



VOLITION

WELLNESS SOLUTIONS

Integral Approach to Mastery

IFS (*INTERNAL FAMILY SYSTEMS*) SUPPORT GROUP

What is IFS?

The IFS Model views a person's consciousness as a system of parts (or sub-personalities), each with its own perspective, interests, memories, and viewpoint. Every part has a positive intent for the person, but life experiences can reorganize the system in unhealthy ways - where a part's actions, strategies, or effects are counterproductive or cause dysfunction. Therefore, the goal in IFS Therapy is not to fight with, coerce, or try to eliminate a part, but rather, to promote transformation, internal connection, and harmony. IFS sees the therapist's job as helping the client to disentangle themselves from their parts and access the Self, which can then connect with each part and heal it, so that the parts can let go of their destructive roles and enter into a harmonious collaboration, led by the Self.

Why Group Therapy?

Group therapy is a powerful venue for growth and change. In IFS therapy group, all parts are welcome. Members learn how to speak for parts of them, instead of from their parts. Members, on behalf of their parts, are encouraged to share feelings, struggles and goals in a supportive, nonjudgmental environment and, in return, receive tremendous understanding, support, and encouragement from other members facing similar issues. This allows them to gain different perspectives, ideas, and viewpoints on their parts and issues. Most group members, though somewhat apprehensive at first, report that the group experience was helpful far beyond their expectations.



Jean Robinson, MA LPC
Counselor & Executive Director

Date: Wednesdays

Time 5:30 pm - 7:00 pm

Facilitators:

Jean Robinson, Licensed Professional Counselor

To Register:

Call us at (609) 688-8300 or email us at
info@volitionwellness.com

Group fee may be reimbursed under some insurance plans. Please call for additional details.