

# Introduction

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Hi, Pam.

Toni:

Hi, Toni.

Pam:

Toni: I am so thrilled that we are shooting this second six months in Durango, Colorado. As a matter of fact, right now, we're sitting right in my backyard and you might even be able see a couple of horses right behind our chair. I'm thrilled to be back with these guys, thrilled to be back with you.

Yeah.

Pam:

Do you want to say a little bit about what they can expect?

Toni:

Pam: Yeah, yeah, yeah. I'm happy to be back with you all also and it's been really great being here in Colorado. The second module is, well in the first module, we really gave you all the sort of basic protocols of the model. The second module is going to focus on people more as a system and we'll give you some information about polarizations and alignments within the system. We'll talk about the two different modalities that you can use on IFS: in-sight and direct access. We'll also spend a lot of time looking at you the therapist as an instrument in this model so we'll review the therapeutic relationship and also, what it means to be self led. How all this change is integrated into our system and what self leadership means. We'll also focus on the body because IFS is a body centered model, so we'll be teaching you all some about that.

Toni: Also included in this module are four guided meditations are four guided inquiries that you can enjoy for yourself, but also apply right in your offices. Then, we're also going to in the final segment talk to you about what's coming next and some resources for continued learning.

Great. Well, welcome back everyone. We hope you enjoy the second module.

Pam: