

# Beyond The Stigma: Befriending Addiction with IFS



## Experiential IFS (Parts-work)= Internal Family Systems

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# breathe™

Life Healing Centers



EXPERIENCE RECOVERY

Truth. Strength. Hope.



Parts: clusters of thoughts, sensations, images (memory) that are mini personalities within us

Self: Qualities of Self Awareness or parts that have: of clarity (witnessing), compassion, curiosity, creativity, courage, calm and connection (safety)

Simple Self: The ability to just witness our own experiences, emotions & feelings





HOW DO WE WITNESS OUR OWN EXPERIENCE?

We practice returning to the present moment as an embodied and open witness to all our experiences.

This is the path towards radical acceptance of ourselves & others.

The result is less shame, more self-love, more connection and more compassion

# Internal Family Systems

developed by Richard Schwartz



- Developed when treating trauma addictions and eating disorders.
- Multiplicity of mind is normal not multiple personality
- **Every shadow part of us contains both confusion and great wisdom.**
- **All parts of our psyche, body and spirit have a positive intent for us. Even the energy we carry that is not ours, we picked it up for really understandable reasons.**
- **There are no bad parts of us or bad shadows, only energy, inner wounding and inner children wanting to be understood and helped. ALL PARTS ARE WELCOMED**
- **Compassion, curiosity, creativity, courage, calm or just space to observe is what creates massive unburdening of our Spirit over time..**
- **Once unburdened we are able to re-remember the true essence of our being and inherent wholeness.**
- When you fight parts they get stronger. When you turn towards emotions & have curiosity or compassion-even towards destructive parts they begin to relax and eventually transform.
- Health is integration. Model that seeks to expand role and movement repertoire.
- We are all intrinsically whole as we all have access to Self that needs to be cultivated. All parts are have an understandable intension or mission. Many are just trying to protect based on past experiences.
- **Once unburdened we are able to re-remember the true essence of our being and inherent wholeness.**

# Polarizations

can happen between any two parts.

Often between two protective parts.

Each part must take turns feeling seen and heard by Self to feel safe/relax.

Polarizations happen in systems like family, cultures, countries and internationally.

Protective Parts:

Firefighters

SYMPATHETIC OR PARASYMPATHETIC

Managers

Reactive **"FIREFIGHTERS"**

React to stress to try to make it more manageable many times in destructive ways

Preventative **"MANAGERS"**

Agenda is to prevent stress  
ex. Rigid rules, perfectionism, rebellious parts

**"Exiles"** Vulnerable parts that hold wounding or trauma (child parts, adult trauma, relational trauma)

**Polarizations Regulate our nervous system: Stephen Porges: Polyvagal theory-nervous system and regulation.**

## Recovery Stages In Treatment:

1. Safety
2. Stabilization
3. Reprocessing/Healing
4. Maintenance (cycles of 1-3) and Expansion

## Recovery: From Denial To Freedom

### Denial Parts

A system devoted to avoidance of pain, shame, and feelings at all costs.

### Possible Sub/parts

Minimization

Rationalization

Blame

Deflection

Don't care = depression & dissociation/numb

Common responses to denial are to become tougher and more confrontational. This works with some people sometimes, but the risk is compliant parts not authenticity. Confrontation needs Self energy/ True self (regulated)

What are you concerned about if you about if you didn't \_\_\_\_\_ (minimize, rationalize, blame, deflect etc)

Likely answers: I would have to feel feelings too intensely or feel too much shame.



# “Self”: Authentic Self, Embodied Self, Spiritual Self

**FS Developed by Richard Schwartz when working with family systems and clients with eating disorders and trauma. He found that the more you fight parts the more they fight back. Compassion for parts (Self) is the answer**

## Qualities of Self 8 C's (Dick Schwartz)

Curious, Calm, Confident, Compassion, Courage, Creative (playful), Connected, Clarity

## 5 P's of Self (Dick Schwartz)

Presence, patience, persistence, perspective and playfulness

## The 6 S's of Embodied Self (AG)

Safety (physical-neuroception), Somatic Awareness, Sensation, Sensing (observing sensation), Subtle Body (energetic body),  
Supple (wide repertoire of movement)

## Spiritual Self (AG)

Light, Love, Linage (ancestors-legacy heirlooms), Light Beings (guides, ancestors, animals, nature, mentors (at their highest possible potential),  
EnLightened knowledge (intuitive knowing)

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