



**GROUND UP**  
Professional Development Services

## The Experience of Self-Compassion through Expressive Parts: Blending Internal Family Systems (IFS) with Expressive Arts Therapies (EXAT)

with

**Carmen Richardson MSW, RSW, RCAT, REAT**

**Offered Virtually November 18 & 19, 2022**

**9:30-4:30 daily**

This 2-day workshop brings together two beautiful ways of working. IFS is a mindful, self-compassionate way of understanding ourselves as humans. Expressive arts allow us to deepen our way of being and expressing ourselves in the world. IFS & EXA, when blended, provides a truly powerful somatic approach to personal and professional growth. This experiential workshop will introduce participants to a blended version of these two ways of working with ourselves and clients using music, mindfulness, movement, creative writing, playfulness, and art.

### **Learning Outcomes/Participants will:**

- be introduced to the work of Internal Family Systems (IFS) as facilitated through the experiential expressive arts process.
- have an opportunity to learn to re-connect with their inner worlds through self-compassion invitations.
- learn about the model of IFS, learning what it means to experience a self-led vs. parts led life.
- have opportunities to embody this therapeutic modality of IFS through specific art making experientials



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### **Training Details**

- Participants are encouraged to do prior reading that will be available in advance of the workshop, as well as invitations to notice parts of self both during the workshop and the night in between the two days.
- Zoom link will be provided the week prior to the event
- CEUs available from the CCPA

### **Training runs from 9:30-4:30 daily**

- Participants will need to have access to basic art materials.
- A specific list for suggested art materials will be provided prior to the training.

To register click here:

For further information:  
[admin@tda-clinic.com](mailto:admin@tda-clinic.com)