

SAPU, IFS-Sweden och Mareld inbjuder till föreläsning med

## Richard Schwartz PhD



### The developer of **Internal Family Systems**

#### **The Introduction to Internal Family Systems, 90 minutes lecture by Dr Schwartz**

This lecture is designed for the general public and professionals. The purpose is to give an overview of the Internal Family Systems (IFS) model and how Dr Schwartz developed it. In some ways what you will hear will seem intuitively correct but go radically against the normal way we have been taught to understand ourselves and others. For professionals, this lecture may lead you to investigate further into the IFS model by reading one of Richard's books or joining us for the next IFS training in Stockholm.

Richard Schwartz PhD developed the IFS model in the 1980's and wrote his seminal book, Internal Family Systems Therapy, 1995. The IFS model represents a synthesis of two already existing paradigms: systemic thinking and the multiplicity of the mind (ego states/sub-personalities) or what Richard calls parts of the self. This model can be applied to individuals (highly traumatized or high functioning), couples or families. People from all theoretical backgrounds can integrate this model into their work as is being done currently in the US by psychodynamic, cognitive behavioral and family systems therapists. This perspective is also helpful for all types of health care providers and people curious to understand themselves or others better. This model truly represents a paradigm shift in how one sees and works with the "self". This new perspective lends itself to more humane forms of intervention which are better aligned to our natural structure of being.

**Tid:** 15 mars 2010, 18.30 – 20.00  
**Plats:** Kristinehovs Malmgård, Kristinehovsgatan 2  
**Kostnad:** 150 kr (inkl moms) Betalas vid föreläsningen

**OBS!** Begränsat antal platser. För att vara säker på att få en plats, föranmäl dig genom att maila [info@sapu.se](mailto:info@sapu.se)

**IFS-Sweden**  
[www.ifs-sweden.se](http://www.ifs-sweden.se)

**SAPU**  
[www.sapu.se](http://www.sapu.se)

**Mareld**  
[www.mareld.se](http://www.mareld.se)