



Experience of Self – Beyond the SC's

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Increase Self Connection with Attuned Awareness

- What is the IFS Concept of Self?
- How do you know when you are blended with parts?
- How do you experience Self?
- What qualities of yourSelf are stronger than others?
- What are Self-like parts?
- What does a daily practice of connecting with Self and parts look like?

Meditation

THE FELT SENSE OF SELF

Concepts of Self

- A state of being, not doing
- Always present (even idle in the background)
- Innate within humans (and animals)
- Does not need to be healed
- Sense of aliveness
- Connected to everything
- Sense of completeness and wholeness



Characteristics of Self – The Centered Way of Living

8C'S

- Curiosity
- Calmness
- Compassion
- Connectedness
- Clarity
- Confidence
- Courage
- Creativity

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- Choice
- Consent
- Community
- Consciousness
- Collaboration
- Commitment
- Contentment
- Centeredness

5P'S

- Patience
- Presence
- Perspective
- Persistence
- Playfulness

IFS + EMDR: Self as the Healing Agent with Every Internal Imaginable Resource



- The Self in IFS is the healing agent, as it is a relational growth-promoting entity and akin to the Adaptive Information Network in EMDR.
- Self as Energy is a condition to assist the Adaptive Information Network to process, as it flows throughout the internal system.
- Self-Presence has been found to be a main ingredient in functional dual awareness.
- In Phase 2 we resource Self instead of installing an external resource.
- Resourcing Self in connection with positive equine engagement helps to heal relational burdens.

A photograph of the aurora borealis (Northern Lights) in a dark sky, with vibrant green and blue light streaks. The image is partially obscured by a teal circular graphic on the right side of the slide.

Cultivating Self Awareness through Parts

- Self is not the absence of parts, it is the awareness of them
- Parts experience Self
- All parts have a spark or more of Self
- Fostering the Self-to-part connection is inherently a reciprocal process (the “feel towards” question followed with “how does the part respond?”)
- Awareness of Self is to observe parts and not be absorbed in the experience of them

The Flow Between Self and Parts



- Self-like parts can be helpful when facilitating
- However, parts have their own viewpoints which can cause mis-attunement to clients
- Be aware and curious to create internal spaciousness and balance
- Notice hyper- and hypo-arousal
- Know your system





Intersubjectivity Thru Self

- Intersubjectivity is the awareness of the co-creation of experience with another
- Context of the moment
- Felt sense of another's emotional state and intentions
- Attunement to the other's responses
- Resonance builds “contingent communication” and reciprocity
- Builds relational consciousness
- Ventral vagal system and neuro-relational basis

A “Critical Mass” of Self

- Connecting with Self-Energy is not all or nothing
- Unlikely to be “in Self” all of the time
- Parts are helpful and important – not all parts are pushed into extreme roles
- Ask yourself - How much Self-Energy is present?
- Watch for parts that may become Self-seekers with clients



The Self as a Guide

- Connected engagement is always the intention
- Connecting with Self-Energy creates peace, contentment, understanding of parts and others, and facilitates connection
- Spiritual connection with source and with a collective
- Connection through detachment
- Differentiation with belonging



Daily Practice of Connecting with Self and parts

