lives in the in-between spaces.



Register at  
[SabrinaSantaClara.Com/](https://SabrinaSantaClara.Com/)  
Event\_Registration

**303.955.8945**  
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