

Introduction to IFS Online Circle Month 3

Pamela: Hi everyone, really nice to be with you this month. In the past several months, Tony and I have taken you through all the components of the model. We've described them, you've had some experience with them. Toni and I have done some demonstrations with each other to give you a visual of what this can look like. We thought that it would be really helpful now that you have all the components to see an actual session with a real live person, not me or Toni. We are going to show you ... This month I'm going to show you some segments of a video which some of you may have already seen. It's called the trauma behind the rage. It's a therapy session with Dick Schwartz. We wanted also you all to have an opportunity to see Dick and the way he uses the model. It's really lovely and we thought it would be beneficial.

Just as an introduction to this video, again, I'm only going to show you short segments of it, not the entire video. At the end of every segment I will pop in and describe to you what you saw. We are really hoping with this to illustrate all the different components of the model that we've taught you about up to this point. Just as a way of introduction, this is a video that Dick is doing with a man named Tom who is a Vietnam war veteran. Tom is not new to the IFS model. He's been working in IFS for a while. This is the first time that he's ever worked with Dick. It's not really a good description of what it would be like to start with a new client but it's really fabulous for illustrating all of the things we've taught you so far. I hope you enjoy.