



**IFS • AR**

WHOLENESS IN CONNECTION

# Authentic Relating Through IFS

## Free 90-Minute Intro Course

**Monday, 7/1/24, 4:30 PM MT**

Free Introduction Course

Despite advancements in treatments such as Internal Family Systems, rates of depression and anxiety persist without decline. At the core of our collective suffering lies one fundamental issue: disconnection. This disconnection spans across various realms - from ourselves, to each other, our families, the environment, and even the Divine. To truly address this epidemic, we must challenge the prevailing culture of isolation, defensiveness, and excessive focus on individualism.

What's needed is a paradigm shift towards fostering greater connection and attunement, supported by a framework grounded in Interpersonal Neurobiology that promotes safety and regulation. We require a model that not only integrates our internal landscapes but also acknowledges the importance of our external interactions. By incorporating Authentic Relating practices into the existing IFS framework, we have the potential to catalyze a transformative revolution towards healing and integration. Come join us to explore these deeply intimate and integrative healing practices.



**Sabrina Santa Clara**

Sabrina is a Certified IFS therapist and approved IFS Consultant who has worked with the model for over 25 years. She holds certifications and degrees in Somatic Psychotherapy, Dance Movement Therapy, Yoga, Massage Therapy, Holistic Health and psychedelic

integration. Though she is a licensed psychotherapist, she operates primarily as an Elder and Spiritual Doula.

While IFS is the root of Sabrina's practice, she deepens IFS with other modalities and wisdom traditions such as bodywork, energywork, somatics, psychedelics, sound, creative arts, movement therapy and neoshamanic ritual for helping people to live more Self-led lives. She is excited to share how the communal aspects of Authentic Relating can enhance the profound work of IFS.

Sabrina is bilingual (Spanish), culturally mixed, and gender fluid. She is an artist, poet, and dancer who lives in the in-between spaces.



**Kevin Fitzpatrick**

Kevin is a relational alchemist who passionately fosters authentic human connections and consciousness. As a facilitator, he orchestrates transormative experiences. Kevin draws

from his spiritual explorations in meditation, mindfulness, Internal Family Systems, yoga and embodied movement as he mentors and gently guides people to relocate their most authentic Self. He is a wisdom seeker in service to all spiritual and corporal beings and to the Great Mother Earth.

Since discovering Authentic Relating, he has immersed himself in its practices, and has completed advanced training with ART (<https://authenticrelating.co>) to further his journey towards fostering genuine connections.



Link here  
for more  
Info about  
IFS-AR

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