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Flow of the Model: Using Insight and Direct Access

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"Many therapists believe they are only doing IFS when the client is focused internally, but I believe anytime you relate to the client from Self, and you keep in mind their system of parts, with or without using parts language, you are doing IFS."

Intentions of Direct Access:

To assist the client in *unblending* in order to access more Self-Energy and build more trust within the relationship.

This is more of a Relational Process and less of a Technique.

Definitions

IN-SIGHT.

Therapist guides client to focus inward to develop a Self-to-part relationship.

IMPLICIT DIRECT ACCESS.

Therapist knows they are talking directly to a part.

EXPLICIT DIRECT ACCESS.

With permission, therapist specifically states that they are speaking directly to the part.

Insight vs Direct Access

INSIGHT

The <u>Self</u> of the **client** is in direct relationship with the client's parts.

DIRECT ACCESS

The <u>Self</u> of the **therapist** is in direct relationship with the client's parts.

Reasons to Use Direct Access

- When a protector will not soften back and unblend to allow client's Self-Presence to emerge.
- When a protector becomes more extreme in stopping the process of moving towards the exile if the therapist has not fully "gotten" the protector's concerns.
- When a part needs to fully express itself by blending in order to be more fully understood or if the part wants to connect with the therapist directly.
- When polarizations are intense and their energy flood the client.
- Parts do not trust that Self exists or that Self could help.
- Direct access can help regulate extreme affect.

The Client Creates the Condition for Insight or Direct Access

Direct Access is more of a relational conversational approach. You know that your client is blended with a part and you are still using the 6Fs to connect with that part.

Clients unblend more organically and it is a softer approach then asking for the parts to "step-back".

When other parts emerge gently draw attention to the immediacy of the moment to help the client attune to their internal state. This type of unblending assists the client in becoming their own "parts detector" and have more access to Self-Energy.

Implicit Direct Access

THE CLIENT **IS** THE PART, AND IS ABSORBED BY THEIR EXPERIENCE

The therapists asks themselves how they feel towards the blended part and remembers that all protector parts have a positive intention.

The Self-Energy of the therapist is extended to the part to build trust with the system and to elicit the Self-Energy of the client.

When the client begins to unblend with increased access to Self-Presence, there will be a shift in perspective that reflects the differentiation between Self and part.

When the client has a critical mass of Self-Energy the therapist can move to insight.

Implicit direct access demonstrates the multiplicity of the experience and helps the client start mapping out their inner system by integrating parts language.

Explicit Direct Access

WHEN THE SELF OF THE THERAPIST MAKES AN INVITATION TO ACCESS THE BLENDED PART DIRECTLY.

The goal is to build a connected relationship with the client's Self and part(s), but sometimes parts become overwhelming which make it difficult for the client to have enough Self-Presence to have a nice conversational distance. The therapist asks to speak with the part in order to address the part's fears and concerns and to build trust.

With a **protector**: listen to the protector's fears, increase understanding of the positive intention, find out what the part needs in order to give space to the client to build a relationship.

With an **exile**: ask the exile if it can look at you and let it know who you are. Get to know the exile and find out more about what it is experiencing. Invite it to separate in order for the client to be with it, and ask what it needs in order to build trust.

Be a Hope Merchant:
I get it.
We can do this.
You're the boss.
You'll be freed up.

Can I talk to this part directly?

Contracting

Addressing Initial Fears & Concerns from the System

Target Part	New Target Part

6Fs

Find

Focus

Unblending = *Feel Toward*?

Unblending = *Asking part to separate*

Befriending

Find Out

Addressing Fears and Concerns of Protector

Checking for Critical Mass of Self-Energy

Fostering the Self-to-part Relationship
Extending Self-Energy to part
Checking on part's reaction

Working with Protectors

Working with a Polarization

Updating

Hope Merchant /"Sales Pitch"

Permission to go to Exile

Asking Exile not to overwhelm

Legacy Burden

IFS 6F's

BUILDING AWARENESS TO FOSTER THE SELF-TO PART CONNECTION

1 **FIND** parts in or around the body. What do you notice? Thoughts, body sensations, emotions, urges, images.

2 **FOCUS** on the most prominent part. How is this part communicating?

3 Ask how the client **FEEL TOWARDS** the part. This is a relational assessment question. Who is talking?

4 Guide the client to **BEFRIEND** the part, inviting it to share their story.

5 **FIND OUT** to understand more about this part. Ask the part what it wants you to know.

6 Find the protector part's **FEAR** and positive intention for the system.

Short Demo

Implicit and Explicit Direct Access