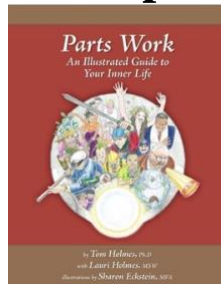


invite you to  
**A Practical Introduction to Parts Work:  
A Day-Long Workshop with Tom Holmes**



**Chelsea, Michigan**  
January 25, 2020

This workshop offers an introduction to the “Parts Work” model based on Tom Holmes’ book of the same title, *Parts Work: An Illustrated Guide to Your Inner Life*, which evolved out of the Internal Family Systems (IFS) model developed by Richard Schwartz. While largely adopting the systemic principles and therapeutic methods of IFS, Parts Work is an integrative model that offers therapists new ways to facilitate the healing process for their clients as well as allowing therapists to bring more ease to their practice, reduce burnout, and bring more joy to their work.

*The workshop will include an introduction to the IFS process and experiential exercises designed to help participants apply the Parts Work model to their own life and therapeutic work.* Through the work of supporting Wise Self, or awakening and “tuning” the heart, therapists are more able to walk with others through those areas of life where there is pain and darkness and at the same time find precious peace and joy in the connection and process.

**Learning Objectives** As a result of attending this program, participants will be able to:

- 1: Demonstrate a clear conceptual understanding of the Parts Work and IFS model.
- 2: Articulate several of the key parts of their own internal system.
- 3: Identify qualities of Wise Self and how they differ from qualities of parts that may show up in clients’ presentations.
- 4: Express an experiential understanding of Self and how to nourish Self in their everyday life and in their work with clients.
- 5: Identify dynamics in their own system which contribute to stress and ways to return to being centered when stressful conditions arise.

**Tom Holmes, PhD**, is Professor Emeritus at Western Michigan University. In addition to his teaching at the University, he has offered many seminars in the US, Europe, and the Middle East on the integration of Parts Work and spirituality as a resource for therapist burnout prevention and the development of therapeutic conditions. His book *Parts Work: An Illustrated Guide to Your Inner Life* (2007), now in its 4th edition, is widely appreciated by clinicians and community members. It has been translated into German, Korean, and Italian and will soon be available in Arabic and Hebrew. Dr. Holmes received training in IFS from Richard Schwartz in the late 1980’s and has been teaching, training and practicing Parts Work ever since.

**Target Audience:** Mental health practitioners (PhD, LMSW, LCSW, MA, LPC, LMFT, MD).

If you have IFS experience, Tom’s approach to inner work will offer a deepening experience, but no experience with IFS is required.

**Cost:** Early registration discount: \$125; After December 8, 2019 cost is \$150

**Location:** Triple Crane Monastery, 7665 Werkner Rd, Chelsea, MI 48118 **Time:** 9 am – 5 pm with 1.5 hours break for lunch

**Continuing Education:** This workshop for mental health professionals is co-sponsored by Partners in Healing and the Institute for Continuing Education. The program offers 6.00 contact hours, with full attendance required. *The CE processing fee is \$25 and should be paid on site.* Application forms for CE credit will be available on site. CE Credit is offered for: Psychology (APA); Social work/Counseling/ MFT (Ohio Board social work/ counseling provider RCS 030001/ Ohio MFT provider RTX 100501). The Michigan Board of Social Work accepts programs approved by other state boards of social work.

CE Questions: [instconted@aol.com](mailto:instconted@aol.com)

**For more information or to register**, please visit [www.partnersinhealingpsychotherapy.com](http://www.partnersinhealingpsychotherapy.com)

**Information about follow-up** consultation and process groups, workshops, and retreats which will be offered by colleagues to support deepening into Parts Work will be provided at the workshop

Carrie Hatcher-Kay, PhD	734-730-3952	<a href="mailto:chatcherkay@gmail.com">chatcherkay@gmail.com</a>
Annie Lange, BSN, LMSW, ACSW	517-719-1523	<a href="mailto:annellange@aol.com">annellange@aol.com</a>
Tom Ott, MDiv, MA	269-830-7288	<a href="mailto:tom@fccbc.org">tom@fccbc.org</a>
Linden Thoburn, LMSW, ACSW	734-645-7013	<a href="mailto:lindenthoburn@gmail.com">lindenthoburn@gmail.com</a>