

IFS Somatic

A path to enter into the territory of the bodymind

Somatic IFS offers a path to enter safely into the rich territory of the bodymind through the practices of awareness, breathing, resonance, movement and touch applied to the IFS Model. These practices nourished by ancient healing traditions and rooted in the more recent findings of neuroscience have at their core the inherent unity of body, mind and soul. They invite a deeper intimacy with our embodied internal family to restore the fullest expression of Embodied Self and to liberate the body to be a source of guidance and a vessel for Spirit.

This experiential workshop offers an immersion into somatic practices for participants to embody their internal families through guided experiences, live demonstrations, and small group experiences. Didactic presentations, discussions and small group practice will develop and build skills to integrate somatic aspects more fully into the IFS Model.

- Experience each of the Somatic IFS practices and understand how they interdependently contribute to the restoration of Embodied Self energy.
- Understand the various ways parts use body symptoms, structures, processes, and movements to do their jobs and to tell their stories.
- Utilize specific somatic practices to identify, witness and unburden the individual and societal psychobiological burdens of trauma and neglect.

From Wednesday March 22nd to Sunday March 26th 2023

Cost : CHF 1'125,00

(includes p/day CHF 165,00 tuition + CHF 30,00 coffee, tea, snacks and lunch)

The retreat is open to anybody having completed IFS Level 1

Translated from English into French

Training site:

« La Rouvraie » - 2022 Bevaix (near Neuchâtel) - Switzerland

www.larouvraie.ch



Susan McConnell, MA, CIFST, CHT, senior trainer for the IFS Institute, has been teaching Internal Family Systems in the US and internationally since 1997. She is the founding developer of Somatic IFS, the culmination of her passion for integrating nonverbal processes and spiritual practices with psychotherapy. Author of *Somatic Internal Family Systems Therapy: Awareness, Breath, Resonance, Movement and Touch in Practice*, Susan offers retreats, trainings and consultation on embodying the internal system with relevance for all clinical issues.

To register and receive more information: Ariane Kaeser secretariat@ifs-association-suisse.org