



**SELF-LED
FACILITATION:
SELF-ENERGY AS
ATTUNEMENT**

IFS Monthly Topic Group 2

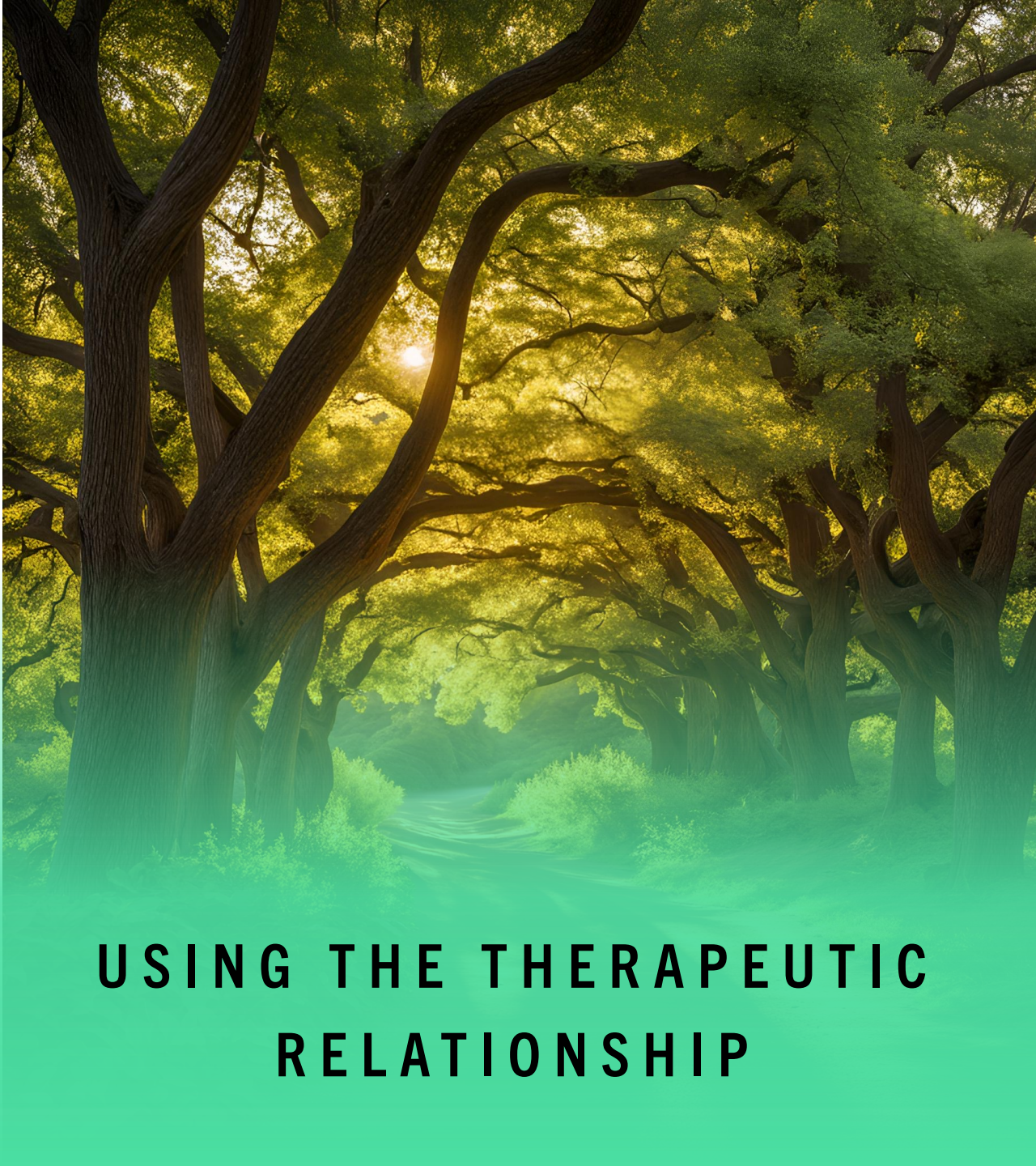
By Jenn Pagone, LCPC



The Therapeutic Relationship

IN IFS FOCUS IS ON THE RELATIONSHIP BETWEEN THE CLIENT'S PARTS AND SELF

- The therapist works through their Self to foster connection between client's Self and parts
 - Helps with less transference / countertransference issues
- In addition to client's Self-to-part relationship:
 - Therapist Self to client parts (direct access)
 - Client parts to other client parts (polarizations)
 - Therapist Self to therapist parts
 - Therapist parts with client's parts



USING THE THERAPEUTIC RELATIONSHIP

- Give permission for client to name therapist's parts
- Therapist willing to name own parts
- Use triggered parts as a barometer - "I find a part of me... do others in your life...?"
- Issues of attachment - Secure attachment emerges through connection with Self
- Address impact of differences
 - Race
 - Cultural
 - Gender
 - LGBTQ

THE 5P'S OF THE THERAPIST

Persistence

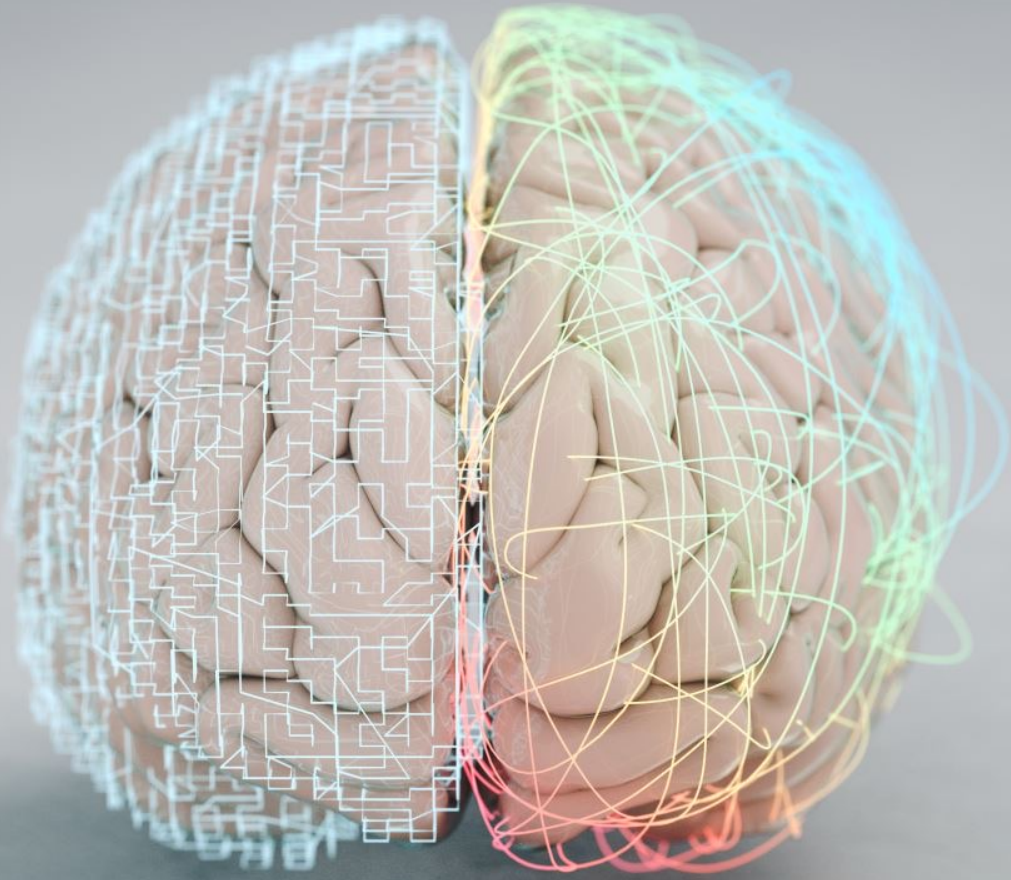
Presence

Patience

Perspective

Playfulness





SELF-LED FACILITATION

- Opportunity to create a corrective experience with parts in the present day.
- New experiences that contradict past evidence that parts hold rewires the brain.
- Bringing awareness to the immediacy of the moment supports unblending with strong protectors.
 - Parts that try to sabotage the therapy or blow up the therapeutic relationship with transference or projection.
- Self-Led boundaries may also need to be articulated, which can build trust.
- Rupture and repair strengthens the relationship and builds secure attachment.

“ATTUNEMENT IS THE PROCESS OF BEING
HARMONIOUSLY RESPONSIVE AND IN EMOTIONAL
CONNECTION WITH ANOTHER.

ATTUNEMENT IS A PROCESS EMBEDDED IN THE
LARGER PROCESS OF ATTACHMENT.

ATTACHMENT REFERS TO THE EMOTIONAL BOND
BETWEEN INDIVIDUALS.

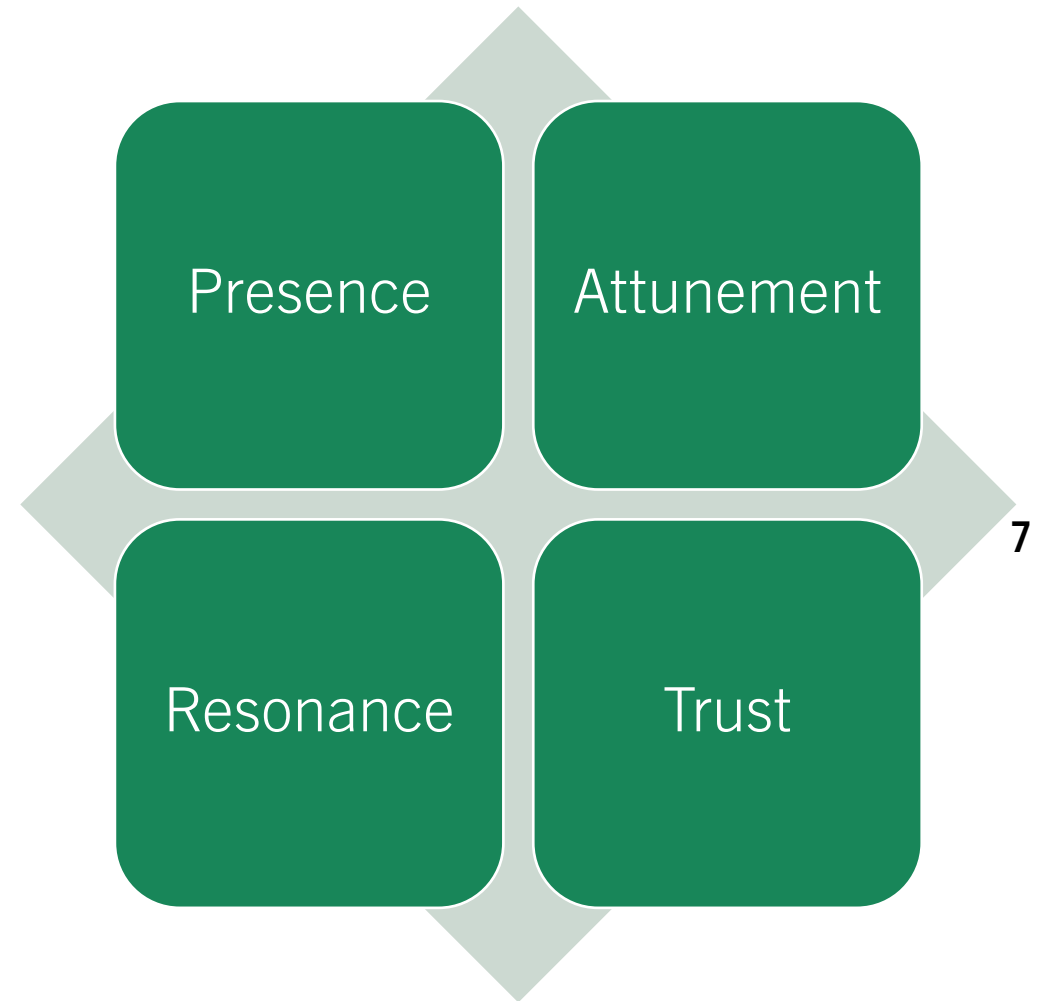
ATTACHMENT INFORMS THE BASIS OF TRUST AND
SECURITY FELT WITHIN AND BETWEEN
INDIVIDUALS.


ATTUNEMENT STRENGTHENS AND NURTURES
ATTACHMENT.”

- Max Littman

<https://maxlittman.com/attunement/>

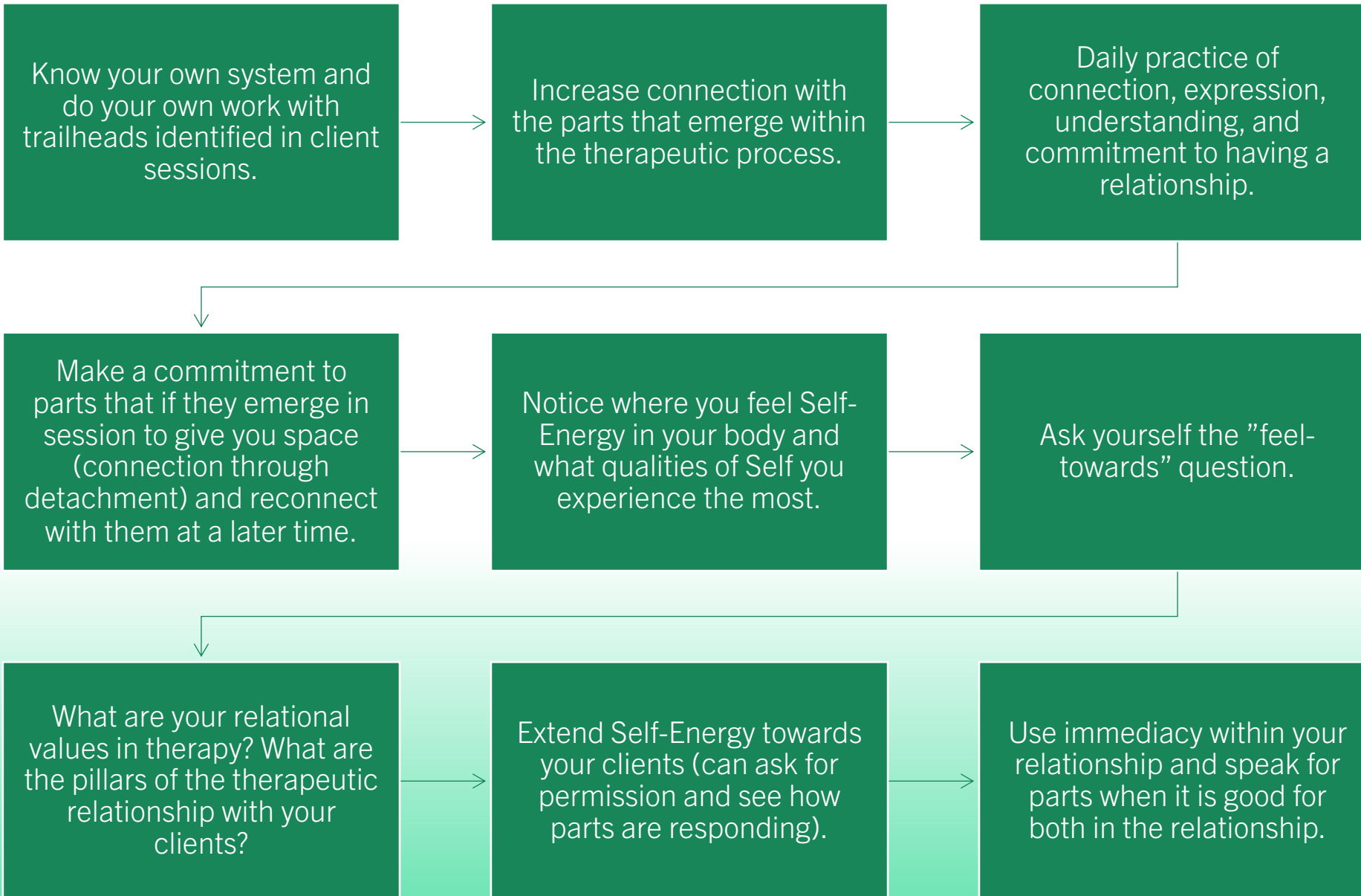
P.A.R.T.
- DAN SIEGEL






**SELF-ENERGY AS
AN ATTUNEMENT
TUNING FORK**

- The awareness of your parts and embodiment of Self-Energy is **co-regulation** to the client's physiological system.
- **Ventral Vagal State** of safety, connection, and social engagement.
- **Heart Rate Coherence** synchronizes our heart rate and brain waves. (HeartMath.com)
- **NeuroRelational Informed (NARM)**



A close-up photograph of a person's feet wearing red, high-heeled shoes with large bows. The shoes are positioned on a dark, textured surface, possibly a carpet. The lighting is dramatic, highlighting the texture of the shoes and the fabric of the background.

**“YOU’VE ALWAYS
HAD THE POWER,
YOU JUST HAD TO
LEARN IT FOR
YOURSELF”**

Glinda, the Good Witch of Oz