



INTERNAL FAMILY SYSTEMS (IFS)

A model of family systemic therapy (founder Richard Schwartz)

- Do you recognize these feelings of conflicting emotions?
"a part of me wants to.... and then there is a part of me that doesn't..."
- Are you sometimes confused about what you did and what in you initiated a specific reaction?
- Is it from time to time difficult to stay within your SELF?

Richard Schwartz has been working for over 20 years as a systemic family therapist when he came to the conclusion while working with his clients that our personality must consist of more than one part.

And indeed, there seem to be very many different parts that interact with one another and display themselves as a whole. He used this knowledge in his work from then on, and was more and more convinced and learned that the inner system follows certain set patterns.

Another important finding was that, apart from the individual parts, there is still one component that stands above all and, therefore, is responsible for the conduct of the various parts. Richard Schwartz describes this superior part as "the self". This knowledge about the self and its fundamental influence on our inner balance makes the approach very special and is of great importance for the process of lasting change.

The term "self" is meant to describe something that is difficult to describe. It could be compared with a superior authority, which is the core of a personality and is of a different nature from the individual parts. The self is rather felt than described, more felt by an inner behavior, such as compassion, kindness, wisdom, curiosity and openness and interest without judgment.

In this state of consciousness, we have access both to the wisdom of our destiny and to the context of spiritual health. And the beauty is: Every human being has such a core! It is indestructible and contains precisely those qualities that we need to guide our different parts with. We can thus consciously connect and activate it as our guide.

SELF – Exploration with IFS

- We give an overview of the IFS principles and techniques
- We learn why parts went into extreme and destructive roles
- We learn how to communicate between our parts and ourselves
- We deepen the ability to lead our lives from ourselves

We learn to differentiate Self from parts

Are you eager to learn how you can communicate with your parts?

Practicalities:

Dates:

Online workshop: 3rd and 4th of July 2021.

Time schedule: 10:00 – 13:00 h and from 14:30 – 17:30 h, last day we finish at 17:00 h.

We will use the platform www.zoom.us for this seminar.

Price:

420 € VAT excluded (508,20 € VAT included)

Facilitators

Marion Wandel



Musician (Violin), Feldenkrais Trainer, Health Practitioner for Psychotherapy, Reiki Master Trainer, Energy Work (Buddhism), Hakomi Therapist, IFS Trainer, Listening with joy to the bigger field, Stillness seeker in nature

Her path:

As an identical triplet, Marion Wandel was born in Santiago de Chile in 1963. Out of political reasons the family emigrated in 1970 to the south of Germany.

Losing her country, language and friends made her a different person, more distant and shyer.

After four years of studying music, she started to teach students the violin. By teaching them she discovered problems with their tensed bodies.

This motivated Marion to join a Feldenkrais Training. Through this training her body loosened up tremendously and she had to face a lot of her own issues who emerged in her emotional body.

She became a Health Practitioner for Psychotherapy to understand herself and human kind in a deeper way. After travelling the world, she opened up her own practice in Kempten.

The deepest healing process started when she did the training with Richard Schwartz in Heidelberg in 2002, called IFS (Internal Family System).

Her work consists of various approaches, which can be flexible combined, depending on individual needs.

Marion believes deeply in the wisdom of the internal power of the SELF.

Marion became so much clearer, calmer and confident through the different body-based approaches she loves to teach nowadays.

Andrea Wandel



Health Practitioner, Musician, Writer, Lecturer, Seminar Leader, Translator and Space-Connecting expert of the speechless space in children - whether adult or not.

Her path:

As an identical triplet, Andrea Wandel was born in Chile in 1963. In 1970, the family emigrated to Germany out of political reasons. Her sensitivity was more of a burden until she learned to translate and express the deeper wisdom at work. Her trauma was the best teacher in finding new ways of connecting different levels of awareness into a practical language.

She loved to study as a teenager everyday human life, devouring books on brain research and the afterlife. In her music studies she discovered a language with which she could connect different levels of perception. Her pupils taught her the differences in understanding the same things from different angles.

Her first daughter's chronic middle ear infection moved her to become a Health Practitioner. The physical body could give precise information through certain techniques (e.g. Neural Kinesiology, Dr. Klinghardt). Soon she was asked to deal with serious illnesses in her practice which orthodox medicine considered incurable or/and therapy-resistant. For this she expanded her training with constellation work, cranio- sacral work, spiritual guidance and body-oriented trauma work.

Her deepest intention is to listen and to invite a knowing field which informs all of us by not knowing what it is all about.