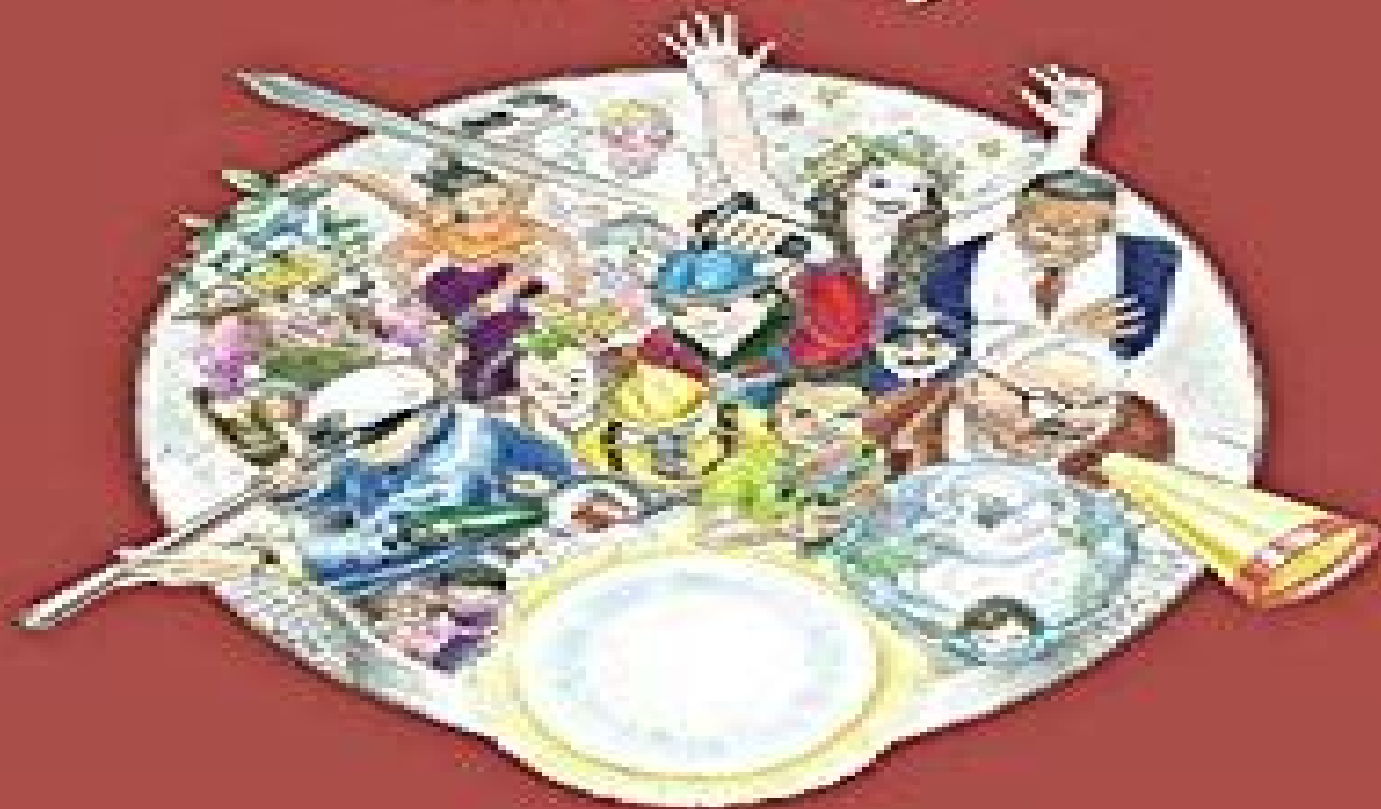


Parts Work

*An Illustrated Guide to
Your Inner Life*



by Tom Holmes, PhD

with Lauri Holmes, MSW

illustrations by Sharon Eckstein, MFA

Parts Work An Illustrated Guide

Jicheng Xie



Parts Work An Illustrated Guide:

Parts Work Tom Holmes, 2007 This book represents the author's own variant of the IFS Internal Family Systems model as he has used it for nearly twenty years in clinical practice in the classroom with graduate students at Western Michigan University and in workshops and trainings throughout the United States and Europe Here he shares his understanding of why we think feel and act as we do and how we can move toward harmony and balance in our inner and outer lives Introd

The Self-Led Internal Family Systems Workbook Tanis Allen, LMSW, ACSW, 2025-01-14 Step by step exercises to guide yourself through the IFS process and create inner harmony and peace Transform the way you relate to yourself and your mental health struggles with this clear and structured guide to Internal Family Systems IFS an evidence based approach to parts work therapy The IFS model views every person as having an internal family of parts or sub personalities each with their own set of thoughts feelings and needs These parts hold pain such as trauma and can create difficulties like anxiety or addictions but when understood and accepted they can release this pain and heal Developed by a veteran IFS clinician who has lived practiced and trained others on the IFS model for over 25 years The Self Led Internal Family Systems Workbook can help you connect to your true authentic Self which is always inside of you ready to lead so you can meet your internal family of parts respond compassionately when they act out and send them healing energy when they need it Key features of this workbook Accessible Self Paced Program Move through the IFS process at your own speed and comfort level using IFS skills that have been adapted for beginners Clear and Methodical Approach Bring clarity and structure to your internal world by navigating it with step by step skills exercises and worksheets Strategies for Common IFS Challenges Learn to work with parts that keep you stuck in problematic cycles and avoid triggering deeply wounded parts Transcripts of Self Led IFS Sessions See how an IFS clinician works with her own parts to address challenges like perfectionism impulse control and more

Past Tense Sacha Mardou, 2024-10-15 A brave and captivating graphic memoir about the power of therapy to heal anxiety and generational trauma When Sacha Mardou turned forty years old she was leading a life that looked perfect on the outside happily married to the love of her life enjoying motherhood and her six year old daughter and her first book had just been published But for reasons she couldn't explain the anxiety that had always plagued her only seemed to be getting worse and then without warning she began breaking out in terrible acne The product of a stoic working class British family Sacha had a deeply seeded distrust of mental health treatment but now living the life she'd built in the US and desperate for relief she finds herself in a therapist's office for the first time There she begins the real work of growing up learning to understand her family of origin and the childhood trauma she thought she'd left hidden in the past but is still entangled in her present life Past Tense takes us inside Sacha's therapy sessions which over time become life changing She begins to come to terms with her turbulent and complicated upbringing which centered around her now estranged father who had a violent relationship with her mother and would later go to prison for sexually abusing her stepsister With her therapist's guidance

she sees how these wounds and other generational trauma has been passed through her family as far back as her grandmother's experiences during The Blitz of World War Two And she discovers modalities that powerfully shape her healing along the way including the work of Bessel Van der Kolk and Richard Schwartz Internal Family Systems As Sacha's emotional life begins to unfreeze and she lets go of the shame she's long held she realizes that the work she's doing and her love for her family can ripple outward too changing her relationships now and creating a new legacy for her daughter Bravely told visceral and profoundly moving Past Tense is a story about our power to break free of the past once and for all and find hope

EMDR and Attachment-Focused Trauma Therapy for Adults Ann E. Potter, Debra Wesselmann, 2022-09-15
Delivers a unique comprehensive treatment that galvanizes inner resources for reorganizing personality and healing childhood attachment rifts At the heart of this innovative text is a strengths based Attachment Focused Trauma Therapy for Adults AFTT A that facilitates healthier functioning and attachment patterns for adult clients This model uses a multimodal step by step approach to restructuring the internal personality system to reclaim the authentic Self by providing new attachment experiences for Child parts of Self and negotiating new adult life roles AFTT A orients all inner personality components to the present moment in which unmet childhood needs for nurturing and protection can be met within clients themselves The book delivers a sequence of scripted protocols that accesses and activates the client's own strengths creating an internal system of resources and using bilateral stimulation to deepen positive affective shifts Throughout the book in Pause and Reflect sections the authors encourage therapists to think about their own attachment patterns that emerge in therapy sessions and implement activities to enhance personal self awareness and improve attunement to clients Short vignettes and excerpts from client sessions illustrate the model's application and end of chapter Points to Remember and Troubleshooting tips reinforce key concepts and underscore common therapy challenges and their solutions The AFTT A model is useful not only for EMDR therapists but can be easily integrated with non EMDR models of trauma therapy Key Features Presents protocols and protocol scripts for each step of the therapy process Uses a PAC parent adult child model to help clients understand parts of Self and normalize their inner experiences related to attachment trauma Delivers a standalone treatment for restructuring personality healing childhood attachment ruptures and developing effective adult life skills Integrates preparation and reprocessing phases of EMDR therapy Promotes in depth understanding of client behaviors through attachment and trauma models Emphasizes therapist self reflection to facilitate optimal therapeutic relationships Includes treatment vignettes and excerpts from client sessions to deepen understanding of AFTT A model Presents troubleshooting tips exercises and activities helpful checklists templates worksheets script examples and more

IFS for Complex PTSD Mable Jacquard McGowan, Transform Your Trauma Through the Power of Parts Work Complex PTSD doesn't have to control your life This groundbreaking workbook combines Internal Family Systems therapy with practical exercises designed specifically for complex trauma survivors Inside you'll discover How to calm your inner critic and anxious parts Safe

techniques for healing childhood wounds Tools for managing dissociation and emotional flooding Daily practices that build lasting change With 18 chapters of step by step guidance worksheets and real world examples you ll learn to transform protective patterns into collaborative healing No more fighting yourself No more internal chaos Just compassionate systematic healing that honors every part of you Includes emergency protocols parts mapping templates and troubleshooting guides for your healing journey Your wounded parts aren t broken they re brilliant protectors waiting to be understood Start your journey from survival to thriving today

Healing Through the Creative Self Leo Benjamin Simpson, 2024-10-08

Creativity has the power to heal but for many artists writers musicians and creatives emotional blocks such as self doubt trauma and anxiety can stifle that flow Healing Through the Creative Self offers a transformative approach to unlocking your creative potential through the therapeutic model of Internal Family Systems IFS This workbook is designed specifically for individuals in creative fields who are struggling with inner obstacles whether it s perfectionism procrastination or fear of failure and provides a practical guide to healing emotional wounds through creative expression In this interactive workbook you will learn how to identify and engage with the internal parts of yourself that influence your creative process Whether you re grappling with an Inner Critic that prevents you from finishing projects or a perfectionist part that never lets you share your work IFS techniques help you heal these parts and restore your creative freedom Featuring daily exercises journaling prompts and creative activities tailored for artists and writers this book invites you to explore how emotional healing and creativity can work hand in hand Inside this book you will find An introduction to the Internal Family Systems IFS model explaining how internal parts like Protectors and Exiles can block creativity and how to work with them compassionately Personal stories and case studies from artists writers and musicians who have successfully used IFS to overcome creative blocks and reclaim their authentic creative voice Interactive exercises such as journaling prompts visualizations and artistic challenges to help you navigate emotional challenges and bring new energy to your creative practice Guidance on cultivating emotional safety releasing perfectionism and embracing vulnerability in your work Whether you re a painter struggling with self doubt a writer battling procrastination or a musician feeling creatively stuck Healing Through the Creative Self will empower you to rediscover your artistic flow and use your creativity as a powerful tool for emotional healing

Hungry Beautiful Animals Matthew C. Halteman, 2024-11-12 A heartfelt humane and even hilarious account of why rule obsessed veganism fails and how a focus on flourishing can bring about an abundant future for all In Hungry Beautiful Animals philosopher Matthew C Halteman shows us how despite all the forces arrayed against going vegan we can create an abundant life for everyone without using animals for food Going vegan must be about flourishing not shaming and blaming ourselves Hungry Beautiful Animals is a book of action of forgiveness and love This timely exploration of the profound impact of our dietary choices on both individual and collective flourishing is essential reading for anyone who eats Bryant Terry James Beard award winning author of Vegetable Kingdom This is a book of sacred truths the kind of thing you read and your

soul forever registers Kathy Freston New York Times best selling author of The Lean Amateur work, illustrated ,1773

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