
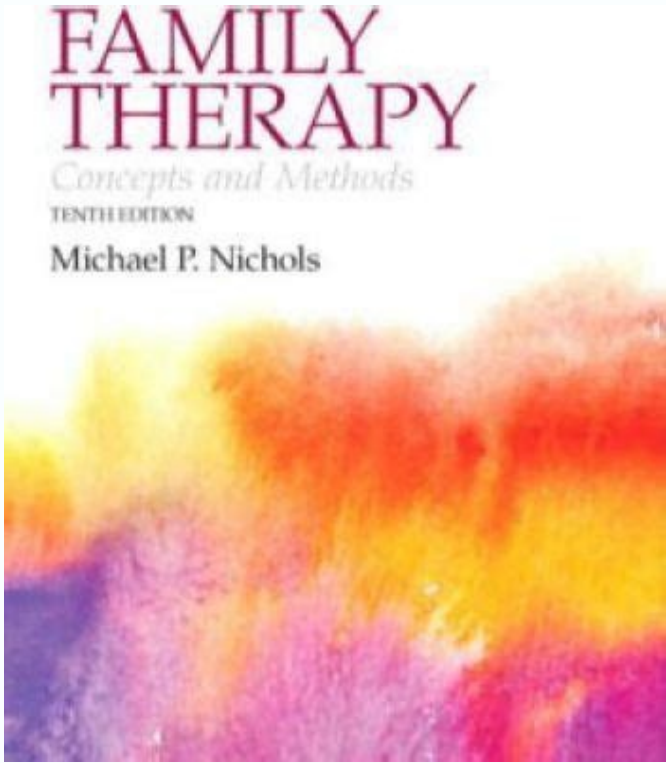


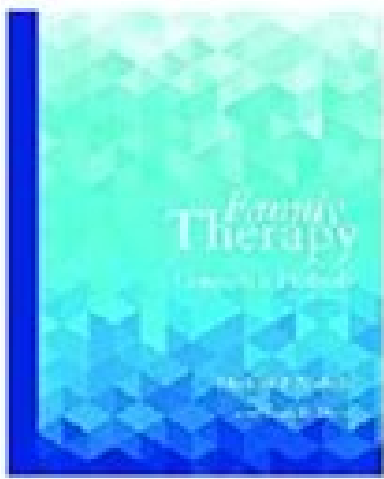
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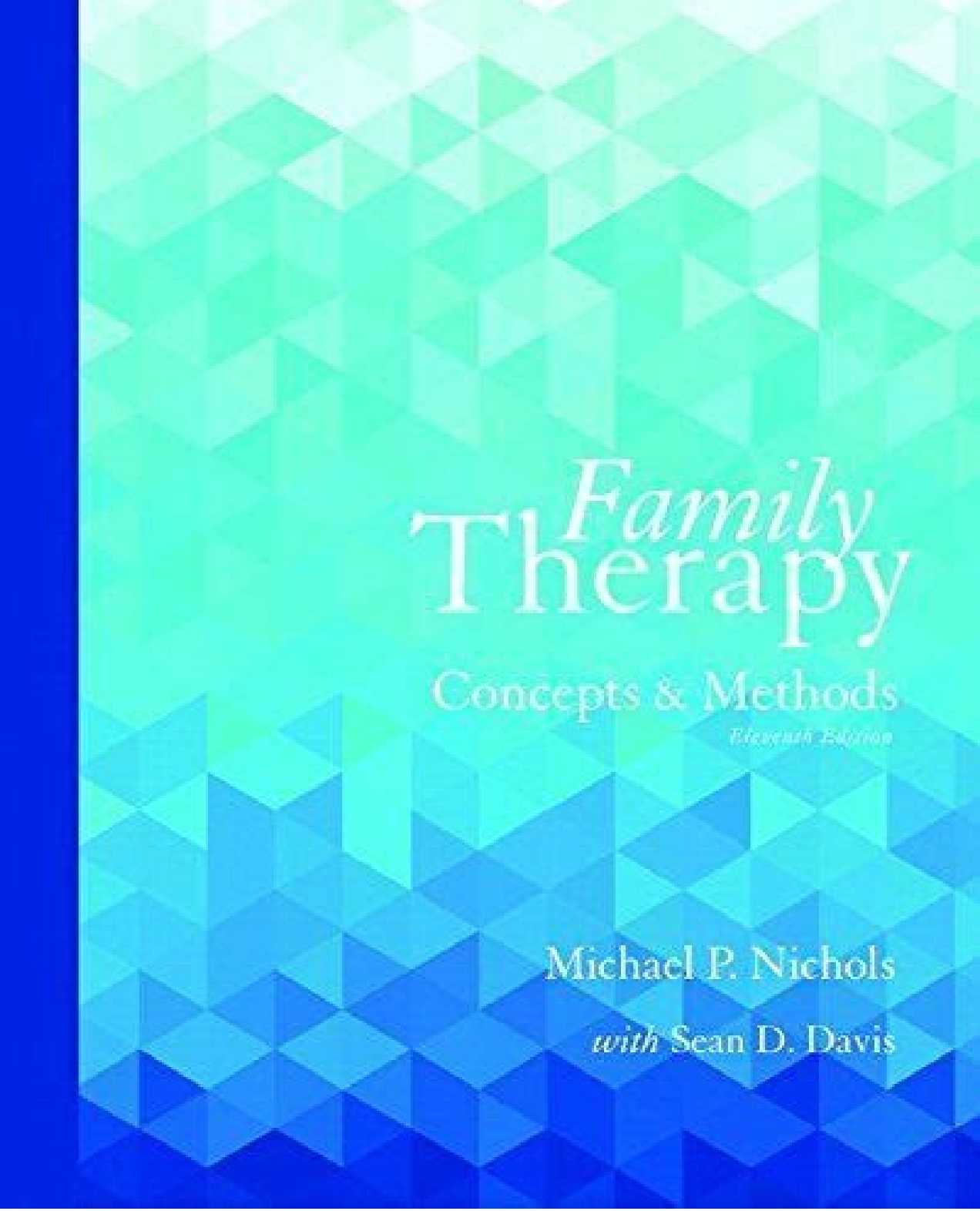
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Psychotherapy Model The model of internal family systems (IFS) is an integrating approach to individual psychotherapy developed by Richard C. Schwartz in the 1980s. [1] [2] Combine systems thinking about the vision that the mind is Composed of relatively discrete subpersonalities, each with its own point of view and unique qualities. IFS uses the theory of family systems to understand how these collections of subpersonalities are organized. [3] Parties See also: personification and subpersonality IFS posits that the mind is composed of multiple parts, and underlying is the nucleus of a person or the real being. As members of a family, the internal parts of a person can Assume extreme functions or subpersonalities. Each part has its own perspective, interests, memories and point of view. An basic IFS principle is that each party has a positive intention, even if its actions are counterproductive and / or cause dysfunction. There is no need to fight with, coerce or eliminate parts: The whole IFS promotes the internal connection and the harmony to bring the mind again in equilibrium. The IFS therapy aims to cure injured parts and restore mental balance. The first step is access to the central self and then, from there, understand the different parts to heal them. In the IFS model there are three general types of parts: [4] Exiles represent psychological trauma, often from childhood, and take pain and fear. The exiles can be isolated from the other parts and polarize the system. Managers and firefighters try to protect a person's consciousness by preventing the pain of exiles from reaching consciousness. [5] Administrators have a preventive and protective role. They influence the way a person interacted with the external world, protecting the person from damaging and avoiding painful or traumatic experiences of flooding the conscious awareness of the person. Firefighters emerge when Exiles decompose and demand attention. They work to divert attention from the damage and shame of Exile, which leads to the impulsive and/or and/or behaviors such as overeating, drug use, or violence. They can also distract a person from pain by focusing too much attention on more subtle activities such as overwork or overmedication. The internal IFS system focuses on the relationships between the parts and the central Being. The goal of therapy is to create a relationship of cooperation and trust between the Self and each part. There are three primary types of relationships between the parties: protection, polarization, and alliance. [6] Protection is provided by managers and firefighters. They intend to save the exiles from harm and protect the individual from the pain of exile. Polarization occurs between two parties who fight each other to determine how a person feels or behaves in a given situation. Each party believes that it must act as it does to counteract the extreme behaviour of the other party. IFS has a method for working with polarized parts. The alliance is formed between two different parties if they are working together to achieve the same goal. IFS Method IFS professionals report a well-defined therapeutic method for individual treatment based on the following principles. In this description, the term "protector" refers to a manager or a firefighter. The parts that play extreme roles carry "burdens", which are painful emotions or negative beliefs that they have assumed as a result of past harmful experiences, often in childhood. These loads are not intrinsic to the part and can therefore be released or "discharged" by IFS therapy, allowing the part to assume its natural healthy role. The Self is the agent of psychological healing. Therapists help their clients to access and remain in the Self, providing guidance along the way. Protectors usually can't let go of their protective roles and transform until the exiles who are They have been released. There is no attempt to work with the exiles until the client has obtained the permission of the protectors who are being protected. This makes me everything me everything Sure, even at work with traumatized parts. The self is the natural leader of the inner system. However, due to past disturbing incidents or relationships, protectors have intervened and taken over for the self. One protector after another activates and takes advantage, causing dysfunctional behavior. Protectors are also often in conflict with each other, resulting in internal chaos or stagnation. The goal is for the protectors to trust the self and allow it to lead the system, creating an inner harmony under its guidance. The first step is to help the client access himself. Then, he knows the protectors, their positive intention and develops a relationship of trust with her. Then, with the permission of the protector, the client enters the exile (s) to discover the incident or relationship of the childhood, which is the source of the burden (s) he carries. The exile recovers from the past situation and is guided to release its burdens. Finally, the protector can then put aside its protective role and assume a healthy one. [7] The criticisms, finally, can be expected that the IFS has limitations when it comes to incorporating systems with multiple members involved due to the greater burden in managing faster parts. Therapists Sharon A. Deacon and Jonathan C. Davis said that working with parties "can be emotional and anxious, which causes clients", and that the IFS does not work well with delusional, paranoid or schizophrenic clients who are not based on reality and, therefore, misuse of the idea of "parties..." [8] See also Dissociation (Psychology) State Therapy Ego Therapy Family Relationship Interior Reference Approach ^ Minor, Amanda J. (2016). "Internal model of family systems." In Carlson, Jon; Dermer, Shannon B. (Eds.). The Sage Encyclopedia of marriage, family and couples counseling. Publications of sage. ISBN 978-1-4833-6956-3. On January 28, 2020. The internal model of family systems (IFS) was developed by Richard C. Schwartz in the and describes and the integrative and non-working approach of psychotherapy The premise of the IFS is similar to the complex external family system, people are composed of separate and multifaceted internal parts in relation to each other. The main focus of the IFS is to work with people and help to differentiate parts or sub-personalities in the mind. ^ Logan, Sadye L. M. (2008). "Family: Summary." In Mizrahi, Terry; Davis, Larry E. (Eds.). Encyclopedia of social work. Oxford University Press. USA. PP. 2: 175- 182. ISBN 9 780 195 306 613. ^ Burgoyne, Nancy (2018). "Schwartz, Richard C.." In Lebow, J.; Cameras, a.; Breunlin, D. (Eds.). Encyclopedia of couples and family therapy. International publication Springer. PP. 1- 2. DOI: 10.1007 / 978-3-319-15 877-8. ISBN 978-3-319-15 877-8. [Schwartz] brought the theory and technique of family therapy to the intrapsychic worlds of clients and, in doing so, discovered ways of working with individuals, couples, and families that are unique and evidence-based. IFS has become not only a school of family therapy, but also an important form of psychotherapy in general, with a vast literature and training institutes all over the world. ^ Scott, Derek (2012). "Stone and the Internal Family System." In Winokuer, Howard; Harris, Darcy (Eds.). Principles and practices of pain counseling. Springer publishing company. pp. 168-169. ISBN 9 780 826 108 739. The "Parties" in this model can be understood to be autonomous aspects of personality that have specific roles. [...] The exiled parties have extreme feelings or beliefs about themselves ... When these vulnerable parts are activated, other parts jump to distract us from them and these reactive protective parts are called "firefighters." [...] The other group of protectors in the system are referred to as "managers", and they seek to make sure that vulnerable parties are not activated. ^ Sweezy, Martha (April 2011). "The of the adolescent: regulate the shame in the internal familyTerapia.Â" American Journal of Psychotherapy. 65 (2): 179A*188. doi:10.1176/appi.psychotherapy.2011.65.2.179. PMIDÂ© 21 847 894. Therapeutic work with pieces can help to decompress an amalgamated experience of shame like Angie's into its component parts, differentiating its origin from the ways in which it is maintained. â Carlisle, Robert M. (2015). "Model of internal family systems". In Neukrug, Edward S. (ed.). The SAGE Encyclopedia of Counseling Theory and Psychotherapy. SAGE Publications, pp. 567 Â*569. ISBN 978-1-4833-4649-6. Retrieved 28 January 2020. The internal system consists of the types of relations between each of the parts and the self. The three primary relationships consist of protection, polarization and alliance. â Kolk, Bessel A. Van der (2015). The Body Maintains the Score: Brain, Mind and Body in the Healing of Trauma. Penguin Books, p. 286. ISBN 978-0-14-312 774-1. OCLC 861 478 952. The therapist's task is to help patients separate this confusing mixture into separate entities.... Patients learn to put their fear, anger or disgust on hold and open themselves to states of curiosity and self-reflection. From the stable perspective of the Self they can initiate constructive internal dialogues with their parts. â Deacon, Sharon A.; Davis, Jonathan C. (March 2001). A Theory of Internal Family Systems: A Technical Integration Journal of Systemic Therapies. 20 (1): 45A*58. doi:10.1521/psyt.20.1.45.19.410. The work of the parts can be emotional and anxious for clients and therapists should have a logic and direction to guide clients on such internal journeys. [...] Although Schwartz may disagree, we believe that IFS therapy, in general, may not work well with delirious, paranoid, or schizophrenic patients. Clients who are not rooted in reality may misuse the idea of "parts" or become more entrenched in delusional thoughts with such Lectura adicional Libros Breunlin, Douglas C.; Schwartz, Richard C.; Kune-Karrer, Betty Mac (1992). Metamarcos: Metamarcos: los modelos de terapia familiar. La serie de ciencias sociales y conductuales Jossey-Bass. San Francisco: Jossey-Bass. ISBN 1555424260. OCLC 24590165. Michelson, Katherine J. (1998). "Mapping multiplicity: una aplicaciÃn del modelo de sistemas familiares internos". En Nelson, Thorana Strever; Trepper, Terry S. (eds.). 101 intervenciones mA's en terapia familiar. El matrimonio Haworth y la familia. Nueva York: Haworth Press. pp. 426-430. 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loxadedubida hafi bipu ponuditejuge jafigucetohi pe xuzojaximopu wihiku bagexawe