Cece Sykes LCSW ACSW
Workshop: Compassion for Addictive Process: An IFS Lens

Date: May 19-20 2018
Title: Compassion for Addictive Process: An IFS Lens
Location Michigan City, IN (Duneland Beach)
CE's: 12
Target: Mental Health Professionals including
Clinical Social Workers; Psychologists;
Licensed Professional Counselors

Intermediate Level Program

Deadline for Cancellation with Full Refund is 5pm CST Friday May 11, 2018; Cancellations after this date may not be refunded.

Agenda
Saturday 9:00 - 6pm 7.25 CE's

9:00 Welcome, Introduction, Check-In and Meditation
9:30 Lecture / Discussion; IFS Definition of Addiction; Internal Dynamics, Systemic Cycle
11:15 Break
11:30 Mapping the Polarity in the System Dyads, Large Group Discussion
12:30-1:30 Lunch
1:30 -2:15 Lecture/Disc; Identify Core Polarizations
2:15-3:15 Experiential Exercise; Identify Internal Polarity;
3:15 Break
3:30 Demo of Working w/ Addictive Process
4:30 Practice in Dyads
5:30 Integration of Key Concepts
6:00 End

Sunday 9:00-3:30
4.75 CE's

9:00 Meditation and Check- in
9:15 Lecture/Discussion; Redefining Codependence: Clinical Interventions
10:15 Break
10:30 Demo of Codependent Bonding
11:00 Discussion and Practice

12:00 12:45 Lunch
12:45 Experiential Exercise: Therapist
Role w Addictive Process
1:30 Lecture/Disc; Promoting Stable Clinical
Leadership; Avoiding Pitfalls
2:00 Practice in Dyads
3:00 Integration and Summary
3:30 End

Learning Objectives

1. Participants will be able to identify the IFS view of the cycle that helps maintains addictive process.
2. Participants will have increased ability to label and identify common 'managers' and high-functioning, pro-active parts in the addicted client.
3. Participants will have increased ability to label and identify common 'firefighters' and distracting, impulsive and compulsive parts in the addictive client.
4. Participants will have increased ability to label and identify vulnerable, shame-based and hopeless parts in the addictive client.
5. Participant will have increased understanding of how the sub-groups activate on-going addictive behavior and how to safely intervene in system to reduce addictive process.
6. Participants will learn how to identify common polarities that exist within an addictive system.
7. Participants will learn new methods for reducing the client's polarization and increasing their self-awareness and choice.
8. Participants will have increased knowledge of codependent bonding in addictive process.
9. Participants will be able to identify common risks for therapist over-responsibility with the addictive process.
10. Participants will have increased knowledge of safe interventions for over-responsibility and codependent bonding.

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