

# A Revolutionary Approach to Attachment-Based IFS

## Calling In Parent Guides

Friday July 19, 2024 ~ 8-2:30 p.m. Mountain Time (3-9:30 UK)

The main focus of IFS work is on the relationship between the Self and our parts, aiming to heal and unburden these parts so they can fully integrate into the whole. But what if this isn't sufficient? What if healing our younger parts remains elusive, or despite repeated unburdenings, feelings of unworthiness, loneliness, shame, and other deeply-rooted attachment wounding pain and related behaviors persist?

In this workshop, we'll integrate the Attachment Treatment for Comprehensive Repair within an IFS framework, offering a transformative approach to healing younger parts burdened with early attachment wounds thereby alleviating the protective system that surrounds these parts. We'll explore the powerful practice of invoking "ideal parent" guides, which can deeply heal these wounded parts.

### Who This Course is For

This training is designed for individuals who have received training in Internal Family Systems (IFS) therapy and regularly integrate the model into their personal and professional lives.

### Details

This workshop will be recorded and available to participants for 30 days following the training. To maintain a safe environment within the group and prevent activation of "unseen other" protective parts, participants are kindly requested to keep their cameras on throughout the meeting, except when doing so may cause distractions. Space is limited. IFSI approved CEs for the previous run of this course and is expected to do so again.

### Investment

US \$295. \$245 Early bird discount before June 15th

10% of Tickets are offered on accommodation rate. If you are a BIPOC, LGBTQI+ or other marginalized person and need financial assistance, please email Sabrina directly.



### Sabrina Santa Clara

LPC, R-DMT, CIFST, CPIT, RYT

Sabrina is a seasoned Certified IFS therapist and Consultant who has been practicing IFS for over 25 years. She holds certifications and degrees in Somatic Psychotherapy, Dance Movement Therapy, Yoga, Massage Therapy, Holistic Health, and Psychedelic Psychotherapy.

In her quest for knowledge and wisdom, Sabrina has sought guidance from a diverse array of spiritual and mystical traditions. She has apprenticed with shamans, learned from curanderas, listened to elders, connected with psychics, and absorbed teachings from energy workers. These experiences have enriched her practice and broadened her understanding of healing on both the physical and spiritual planes.

While Sabrina holds a license in therapy, she transcends traditional labels. She sees herself primarily as a Spiritual Doula, blending the ordinary with the extraordinary to facilitate deep transformation and growth. Through her unique synthesis of therapeutic modalities and spiritual wisdom, Sabrina guides individuals on a profound journey of self-discovery, empowerment, and healing.

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



To Register Go to:

<https://www.sabrina-santaclara.com/product/attachment-ifs/>

For more info Contact Sabrina at

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