

Internal Family Systems Therapy Month Four

**In-sight and Direct Access
with Pamela Krause**

In-sight

- The client's self is in relationship with his/her part
- The self of the client is the healing agent



Direct Access



- The self of the therapist is in relationship with a part or parts of the client
- The self of the therapist is the healing agent

Richard Schwartz:

IFS: New Dimensions

Many therapists believe they are only doing IFS when the client is focused internally, but I believe anytime you relate to the client from Self, and you keep in mind her system of parts, with or without using parts language, you are doing IFS"

Benefits of Insight



- The client can quickly identify and differentiate from a large number of parts
- The client can more quickly embody their own self-energy
- Allows the client do in-sight between sessions

Benefits of Direct Access

- Allows the parts of the client to have a personal relationship with the therapist
- Some parts need a direct relationship with the therapist so they can be reassured that he or she is competent and caring
 - Are all parts really welcome?



Explicit Direct Access

- The therapist asks to speak directly to a part of the client
 - “I would like to speak to the part that feels suicidal. Are you there?”



Implicit Direct Access

- The therapist speaks directly to parts of the client without explicitly acknowledging that is what she/he is doing
 - “So, you got really angry with your daughter when she came home late on Saturday night? What were you concerned would have happened if you hadn’t gotten so angry?”



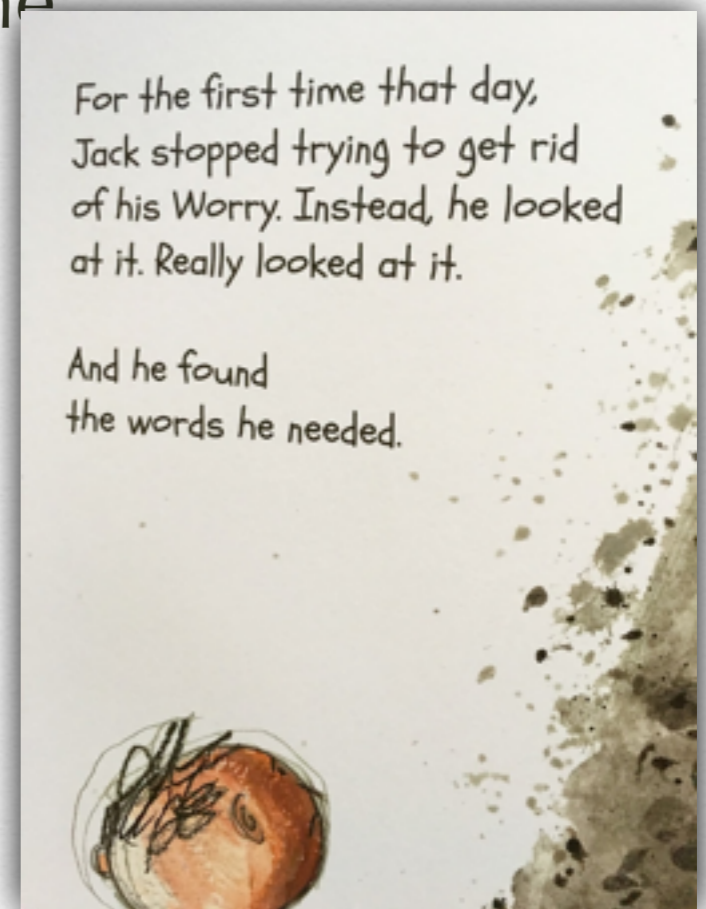
When to use Direct Access:

- Early in the therapeutic relationship
- Relationship building
- With clients who exhibit extreme
- When the client's parts need a relationship with the therapist
- Especially when the part asks a direct question



Getting started:

- Curiosity is the most important quality for the therapist when utilizing Direct Access
- Ask lots of questions:
 - “Why do you feel the need to do that?”
 - “What are you afraid would happen if you didn’t?”
 - “How do people react to you”
 - “What’s that like for you?”



Direct Access Decision Tree

All sessions begin with Direct Access

Engage client's parts, be curious,
establish a target part

6 Fs - Find, Focus, Flesh out
(Unblending)

Direct Access Decision Tree

All sessions begin with Direct Access

Engage client's parts, be curious, establish a target part

6 Fs

Find, Focus, Flesh out

If the client
can do this:



Begin using insight

"How do you feel toward the part?"

If the client
can't do this



Continue with Direct Access

Engage the part directly
Ask yourself "how am I feeling
toward the part?"

Direct Access Decision Tree

All sessions begin with Direct Access

Engage client's parts, be curious, establish a target part

6 Fs - Find, Focus, Flesh out (Unblending)

If the client can do this:

If the client
can't do this

Begin using insight
"How do you FEEL toward the part?"

Able to un-blend enough
continue with 6Fs

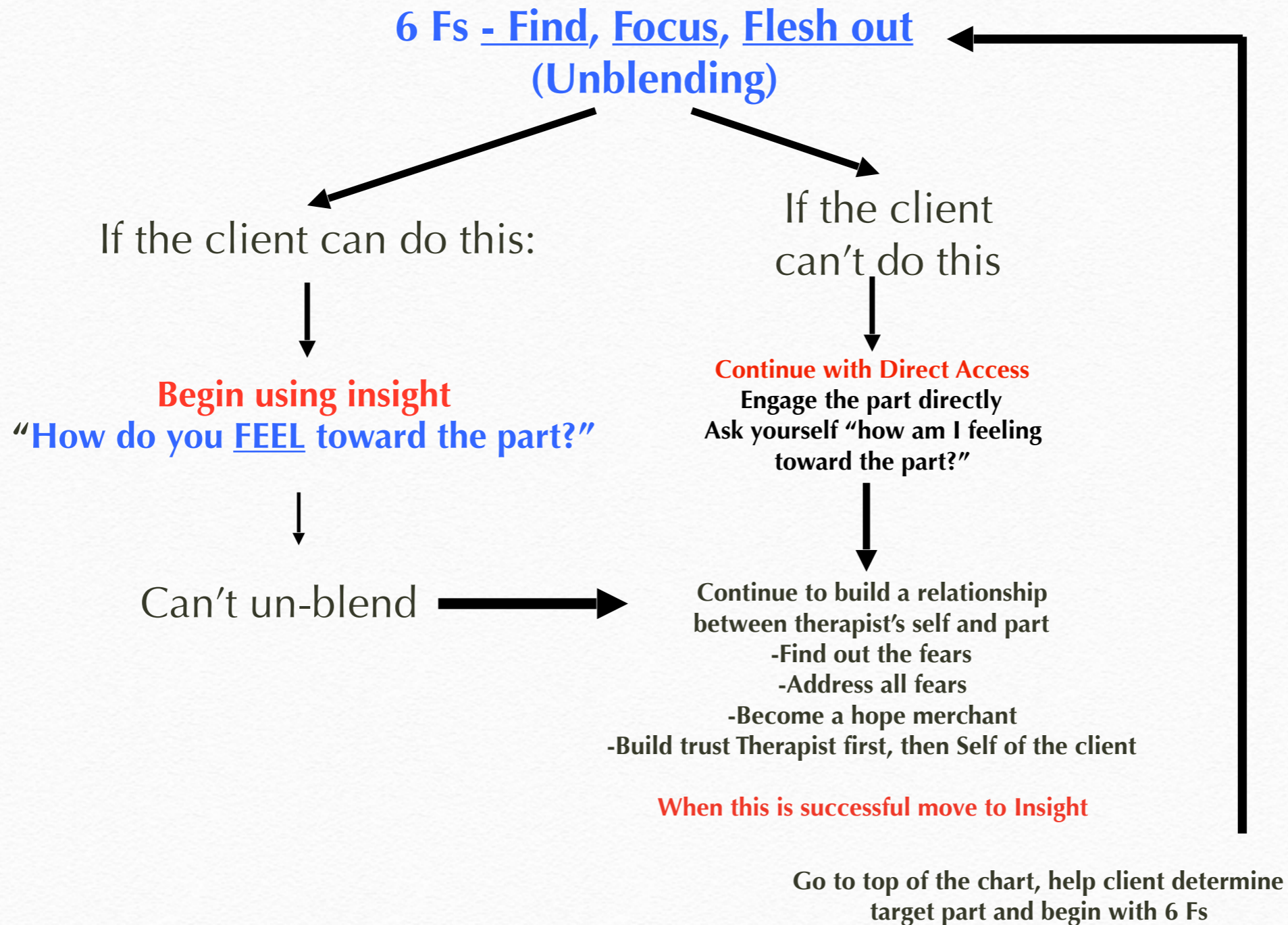
Facilitating a relationship (Befriend)
between the Self of the client and the part

-Find out Fears of the part -If a protector: negotiate
-If it's an exile move to witnessing and unburdening

Direct Access Decision Tree

All sessions begin with Direct Access

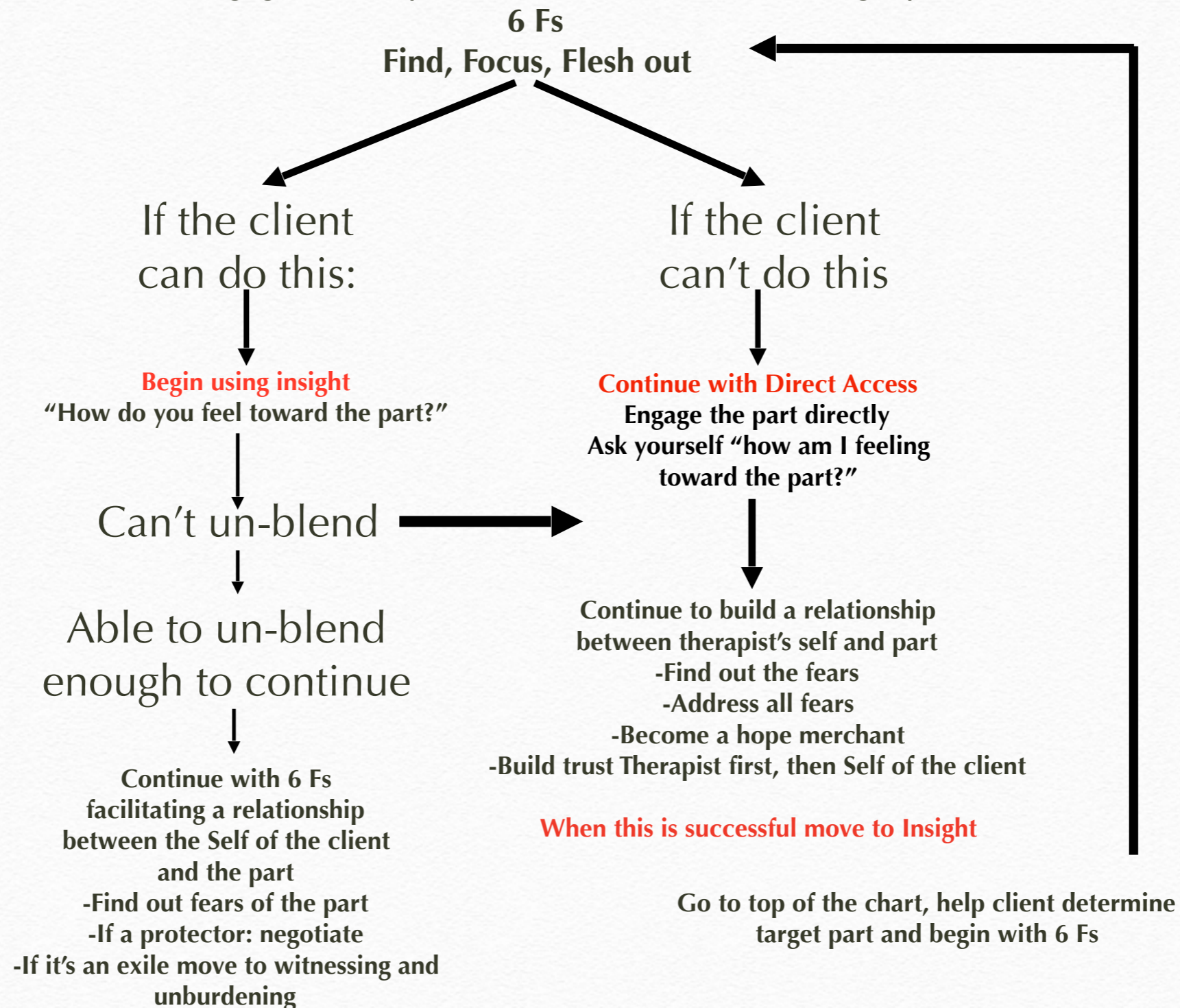
Engage client's parts, be curious, establish a target part



Direct Access Decision Tree

All sessions begin with Direct Access

Engage client's parts, be curious, establish a target part



In-sight vs. Direct Access

- Ask questions, select a target part
- Begin the 6 Fs
- Use all the tools to help un-blend
- If the part won't un-blend continue to track parts stay curious
- Be a "hope merchant"