



National American Indian & Alaska Native

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

IOWA

SAMHSA
Substance Abuse and Mental Health
Services Administration

Internal Family Systems: An Overview, Applications, and Discussion

Session 1

Speakers:

Dan Foster Psy.D, (Iace Wicasa, He/Him)

Warren “Bim” Pourier MA, (Lakota)

Suzan McVicker Ph.D, (Cherokee Descendent She/Her)

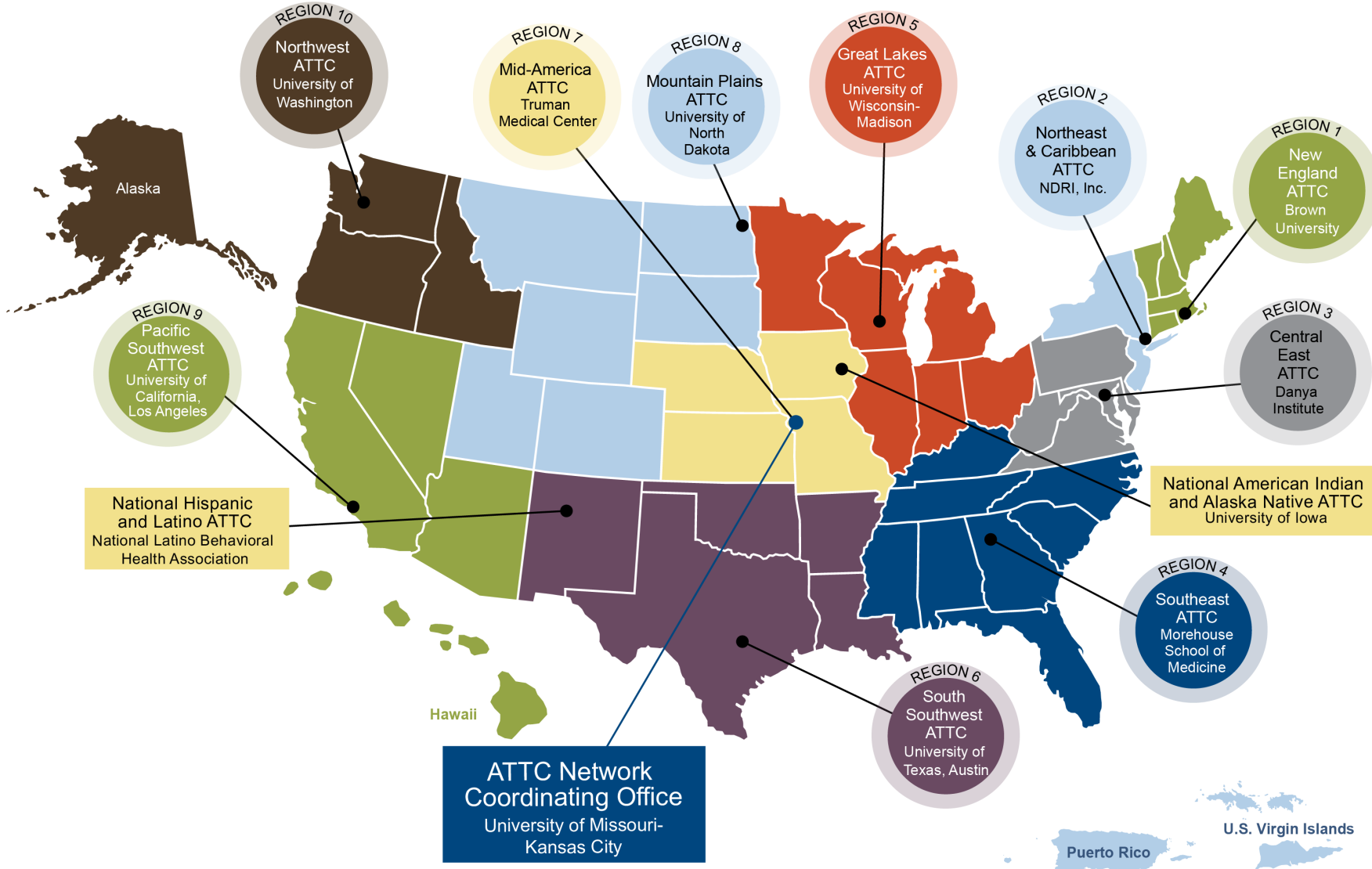
March 2023



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U.S.-based ATTC Network



American Indian & Alaska Native Addiction Technology Transfer Center



Substance Abuse and Mental Health
Services Administration

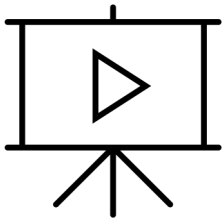
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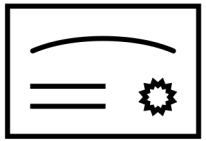


Follow-up

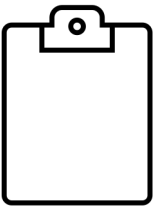
Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Information about how to request and receive CEUs



Link to our evaluation survey (GPRA)

Post-Event Survey Link: <https://ttc-gpra.org/P?s=549947>

Post-Event QR Code:



Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations

Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations

Ki-o-kuk, Sean A. Bear, 1st. Meskwaki



Today's Speakers

American Indian, Dan Foster was born and raised in the West. He served as an Army Sergeant, 1969-71. He graduated from Willamette University, Salem OR, then on to his Doctorate (PsyD) from Baylor University in 1980. He received an MS in Clinical Psychopharmacology in 2011. He was a collegiate, national and international athlete.

He retired after 37 years of Federal Service, to include employment with the Bureau of Prisons and Indian Health Service. He was the first National Director of the Bureau of Prisons Drug Abuse Programs, overseeing drug treatment, behavioral health, forensic and psychiatric inpatient programs during his tenure.

His final 23 years, he served with the Indian Health Service at two locations, in Montana and South Dakota. He served in various supervisory, management and administrative roles with the BOP and IHS, working primarily in hospital and clinic settings.

He and his wife, a Ph.D. in psychology and American Indian, adopted numerous children, including special needs children. They contributed to the development of American Indian Graduate Education in Clinical Psychology. They have been advocates, research consultants, and educators as well. They live a Traditional and Ceremonial Life in contemporary times.



Today's Speakers

Suzan McVicker, PhD, MA, LPC, works as a Certified IFS Therapist with a passion for sharing IFS in Indian Country. As a Cherokee descendant working with her own parts to unburden from the impacts of colonialism, her experience informs her clinical work. Her knowledge base includes a Native Health program co-taught by the Eastern Band of Cherokee Indians and Western Carolina University and research with Fielding Graduate University. Currently she weaves education, family knowledge, culture-shifting identity issues, and over 25 years of IFS experience into an exploration of culturally informed work with the Indigenous IFS Council and other Native American circles. She participated in the Stanford University d.school Action Lab to explore peer-to-peer ways to share IFS in Indian Country. Suzan loves to swim in outdoor waters, belly laugh with relatives, slowly learn the Cherokee language, and listen to the stories of mountain streams.



Today's Speakers

Warren “Bim” Pourier MA (Lakota)

IFS (INTERNAL FAMILY SYSTEMS): AN EVIDENCE-BASED HEALING PRACTICE

Webinar #1

Systems, parts, Self

March 22, 2021



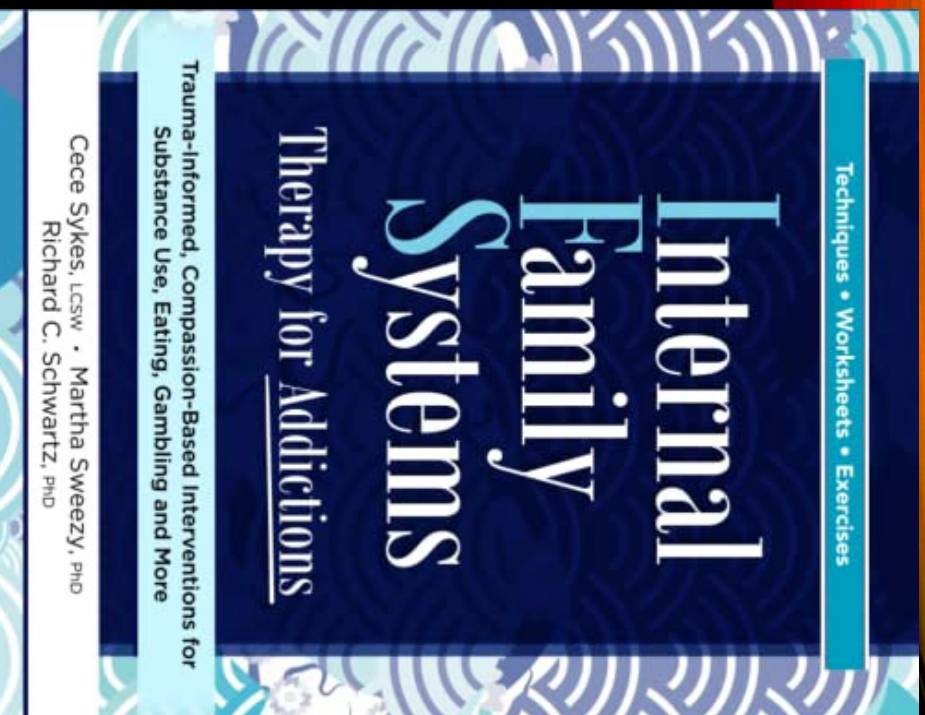


IFS

(INTERNAL FAMILY SYSTEMS)

“IFS is more than a therapeutic technique. It is a conceptual framework and practice for developing love for ourselves and each other.”

~~Richard C. Schwartz



Suggested Resources

****Internal Family Systems Therapy for Addictions* by Cece Sykes with Martha Sweezy & Richard Schwartz

****No Bad Parts* by Richard Schwartz

****Two Counselors Envision IFS (Internal Family Systems) Therapy for Addictions Treatment in Indian Country* by Suzan McVicker and Warren Pourier

****The Larger Self* by Richard Schwartz
+ more on IFSI website



Learning Objectives:

EXPLAIN

- ❖ Basics of the IFS model
- ❖ IFS as a crosswalk between mainstream treatment and Native healing ways

EXPLORE

- ❖ Sharing IFS peer-to-peer in Indian Country

EXPERIENCE

- ❖ Parts detecting
- ❖ Looking through the lens of IFS 8 Cs of Self



An Outcome:

EVOLVE OUR WORLDVIEW

“Worldview is all about our perception and how we see the outside world and the inside world. It is how we see ourselves, family, friends, society, plants, and animals, and the whole universe and our place in it.”

~~Hossein Dezhakam, Founder

Congress 60 Recovery Community

talking with William White, Chestnut Health Systems



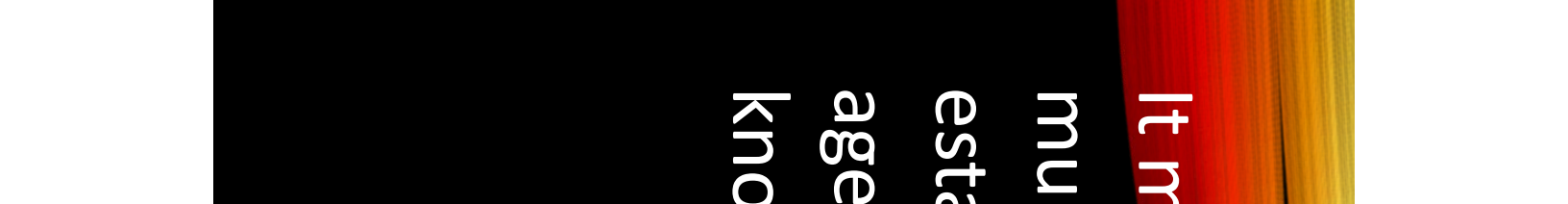
An IFS Outcome...

...of changing our PERSPECTIVE of ourself:

**“We define ourselves by compassion and curiosity
instead of by fear.”**

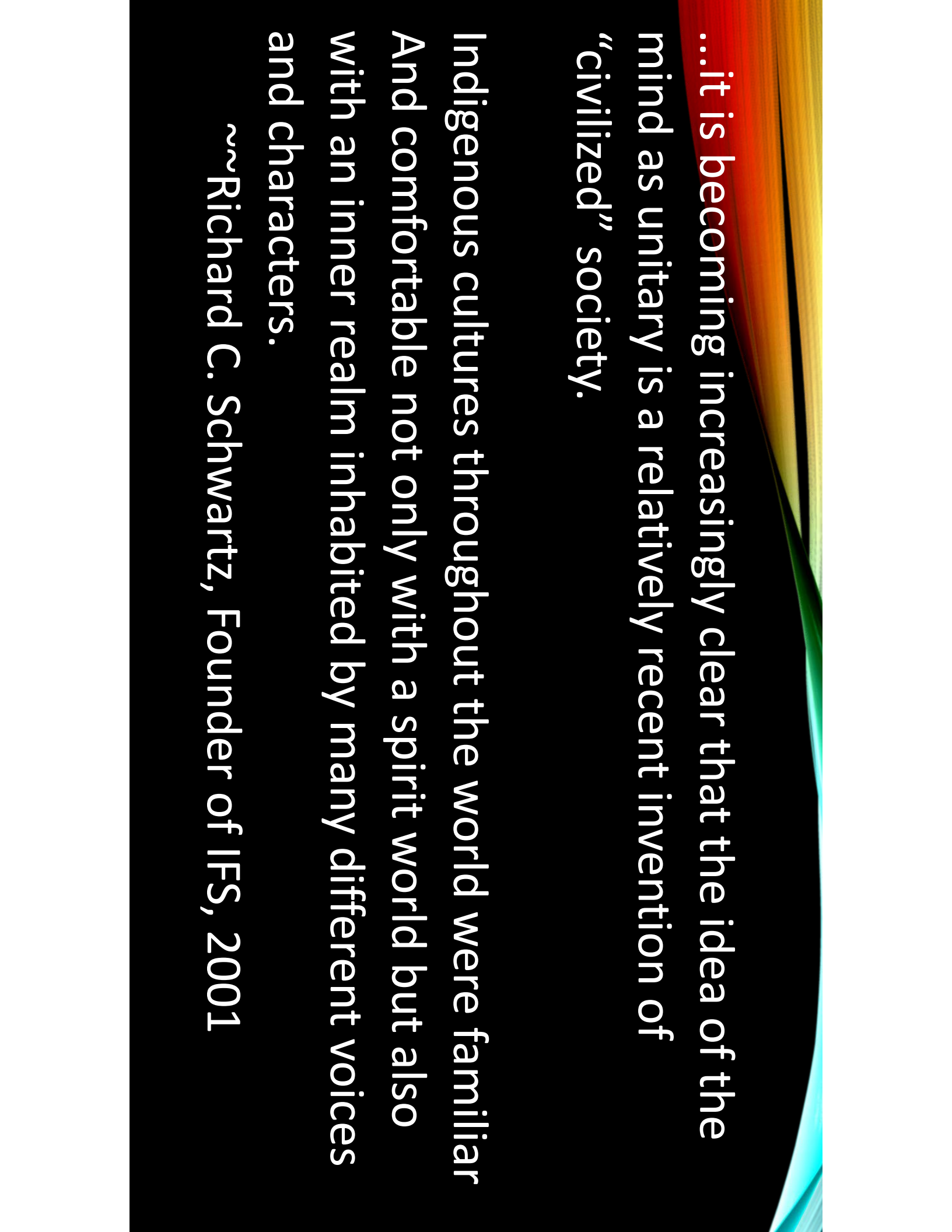
~Dan Foster

in recent discussion of IFS outcomes



It may be that the idea of the normal mind as multiple is less a radical departure from established knowledge than it is returning to an age-old wisdom from which “established knowledge” radically departed.

~~Richard C. Schwartz, Founder of IFS, 2001



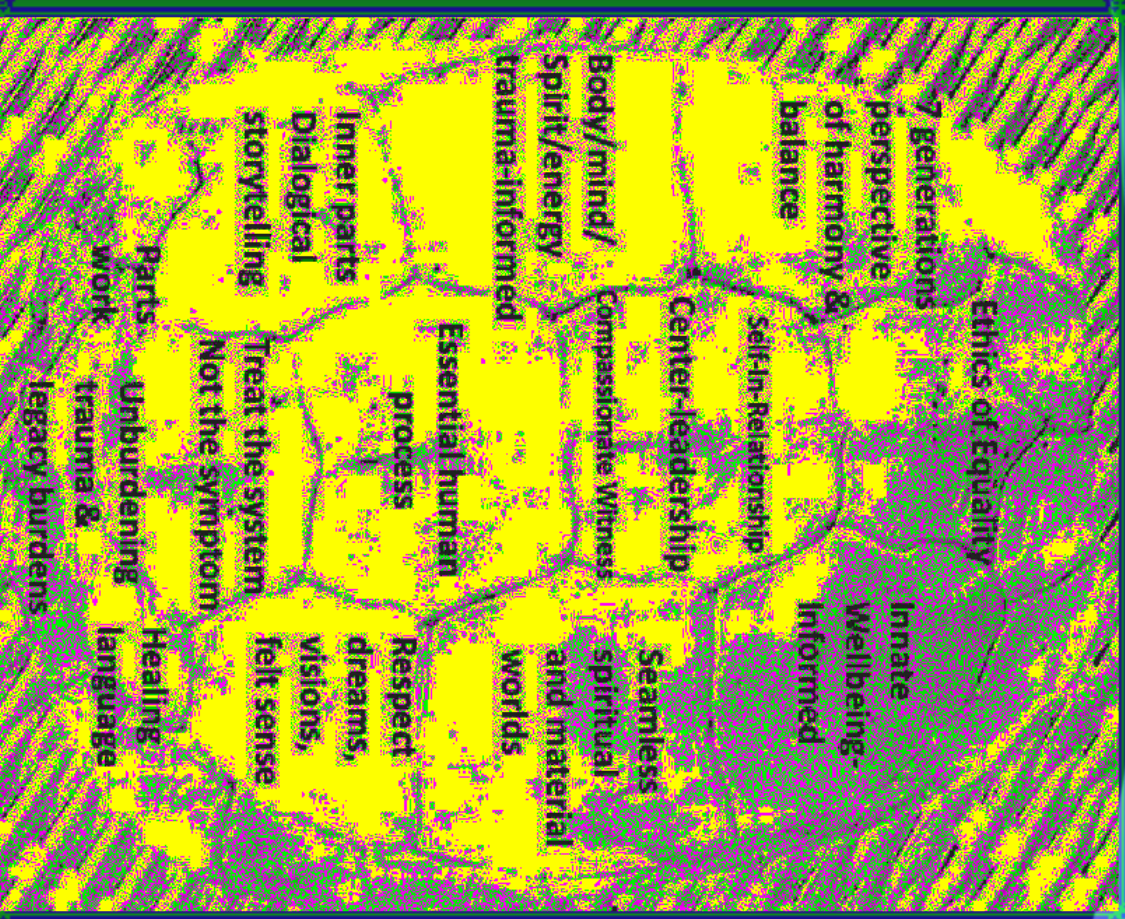
...it is becoming increasingly clear that the idea of the mind as unitary is a relatively recent invention of “civilized” society.

Indigenous cultures throughout the world were familiar
And comfortable not only with a spirit world but also
with an inner realm inhabited by many different voices
and characters.

~~Richard C. Schwartz, Founder of IFS, 2001

IFS (Internal Family Systems) for Turtle Island Addictions Treatment: A Framework for Concepts, Perspectives, and Language for Wellbeing

2021 McVicker & Pourier, Two Counselors Envision IFS
(Internal Family Systems) Therapy for Addictions Treatment
in Indian Country. *Alcoholism Treatment Quarterly*.





Awareness of a Part (Inner Relative)

- ❖ Dreams
- ❖ Body sensations
- ❖ Parts dialogue
- ❖ Energy

All parts have positive intention



Self-In-Relationship/Center

“Self: The core of a person which contains leadership qualities such as compassion, perspective, curiosity, and confidence. Self is best equipped to lead the internal family.”

IFS Glossary

“The inner self is the unseen and often unknowable part of each human being and is what we seek to understand and balance to be Physically, mentally, and spiritually healthy.”

An Indigenous definition by Authur Blume in Morse & Lomay (2020)



IFS

(INTERNAL FAMILY SYSTEMS)

Self-Leadership Model

Self-leadership IFS glossary definition:
Leadership characterized by compassion,
calmness, curiosity, confidence, courage,
creativity, and connectedness (IFS 8 Cs of Self)

**Our inner
relatives have
conflicts.**

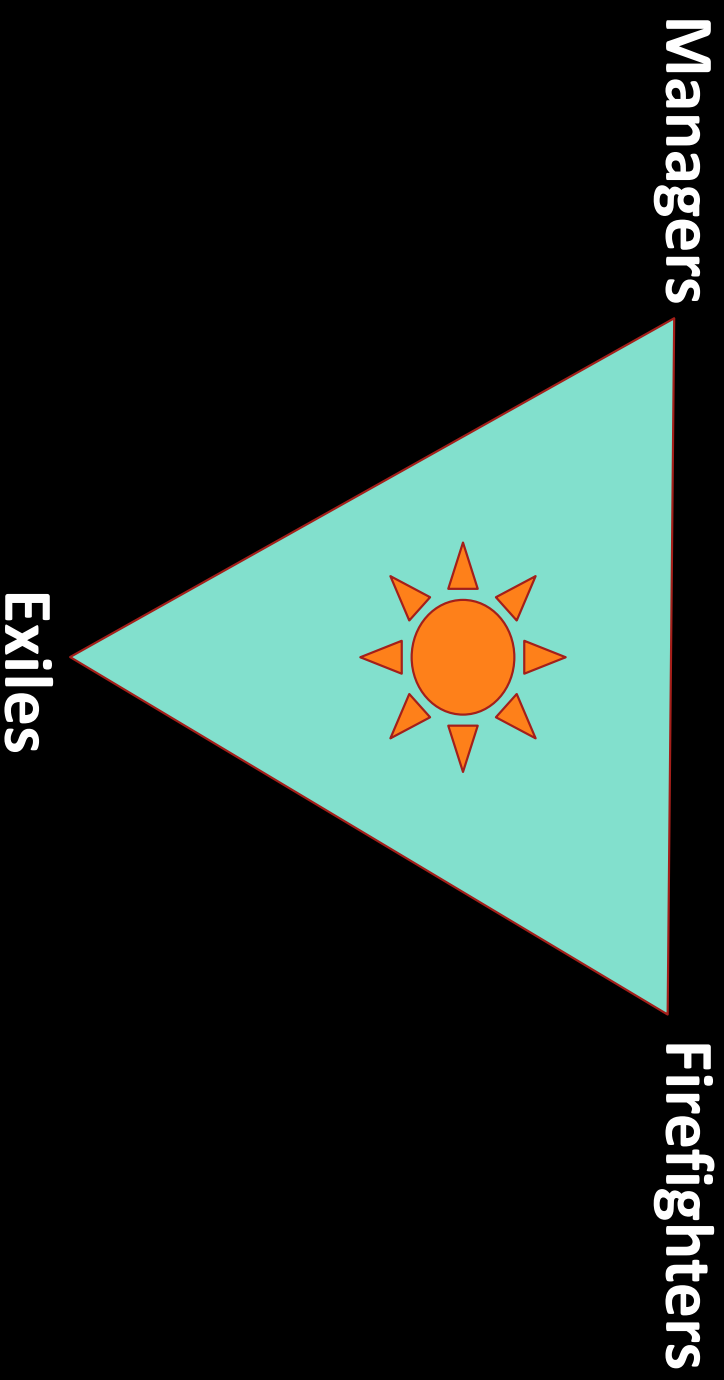
**Parts: A person's
subpersonalities.
Internal people
of different ages,
talents,
temperments**

I call myself a Peaceful
Warrior... because the
battles we fight are on
the inside

Socrates



Three Types of Parts





Speaking **FOR** Parts

As different than speaking FROM parts (inner relatives)

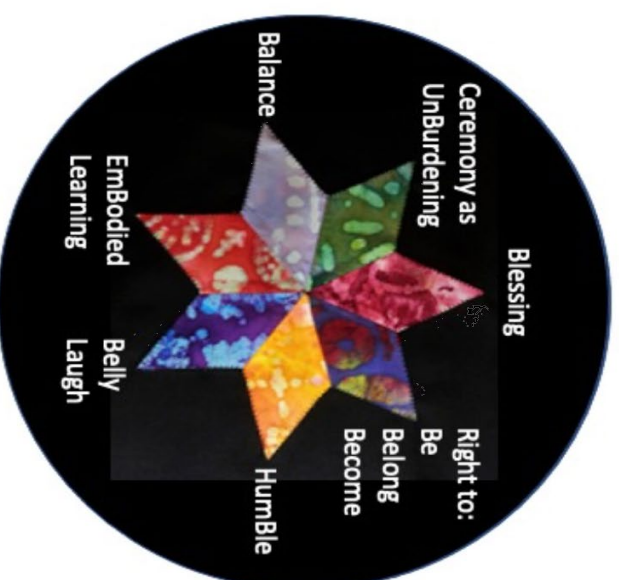
- Speak FOR parts instead of from parts (an IFS practice)
- Speaking for parts promotes self-reflection
- Speaking from Self is a way of decolonizing our inner systems
- The 7 Bs supports worldview shifts



Speaking FOR Parts

- Part of me _____.
- Part of me _____.
- And another part of me _____.

7 Bs of Indigenous-Inspired IFS

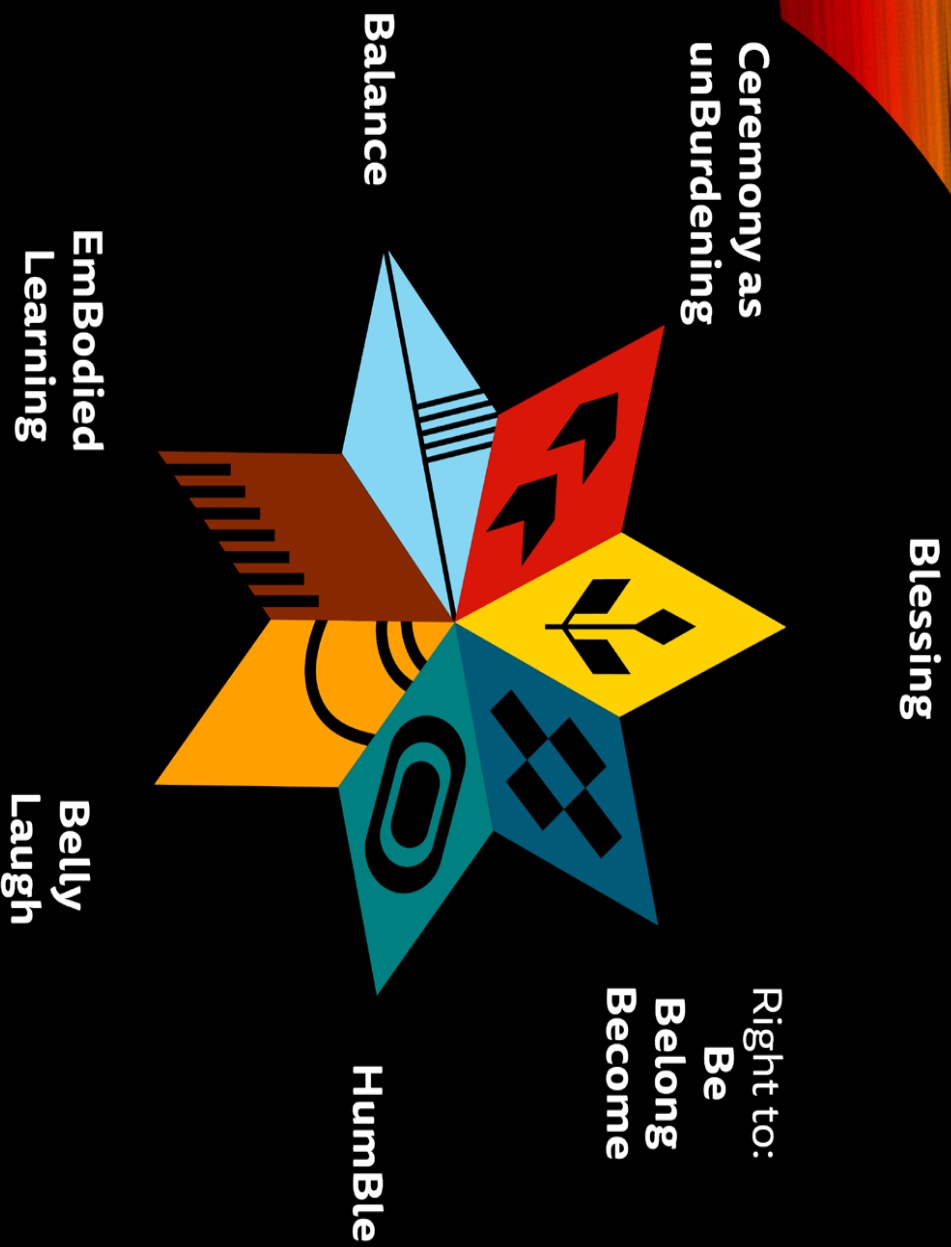


7 Bs of Indigenous Inspired IFS
A Project of the Indigenous Elder IFS Council



7 Bs of Indigenous-Inspired IFS

- 7 Bs of 2021 Indigenous IFS Council are an *emergent, adaptable* beginning
- Fills a natural gap in 8 Cs, 6 Fs, and 5 Ps of IFS
- No prescribed order of 7 Bs
- A mnemonic for Indigenous worldview and Indigenous influences of IFS



7 Bs of Indigenous-Inspired IFS

- Blessing
- Right to Be/Belong/Become
- Humble
- Belly Laugh
- EmBodied Learning
- Balance
- Ceremony as UnBurdening

IFS (INTERNAL FAMILY SYSTEMS): AN EVIDENCE-BASED HEALING PRACTICE

Webinar #2

IFS Topic

April --, 2021

