



**IFS • AR**

WHOLENESS IN CONNECTION

# Authentic Relating Through IFS

## Creating Intimacy within Community

Saturday, July 13, 2024, 8:30-3:00 Mountain

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.

In each of these day-long offerings, we will explore dynamic relational themes. In July's gathering, we focus on deepening our understanding of how we orient to and navigate within relationships, inquiring into our connections with ourselves, our community, our family, and the Greater Something.

Investment for this workshop is \$295. Early bird pricing of \$245 is available before June 1st.



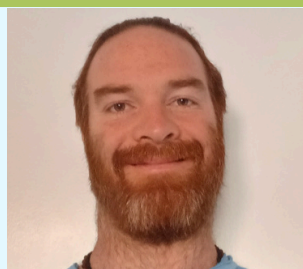
**Sabrina Santa Clara**

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.

Sabrina has developed Neoshamanic IFS (NIFS), an expansion of traditional IFS that integrates three healing sources: the Inner World (Self and Parts), the Outer World (community, family, nature), and the Mystical World (ancestors, spirit, god). IFSAR practices blend the inner and outer worlds to promote broader healing for individuals and communities. Sabrina 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 transformative 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

**Sabrina Santa Clara**

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For more information and to register go to [https://www.sabrinasantaclara.com/event\\_registration/](https://www.sabrinasantaclara.com/event_registration/)