

Workshop on Internal Family Systems and Implicit Bias

On December 7-9, 2018, Dr. Richard Schwartz, Dr. Percy Ballard, Kate Lingren, LICSW, and David Hoffman, Esq. will present a workshop for lawyers, mediators, and others on the use of the Internal Family Systems model to understand and manage implicit bias. The first day of the workshop will provide an introduction to the IFS model (and is optional for people who are already well versed in the use of IFS) and the last two days will focus on how IFS helps professionals work with the bias of our clients and our own biases. The workshop will be held at Massachusetts Continuing Legal Education in Boston from 9 to 5 on December 7 and 8, and from 9 to 1 on December 9. To register, please visit: blc.law/calendar-of-programs or contact Jenna Goodman at BLC for more information: jgoodman@blc.law or 617-439-4700 x4.

Faculty: Dr. Richard Schwartz, Dr. Percy Ballard, Kate Lingren, David Hoffman

**Date: Friday, December 7, 2018 and Saturday, December 8, 2018 (9 am – 5 pm)
Sunday, December 9, 2018 (9 am – 1 pm)**

Location:

MCLE
10 Winter Place
Boston, MA 02108

AGENDA:

Day One

Welcome, Introductions and Overview of the Training
Introduction to the IFS Model and Demonstration
Applying the IFS Model in Resolving Conflicts
Role Plays
Group Debrief

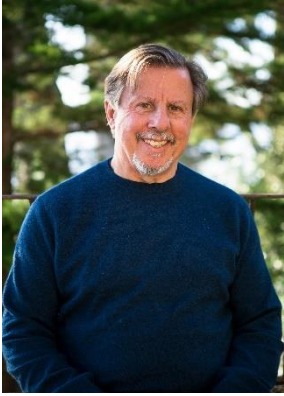
Day Two

What is Implicit Bias?
Applying the IFS Model to Implicit Bias – Overview
Accessing Our Self Energy
Working with Our Own Bigoted Parts
Role Plays
Group Debrief

Day Three

Working with Implicit Bias in Others
Helping Our Clients Access Self Energy and Working with Their Bigoted Parts
Role Plays
Group Debrief

Meet the Faculty



Richard Schwartz began his career as a family therapist and an academic at the University of Illinois at Chicago. There he discovered that family therapy alone did not achieve full symptom relief and in asking patients why, he learned that they were plagued by what they called “parts.” These patients became his teachers as they described how their parts formed networks of inner relationship that resembled the families he had been working with. He also found that as they focused on and, thereby, separated from their parts, they would shift into a state characterized by qualities like curiosity, calm, confidence and compassion. He called that inner essence the Self and was amazed to find it even in severely diagnosed and traumatized patients. From these explorations the Internal Family Systems (IFS) model was born in the early 1980s.

IFS is now evidence-based and has become a widely-used form of psychotherapy, particularly with trauma. It provides a non-pathologizing, optimistic, and empowering perspective and a practical and effective set of techniques for working with individuals, couples, families, and more recently, corporations and classrooms.

In 2013 Schwartz left the Chicago area and now lives in Brookline, MA where he is on the faculty of the Department of Psychiatry at Harvard Medical School.



Percy Ballard, MD is a psychiatrist who graduated from Harvard Medical School and completed general psychiatry residency training at Harvard Medical School/Cambridge Health Alliance. He completed Internal Family Systems (IFS) Level 1, 2 and 3 trainings during his residency. He has been practicing IFS psychotherapy and medication management for 9 years in the greater Boston area, including 4 years at an LGBT community healthcare center (Fenway Health). He is currently in private practice, where he organizes a group of IFS practitioners in Watertown, MA. He has presented at numerous workshops and conferences on the topics of IFS psychotherapy, implicit bias, race, culture and legacy burdens, including several workshops with the founding developer of the model Richard Schwartz, PhD. Apart from therapy, he is an avid meditator in the Indo-Tibetan Buddhist traditions, a competitive martial artist of several East

Asian systems, and a shameless dancer when the opportunity arises. www.percyballardmd.com



Kate Lingren is a Licensed Independent Clinical Social Worker in private practice with over 30 years of experience. She is a Certified IFS (Internal Family Systems) therapist and on the faculty of Intimacy From the Inside Out (using IFS in couples work) as an Assistant Trainer. She is also on the faculty of Boston College School of Social Work, where she teaches a class on IFS. Most recently she has been on a quest to discover, welcome and heal her parts that hold both explicit and implicit biases in an effort to more fully embody her true Self. Kate lives and practices in the Boston area and in Martha's Vineyard.



David Hoffman, Esq. is a mediator, arbitrator, Collaborative Law attorney, and founding member of Boston Law Collaborative, LLC. David teaches courses on Mediation and Collaborative Law at Harvard Law School, where he is the John H. Watson, Jr. Lecturer on Law. David also trains mediators in 5-day executive education programs for the Harvard Negotiation Institute, part of the Program on Negotiation at Harvard Law School. During the past year, David developed a course on Diversity and Dispute Resolution, which he taught at Harvard Law School in January 2017, and he will be teaching it again in January 2018.

To register, visit blc.law/calendar-of-programs

Boston Law Collaborative Institute (a 501(c)(3) organization) provides training, education, and coaching in all aspects of dispute resolution.