



Continuum of Choices

A TARCP Professional Series July 2023



There Are No Bad Parts

Internal Family Systems [Dr. Richard Schwartz Explains Internal Family Systems \(IFS\)](#)

Seeing IFS in Action: [Internal Family Systems Therapy Demonstration with Dr. Richard Schwartz](#)

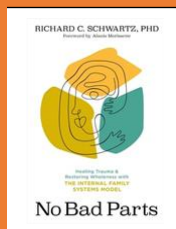
Dr. Tori Olds Explains Core Concepts of IFS. [Understanding Aspects of Identity](#)

Dr. Tori Olds on Unblending from Protectors in IFS. [Pivoting Away from Automatic Responding](#)

Dr. Tori Olds Talks to us About Healing Trauma in IFS Therapy. [Unblending from Emotional Overloads](#)

Alanis Morrisette's podcast with Dr. Richard Schwartz. [Conversation with Alanis Morissette - Episode 9](#)

In *No Bad Parts*, Dr. Richard Schwartz addresses healing trauma, restoring wholeness, the multi-faceted mind, and the Internal Family Systems Model



With Appreciation



Hannah Heinze is the winner of this month's TARCP 20-ounce Yeti Rambler!

Dr. Richard C. Schwartz is the founder of Internal Family Systems (IFS) and the author of *No Bad Parts*. His premise is that everyone has many definitive parts (inner voices) that contribute much to our lives. By learning to understand the systemic patterns of relationships among these voices, one can experience confidence, openness, and compassion, which Dr. Schwartz calls Self. When you achieve the state of Self, you can understand how to heal these parts, which are fragments of a system of protective and wounded inner parts led by a core Self. For more information, go to [IFS Institute](#).

Psychologist Valeria Sabater wrote an online article in September of last year, *Internal Family Systems Therapy: Healing Our Vulnerabilities*. In her article she discusses how IFS puts forward the premise that within the human mind there exist a series of subpersonalities that are in conflict. IFS encourages the patient to look inside their self to discern which parts are losing harmony (thoughts, emotions, sensations, etc.) to negate a negative inner dialogue, create trust, and attain reconciliation of all of one's parts. Breaking this down into parts allows the patient to understand which area(s) needs work.

Sabater highlighted the therapeutic strategy within Richard Schwartz's book, *Internal Family Systems Therapy* (1995), and his introduction of parts and family systems, helping us understand how the mind works. With this, one can identify which processes increase our problems and/or pathological behaviors. Schwartz focused on three parts that build suffering.

The first is manager, which is the segment of the mind that executes reasoning and strategies that prevent something from causing us pain. The second is the exiled person, which is the area set to the side, offering us a distant place in our mind (out of sight). This is the part that is the keeper of our traumas and unresolved issues. The third is the firefighter, or our false protector. This part wants to extinguish the pain, but does so through harmful strategies, such as the empty promise that the suffering will end if we binge on food or turn to alcohol or drugs.

IFS is not a suitable therapy for those diagnosed with personality disorders but is effective for anxiety, depression, PTSD, eating disorders, chronic pain, addictions, family and relationship problems. To read the article, go to [Valeria Sabater](#).