

Integrating IFS, Dance/Movement Therapy, and Drama Therapy for Externalization of Inner Parts

Thursday, March 21, 8:15PM – 9:30PM EST

PRESENTATION DESCRIPTION

In this dynamic 90-minute presentation, you will embark on a transformative journey into the world of therapeutic modalities, exploring the powerful synergy of Internal Family Systems (IFS), Dance/Movement Therapy, and Drama Therapy. We will delve into the art of externalizing inner parts to facilitate healing and self-discovery.

Introduction:

We'll begin by setting the stage, introducing the presenter, and outlining the core focus of our session: integrating IFS, Dance/Movement Therapy, and Drama Therapy for externalizing inner parts. The therapeutic landscape is rich with possibilities, and we're here to guide you through its intricacies.

Understanding Inner Parts:

Delve into the fascinating realm of Inner Parts, a cornerstone of IFS therapy. Learn why identifying and engaging with these internal aspects is vital for personal growth and healing. Discover how this approach can transform your therapeutic practice.

Dance/Movement Therapy:

Step into the world of embodied healing through dance and movement. We'll explore how this expressive modality allows clients to connect with their emotions and physical sensations. Practical examples and exercises will illuminate the path towards self-awareness.

Drama Therapy:

Uncover the role of drama therapy in externalizing and exploring inner parts through creative storytelling and role-play. Dive into the world of drama as a therapeutic tool and gain insights into its transformative potential.

Integration:

Witness the profound synergy between IFS, dance/movement therapy, and drama therapy. Learn how combining these modalities can amplify their impact, helping clients access their inner worlds and cultivate healing on multiple levels.

Case Study:

Real-world application comes to life through a compelling case study. We'll share an illustrative example of how these techniques have been successfully utilized, highlighting the remarkable transformation experienced by clients.

Q&A and Discussion:

Engage in a lively Q&A session, where your questions and insights will be welcomed. Participate in an open discussion, where we'll provide practical tips and guidance for those eager to incorporate these approaches into their own therapeutic work.

Conclusion and Resources:

As our journey nears its end, we'll summarize the key takeaways and provide a roadmap for your continued exploration. You'll leave with valuable resources and a deeper understanding of how IFS, Dance/Movement Therapy, and Drama Therapy can collaborate to help individuals externalize inner parts and embark on a path of healing and self-discovery. This 90-minute presentation promises to be an enriching experience, offering a glimpse into the artistry of therapeutic modalities that can empower clients to transform their lives and embrace their inner selves.

LEARNING OBJECTIVES

1. List the core principles of Internal Family Systems (IFS) therapy to identify and work with inner parts in therapeutic settings.
2. Describe the utilization of Dance/Movement Therapy techniques to facilitate the somatic expression of their inner parts.
3. Apply drama therapy techniques, including role expression, and character development, to assist clients in understanding and expressing their inner parts.

CONTINUING EDUCATION

1.25 ADTA CE; 1.25 NBCC CE

PRESENTER INFORMATION



Lucia DiVieste Severtson, LPC, R-DMT, CCATP is a licensed psychotherapist with expertise in helping women overcome anxiety through an integrated approach. With a strong focus on Internal Family Systems (IFS), dance/movement therapy, and drama therapy, Lucia has successfully empowered numerous women to break free from the grip of anxiety. As the founder of The Brave Women's Transformation Project, she provides a safe and nurturing environment for women to explore and heal. Lucia's passion lies in helping women embody bravery and empower them onto the path of their unique contributions to society.