



Boston Law Collaborative Institute invites you to

“Introduction to the IFS Model:

A Workshop for Divorce and Family Professionals”

Faculty: Dr. Richard Schwartz, developer of the IFS Model &
David Hoffman, Mediator & Lecturer on Law at Harvard Law School

When: Friday, March 27, 2020
(9AM-5PM)

Where: Massachusetts Bar
Association - 20 West Street
Boston, MA 02111

Who should attend: Mediators,
lawyers, and other professionals
who deal with family conflict
and divorce – **No prior IFS
Training Required**

What: One-day training
involving the theory and
practice of the Internal Family
Systems model as a tool for
conflict resolution, with
simulations and written
materials

Cost: \$250

How to register:

Visit: <https://blc.law/blc-institute-programs/>

***Managing the Negotiation Within Using
The Internal Family Systems Model***

When embattled parties come to the mediation or negotiation table, they are often awash in emotions and impulses that make for difficult interactions and impasses. The Internal Family Systems (IFS) model provides a language and framework for helping each party identify and speak for the fearful, enraged, or wounded parts of themselves that are driving the conflict, and feel witnessed by the other. Once these behind-the-scenes feelings are revealed, the atmosphere in the room often shifts and the parties are more willing to de-escalate their conflict and discuss their issues from a calmer, more mindful place. In addition, IFS offers mediators, lawyers, and other professionals clear, practical ways to work with their own emotions. This program is led by IFS Founding Developer Dick Schwartz and BLC Founder David Hoffman. *No prior IFS training required.*

To learn more about the IFS model, please see:

www.SelfLeadership.org

Agenda (see next page for speaker bios)

- Welcome, Introductions and Overview of the Training
- Review and Demonstration of the IFS Model
- Applying the IFS Model to Mediation, Law Practice, and Other Professions
- Role Play Simulation
- Managing Highly Emotional Parties - Techniques
- Group Debrief, Final Q&A and Concluding Remarks



Boston Law Collaborative Institute

Training | Coaching | Publications

Faculty Bios



Richard Schwartz, Ph.D. earned his doctorate in Marriage and Family Therapy from Purdue University, after which he began a long association with the Institute for Juvenile Research at the University of Illinois at Chicago, and more recently at The Family Institute at Northwestern University, attaining the status of Associate Professor at both institutions. He is coauthor, with Michael Nichols, of *Family Therapy: Concepts and Methods*, the most widely used family therapy text in the United States.

Dr. Schwartz developed [Internal Family Systems](#) in response to clients' descriptions of experiencing various parts – many extreme – within themselves. He noticed that when these parts felt safe and had their concerns addressed, they were less disruptive and would accede to the wise leadership of what Dr. Schwartz came to call the "Self." In developing IFS, he recognized that, as in systemic family theory, parts take on characteristic roles that help define the inner world of the client. The coordinating Self, which embodies qualities of confidence, openness, and compassion, acts as a center around which the various parts constellate. Because IFS locates the source of healing within the client, the therapist is freed to focus on guiding the client's access to his or her true Self and supporting the client in harnessing its wisdom. This approach makes IFS a non-pathologizing, hopeful framework within which to practice psychotherapy. It provides an alternative understanding of psychic functioning and healing that allows for innovative techniques in relieving clients' symptoms and suffering.

In 2000, Richard Schwartz founded The Center for Self Leadership in Oak Park, Illinois. CSL offers three levels of [IFS training](#), national and international workshops for both professionals and the general public, an annual conference, publications, and video resources of Dr. Schwartz's work through its website at www.selfleadership.org. Dr. Schwartz is a featured speaker for many national psychotherapy organizations and a fellow of the American Association for Marriage and Family Therapy, and he serves on the editorial boards of four professional journals. He has published four books and over fifty articles about IFS. His books include *Internal Family Systems Therapy*, *Introduction to the Internal Family Systems Model*, and *The Mosaic Mind* (with Regina Goulding), as well as *Metaframeworks* (with Doug Breunlin and Betty Karrer). His most recent book is about using IFS with couples, titled *You Are The One You've Been Waiting For*, under the Trailheads imprint of The Center for Self Leadership. Dr. Schwartz lives and practices in Brookline, MA.



David Hoffman, Esq. is an attorney, mediator, arbitrator, and founding member of Boston Law Collaborative, LLC. He teaches Mediation, Diversity & Dispute Resolution, and Collaborative Law courses 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. David uses IFS techniques in his work as a mediator and lawyer and has published an article about IFS in the Harvard Negotiation Law Review, "Mediation, Multiple Minds, and Managing the Negotiation Within."

As mediator and arbitrator, David has handled over 1,000 cases involving business, family, employment, and other disputes. David is past chair of the ABA Section of Dispute Resolution, and currently co-chairs the Section's Collaborative Law Committee. David is a Distinguished Fellow in the International Academy of Mediators, and is listed in Boston Magazine's "Super Lawyers" Directory and the book "Best Lawyers in America" in five categories, including mediation, arbitration, and Collaborative Law. He was named Boston's "Lawyer of the Year" for Mediation for 2016 by the book "Best Lawyers in America" and U.S. News & World Report and selected for the 2015 D'Alemberte-Raven Award, the ABA Section of Dispute Resolution's highest honor recognizing outstanding service in the field.

David recently published *Mediation: A Practice Guide for Mediators, Lawyers, and Other Professionals* (Massachusetts Continuing Legal Education 2013) and has published two other books – *Bringing Peace into the Room: How the Personal Qualities of the Mediator Impact the Process of Conflict Resolution* (with co-editor Daniel Bowling) and *Massachusetts Alternative Dispute Resolution* (with co-author David Matz) – and numerous articles, which are posted on the Boston Law Collaborative, LLC web site.

Prior to founding Boston Law Collaborative, LLC in 2003, David was a partner at the Boston law firm Hill & Barlow, where he practiced for 17 years. David is a graduate of Princeton University (A.B. 1970, *summa cum laude*), Cornell University (M.A. 1974, American Studies), and Harvard Law School (J.D. 1984, *magna cum laude*), where he was an editor of the Harvard Law Review. David lives in a cohousing community in Acton, Massachusetts and has three adult children and a cat.

Boston Law Collaborative, LLC is a multi-disciplinary practice that includes mediators, lawyers, arbitrators, and mental health professionals. BLC provides services in mediation, arbitration, legal representation in court and in Collaborative Law cases, and parenting coordination services. To learn more, please visit www.blc.law. **The BLC Institute** is a non-profit devoted to providing education and training in all aspects of dispute resolution. To learn more, please visit www.blc.law/training/.