

Internal Family Systems (IFS)

Group Therapy

AT WHITMAN-WALKER HEALTH



WHITMAN-WALKER HEALTH

we see you.

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IFS group therapy is a compassionate, evidence-based approach that helps people understand and heal their different "parts." Through guided exercises, reflection, and shared learning, members develop greater self-awareness, emotional balance, and self-leadership. This mind-body approach can support healing from anxiety, depression, trauma, relationship challenges, and stress by helping you respond to yourself with clarity, compassion, and confidence.

ROTATING IFS GROUPS AT WHITMAN-WALKER HEALTH

Befriend Your Internal Parts: is an 8-session psychotherapy group for individuals who want to connect with their emotional responses, often seen as controlling, reactive, abusive, emotional, possessive, addictive, or distracting. You'll deepen self-understanding and enhance your inner connection by cultivating compassion, creativity, courage, clarity, and calmness when facing life's challenges. We'll work together to foster harmony and connection, embracing your inner complexities.

Healing From Within: is an IFS (Internal Family Systems) group designed to work directly with the younger parts of our system, also known as Exiles. These younger parts, which hold trauma, reside deep within us and are often guarded by protective parts whose primary mission is to prevent the Exiles from re-experiencing their traumatic events. Healing From Within is a continuation of the "Befriending Your Parts" program.

Sanando Desde Adentro: es un espacio para explorar y sanar las heridas internas. En nuestro interior, existen diferentes "partes" que se forman para ayudarnos a enfrentar situaciones difíciles. Algunas de estas partes pueden estar atrapadas en el pasado, llevando consigo dolor o trauma. Este grupo está diseñado para trabajar con esas partes y ayudarlas a encontrar paz y liberación.

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