

Internal Family Systems Therapy

**-The Body with Toni
Herbine-Blank**

IFS & the Body



Mind, body and spirit are intertwined
and best understood in relationship to
each other

Why is the Body Important?

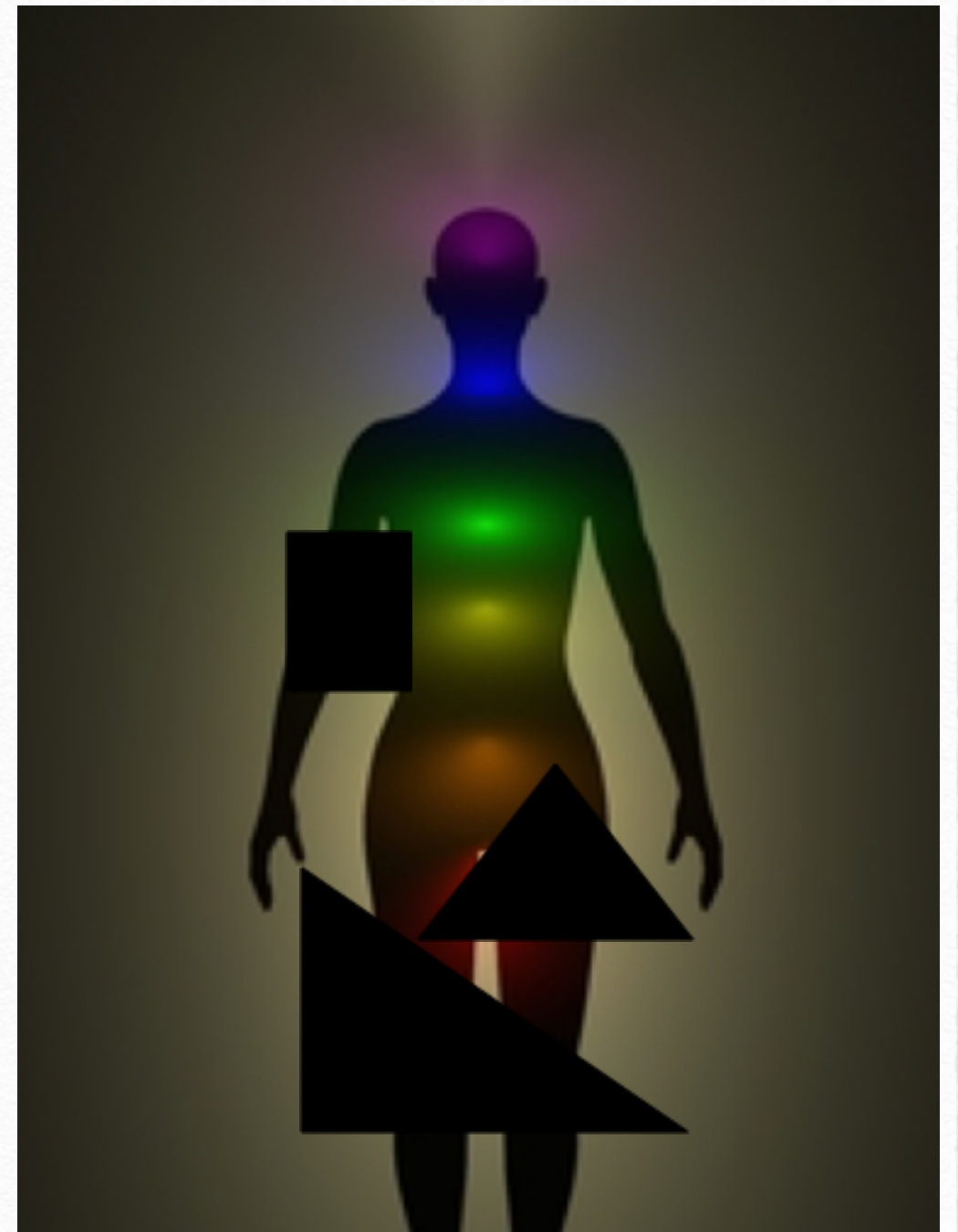
- Parts live and manifest in the body
- Somatic experience is a way of detecting parts
- Parts use the body to be known and to tell stories
- Emotion is accompanied by sensation even if we are unaware of it. The body provides tons of information.

IFS is a Body Centered Therapy

- Ron Kurtz, founder of Hakomi Method, influenced Richard Schwartz
- It can be helpful to identify a part in the body to help actor it. ***“Find it in or around your body”***
- Pre-verbal or non-verbal parts may use the body to communicate

The Body or parts
of the body can easily
become exiled

Many of us have exiled
parts of our bodies due to
trauma, shame, abuse
social and cultural burdens





In IFS therapy we want to
invite parts out of exile

To do this we need to make it
safe to begin
exploring sensation,
numbing, paralysis
and shame



- We never, ever want to blame clients for their:
 - pain or illness
 - inability to feel or experience sensation in their body
 - down-regulated numbing or dissociating, fleeing or fighting

An example of this:

“you’re stuck in
your head”



**What's wrong with
my head?**

Parts show up in the body through:

- Internal sensation
- Voluntary or involuntary movement
- Posture and weight



Parts may use the body to get our attention:

- Illness
- Self harming
- substance abuse
- battleground for polarizations (eating disorders)
- Exhaustion

Un-blending and the ANS

- **ANS**

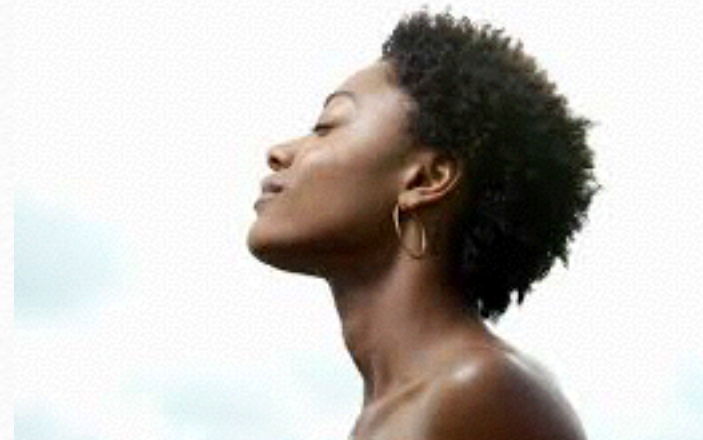
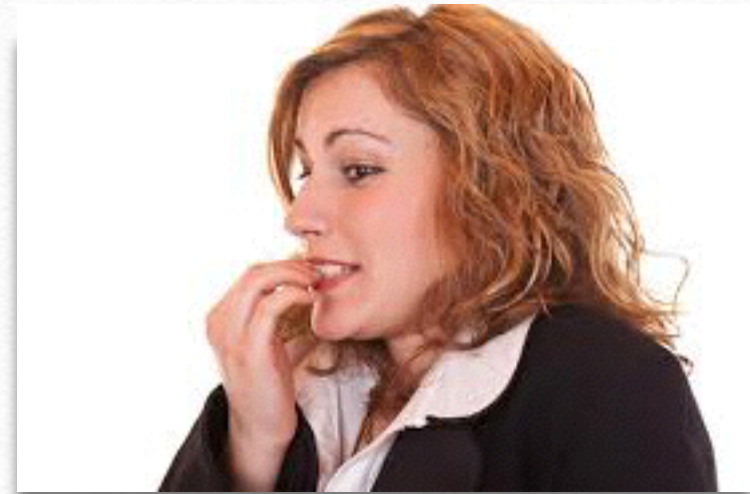
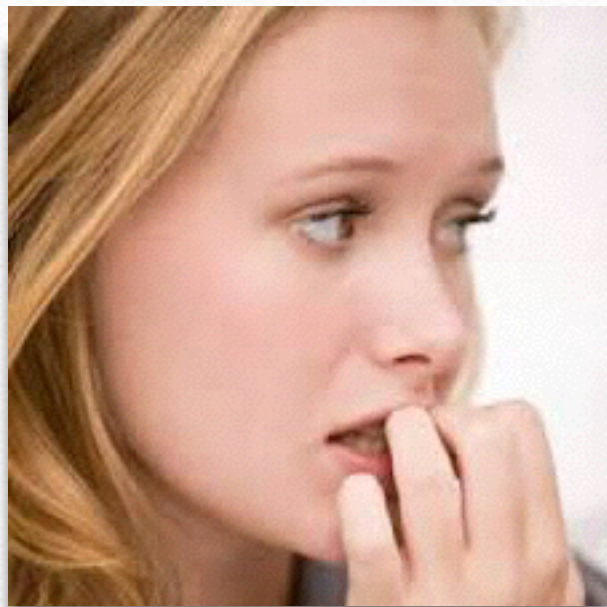
- FIGHT OR FLIGHT

- NUMB AND FREEZE

Fight or Flight

Un-blended-optimal arousal-think and feel

Numb and freeze



- **Self evokes Self**
- **Tracking the parts in your own body will increase your awareness of your of Self-energy**

IFS resources on the body:

- Susan McConnell
- Barb Cargill
- Nancy Sowell