Boston Law Collaborative Institute
Training | Coaching | Publications

Workshop on Internal Family Systems and Implicit Bias

On April 5-7, 2019, 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. 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. Percy Ballard**,** Kate Lingren**,** David Hoffman

Date: Friday, April 5, 2019 (11:00 am – 5:30 pm)
Saturday, April 6, 2019 (9:30 am – 5:30 pm)
Sunday, April 7, 2019 (9:30 am – 1:30 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 Biased Parts
Role Plays
Group Debrief

Day Three
Working with Implicit Bias in Others
Helping Our Clients Access Self Energy and Working with Their Biased Parts
Role Plays
Group DeBrief

Meet the Faculty

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 currently practices at Psych Garden, a mental health clinic in Belmont. 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 in 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 a Lead 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. He also developed a new course on Diversity and Dispute Resolution, which he has taught at Harvard since 2017. 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.

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.