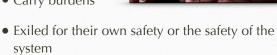
# Internal Family Systems Therapy Month Five: Working with Exiles

with Toni Herbine-Blank

### Presence and healing

- Working with exiles
  - Young
  - Wounded
  - Carry burdens



• Don't necessarily feel protected and long for



## **Burdens**

- Burdens are uncomfortable feelings and negative beliefs
- Children make meaning from external events. Burdens are what grow out of that meaning
  - manifest in the form of beliefs, feelings, energies

## The steps of healing in IFS

- Unblend: 6 Fs, create trust: Self to part of the client, Self to part of the therapist
- Witness the entire story of the exile
  - visual, in story, through the body
- Retrieval
- Unburdening ritual (unloading beliefs and burdens)
- Invitation
- Integration

## 1. Trust and relationship

- How do you feel toward him?
  - Can you extend self energy?
- How present can you be?
- Is the part aware of you?
- Parts concerned?
- What does he need to trust you?



### 2. Witnessing



- We ask the client if they are available to witness the entire story of the exile
- May need to be done in a scene from the past

- helping the client say attuned and present supports healing
  - Addressing the original wound or trauma
  - The internal focus reinforces adaptive self-regulation
  - And provides an internal emotionally corrective experience

## Witnessing from Self provides inner attachment behaviors



empathic attunement
emotional sensing
focused attention
connection

making sense of experience understanding beliefs and burdens

Deep healing occurs in these moments

#### 3. Retrieval



When the young part feels known and understood he is invited into the present

# 4. Unburdening ritual



• The client (from Self) helps the exile to let go of what he has been carrying

## 5. Invitation



## 6. Integration



## 7. Appreciation



Recognize, thank and honor the protectors They too have stories and burdens