



Parts Work Practice Disclosure

Please read this disclosure. You will be asked to acknowledge that you have read and understand the disclosure before being admitted into a practice session.

Our Purpose

Our purpose is to help participants learn how to use the IFS model on their own or with practice partners. Unlike most therapy models, IFS is accessible to everyone who takes the time to learn it and apply it. However, there are aspects of the model which we believe should be facilitated by a trained professional. So, for help facilitating a session with your internal family and when it comes time to unburden exiles, we recommend that you secure the support of an IFS trained therapist or practitioner.

Confidentiality

During our practice sessions, we often share thoughts, memories, and emotions from a vulnerable place. To help us create and maintain a container where it is safe for this to happen, we ask all participants to honor confidentiality. Please share only your own experience outside our practice sessions.

Copyrighted Content

During our practice sessions, we use exercises from the Partswork Guidebook© which will be available for purchase soon. All content is copyrighted and cannot be duplicated or shared without the expressed written consent of the authors.

You are responsible for your experience

Please assess your own needs and expectations as you come into each session. **You can expect** to learn more about how to work with your own internal family system, and to be joined by a group of IFS enthusiasts as we practice and discuss the IFS model.

This group offers an educational, experiential introduction to the IFS model for personal growth. Although we practice guided exercises, we do not diagnose, treat, or manage mental health conditions. Instead, we build everyday skills—like unblending and Self-leadership—in a peer-learning setting. If you need clinical support, please consult a licensed therapist; our sessions complement, but never replace, professional care.

Who the volunteers are

Co-leaders and Practice Assistants have been trained either by the IFS Institute at a minimum of Level 1 training or have graduated from the Stepping Stones training provided by IFS of Canada. Zoom tech assistants are not required to be trained in the IFS model.

We are not the IFS Institute

The facilitators of this practice group are not representatives of, nor affiliated with the IFS Institute (<https://IFS-Institute.com>). Although the CoLeaders have been trained by the IFS Institute and are Certified IFS Practitioners, Parts Work Practice is neither approved nor endorsed by the IFS Institute. The guidance and opinions of the CoLeaders and Practice Assistants may not always reflect the views or policies of the IFS Institute. Parts Work Practice is not intended as training for the IFS model. For all IFS endorsed training, please go to IFS-Institute.com.

If, after reading this disclosure, or at any time during this session you don't believe this group is right for you, please feel free to leave the session.