

Embracing Your Internal Family

(Especially During the Holidays)

A 5-Actions Program™ Webinar

12/18/21

John Fitzgerald, PhD, LPC, CAS
Developer of the 5-Actions Program™
Digital Therapeutics Group, LLC



Agenda:

- Explore the mind (ego) as a collection of internal parts or subpersonalities
- Discuss why our internal family of parts is best managed by our Self (which is not a part)
- Understand why there are no bad parts, and that addiction is a part attempting to do something positive
- Discuss ways to work with your internal parts so they get along better, particularly during the holidays 😊

What is the New Mexico 5-Actions Program™?

- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- Launched **November 2020**
- **Free to all citizens** in New Mexico, funded by Department of Human Services, Behavioral Health Services Division
- **24/7 phone support** available from the New Mexico Crisis and Access Line and Peer-to-Peer Warmline
- **Sign-up today if you have not already!**

www.NM5actions.com

The screenshot shows the homepage of the New Mexico 5-Actions Program. At the top, the logo "New Mexico 5-Actions Program™" is displayed in orange and black. To the right, it says "In partnership with New Mexico Crisis and Access Line" and "24/7: 1-855-662-7474". Navigation links include "How It Works", "FAQ", "Media", "Trainings", "Contact", "LOG IN", and "SIGN UP". The main header features a sunset landscape with the text "Self-Guided Roadmap to Understanding and Addressing Addiction in Your Life". Below this is a video player showing a person using a smartphone. To the right of the video, text states: "The New Mexico 5-Actions Program™ is free, paid for by New Mexico Human Services Department, Behavioral Health Services Division." and a "HOW IT WORKS" button. The bottom section, titled "Powerful Tools To Support You On Your Journey", features a central smartphone displaying the program's interface. Surrounding the phone are six blue boxes with icons and labels: "24/7 phone support", "Substance & behavioral", "Over 6 hours of video", "COVID-specific resources", "Tools to help loved ones", and "Evidence-based tools".

5-Actions Program™ Live Webinars

- **Monthly webinars** to address timely topics that are linked to the 5-Actions Program
- **One-hour format** in which we do our best to optimize your time
- **Guest experts** from the community with lived experience and working as professionals
- **Community discussion** where you can ask questions and connect with speakers

Sign-up today to access all content for free

www.NM5actions.com

2021 Topics

- Trainings on using the 5-Actions Program
- Trauma and Addiction
- Grief and Addiction
- Process of Creating
- Assessing Addiction
- Celebrating Recovery
- Domestic and Intimate Partner Violence
- Indigenous Healing Practices for Addiction
- Embracing Your Internal Family (of Parts)

Topic Ideas?

Info@nm5actions.com

Embracing Your Internal Family of Parts



How do we explain...

Individual

- Being loving one moment and rageful minutes later
- Dieting one day and binging the next
- Acting one way at work and another at home
- A divorce rate of around 40-50%
- Why some develop addictions and others don't

Collective

- 100,000 overdose deaths and rising
- Significant divides in our country (political, economic, racial)
- Differing views on climate change
- Responses to the pandemic and vaccines

Unitary (Mono) Mind vs. Parts Mind



The mono-mind paradigm can easily lead us to fear or hate ourselves because we believe we have only one mind (full of primitive or sinful aspects) that we can't control. We get tied up in knots as we desperately try to, and we generate brutal inner critics who attack us for our failings.

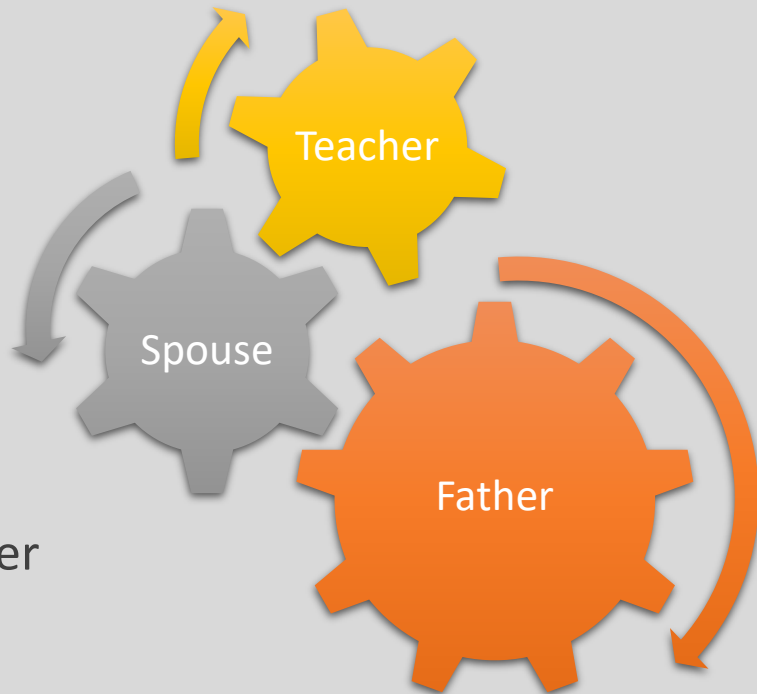
Richard Schwartz, No Bad Parts



Roles and Parts

Roles

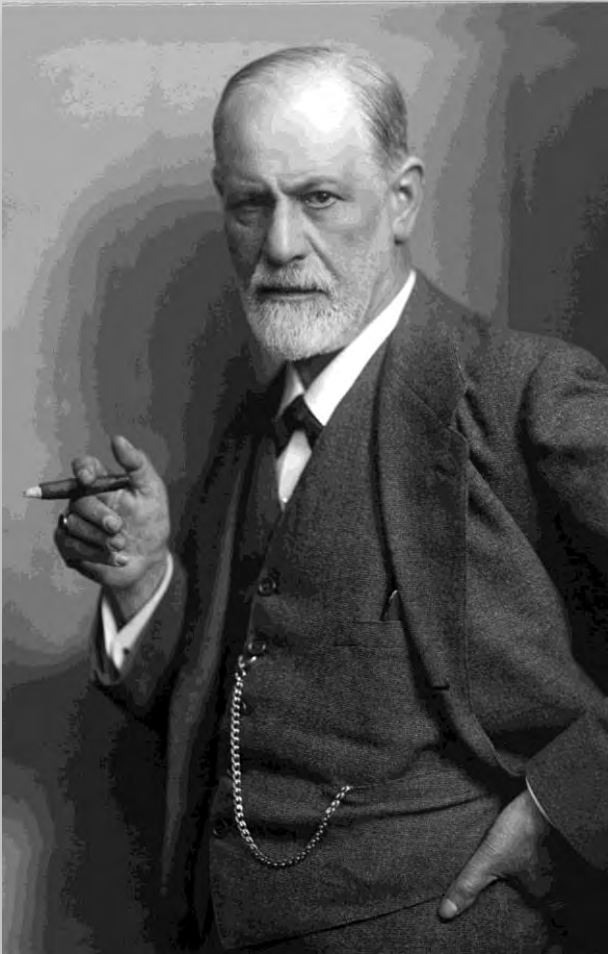
Son
Brother
Counselor
Volunteer
Writer
Artist
Retreat Leader
Dog Owner
Photographer
Spiritual Seeker



Parts

- Parts and roles **can be similar**, as they each may be experienced in any number of ways – thoughts, feelings, sensations, images
- Parts/roles exist **within a system** – where interactions can have competing needs, wants, and desires
- **Parts are internal, while roles tend to be more external** – we can be in a role and have different parts that show up
- Parts (and roles) can **become extreme in behavior**, can carry burdens of other parts, and become protectors of other vulnerable parts

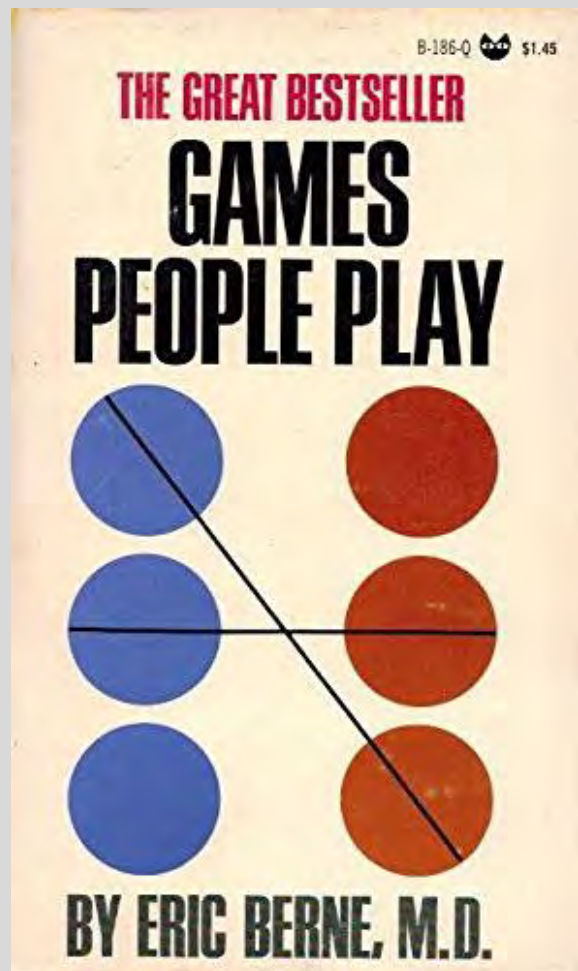
Origin of Parts: 1923



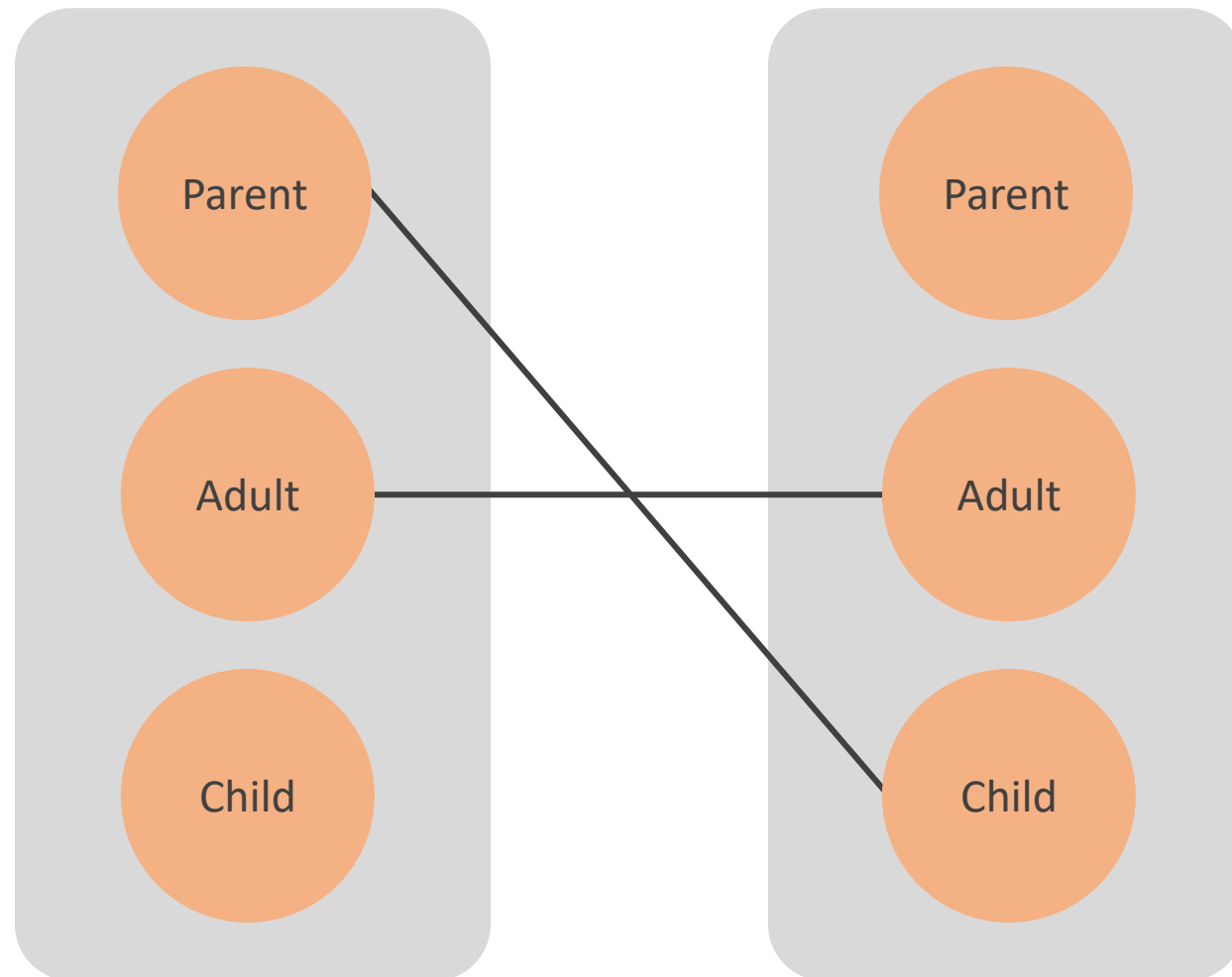
Sigmund Freud's personality theory saw the psyche structured into **three parts**, the id, ego and superego, all developing at different stages in our lives.



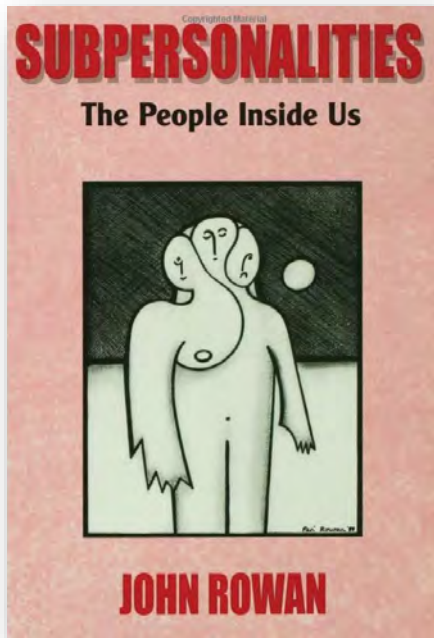
Games People Play



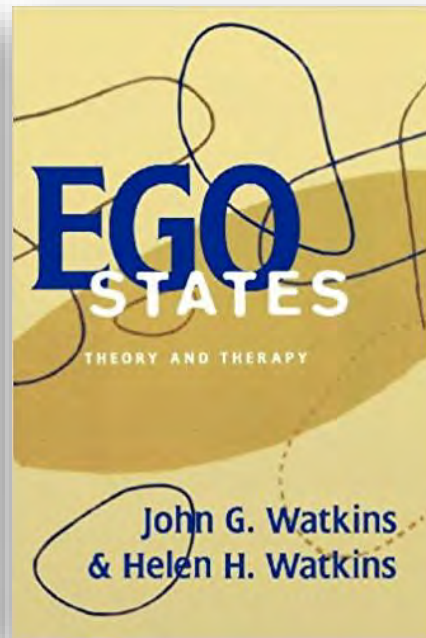
1964



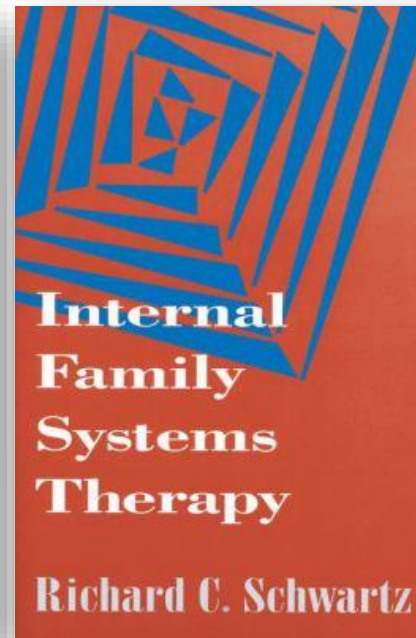
Timeline of Clinical Parts Books



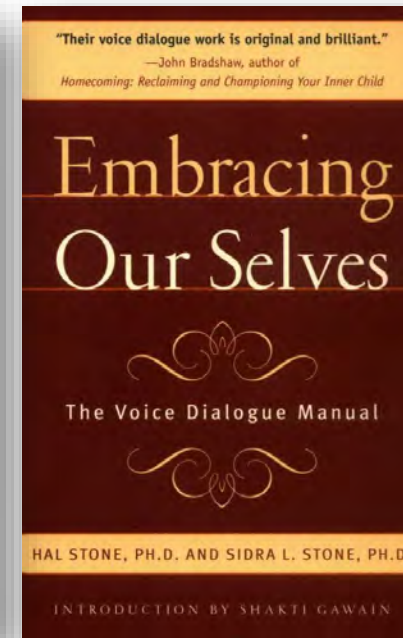
1990



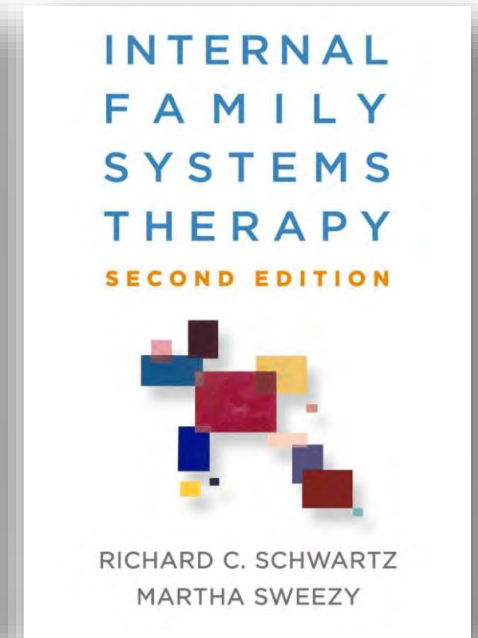
1997



1997



1998



2020

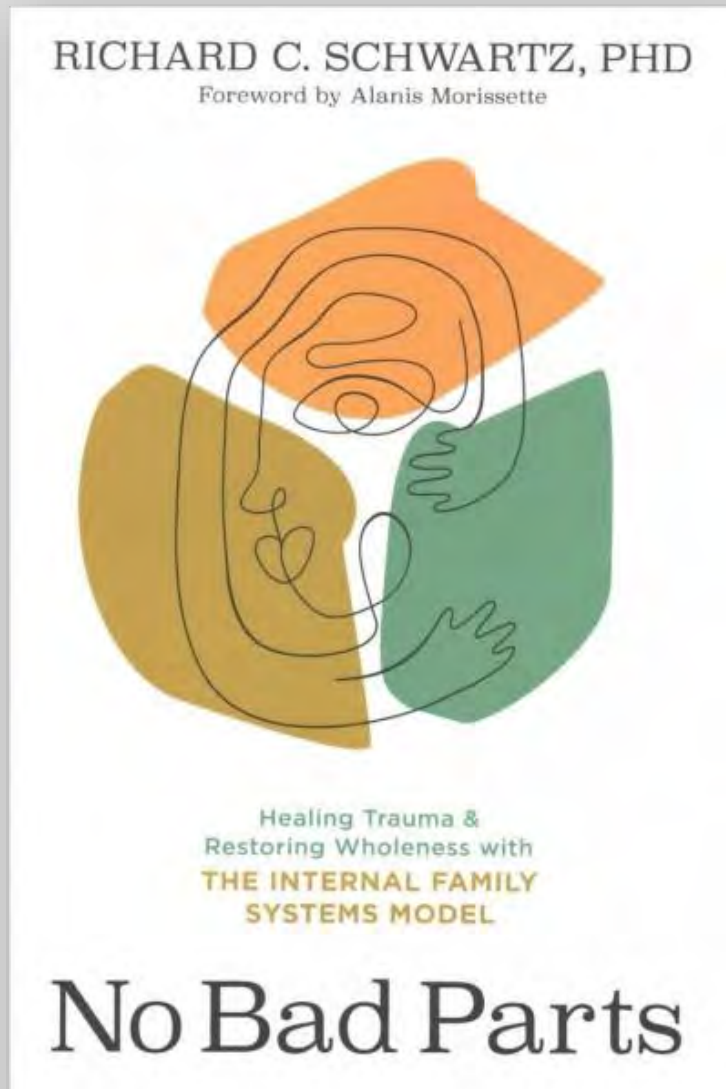
Parts in Television and Movies



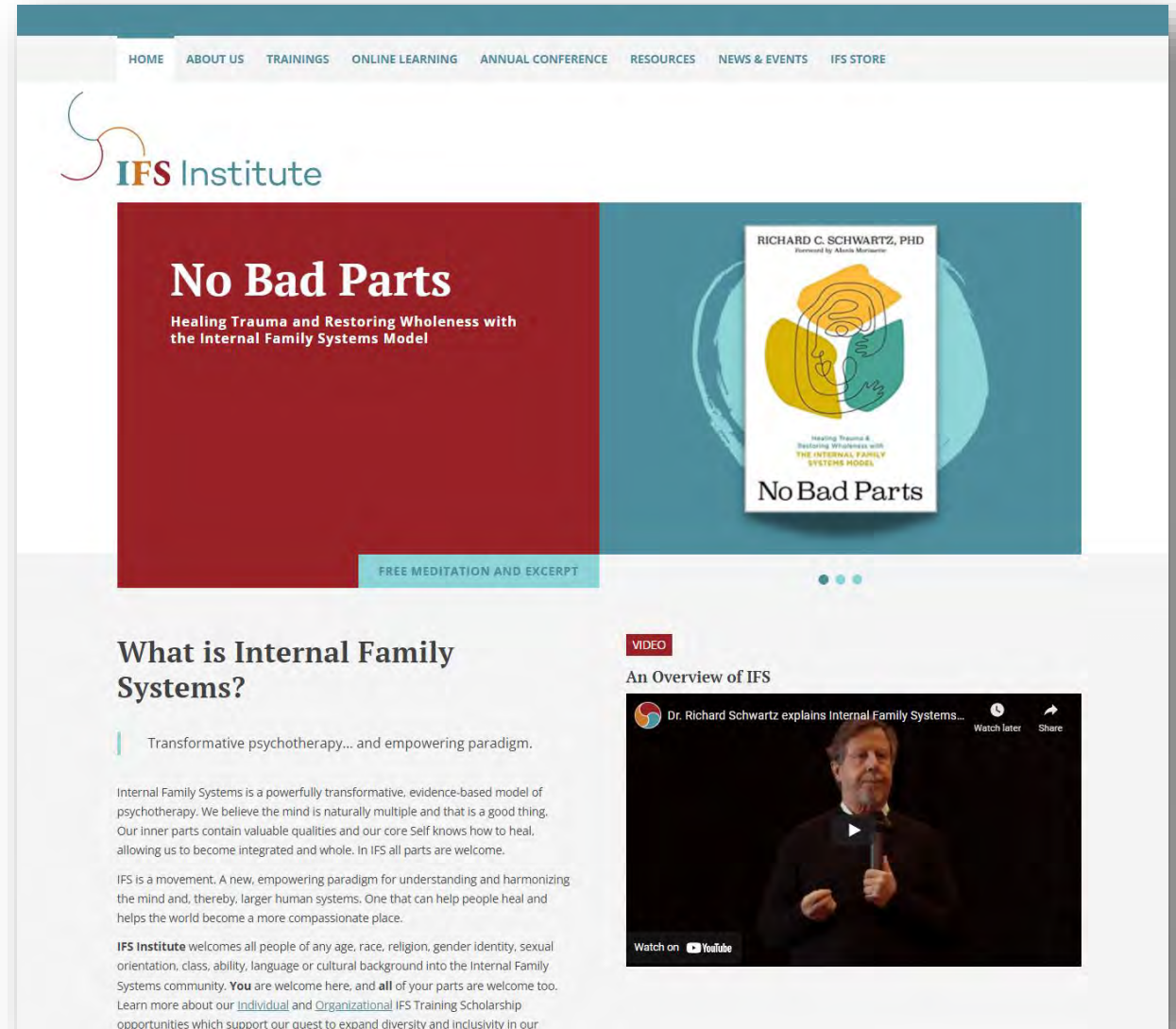
1991-1994



2015



2021



<https://ifs-institute.com/>

Key Tenets of Internal Family Systems (IFS)

- We all have parts, and there are no bad parts, they all want something positive for us
- We all have a true/core Self that is not a part, but the essence of who we are
- Trauma and other life challenges lead to parts fragmenting and acting in extreme ways
- Goal is for Self to lead parts like a conductor leads an orchestra



How do parts develop?

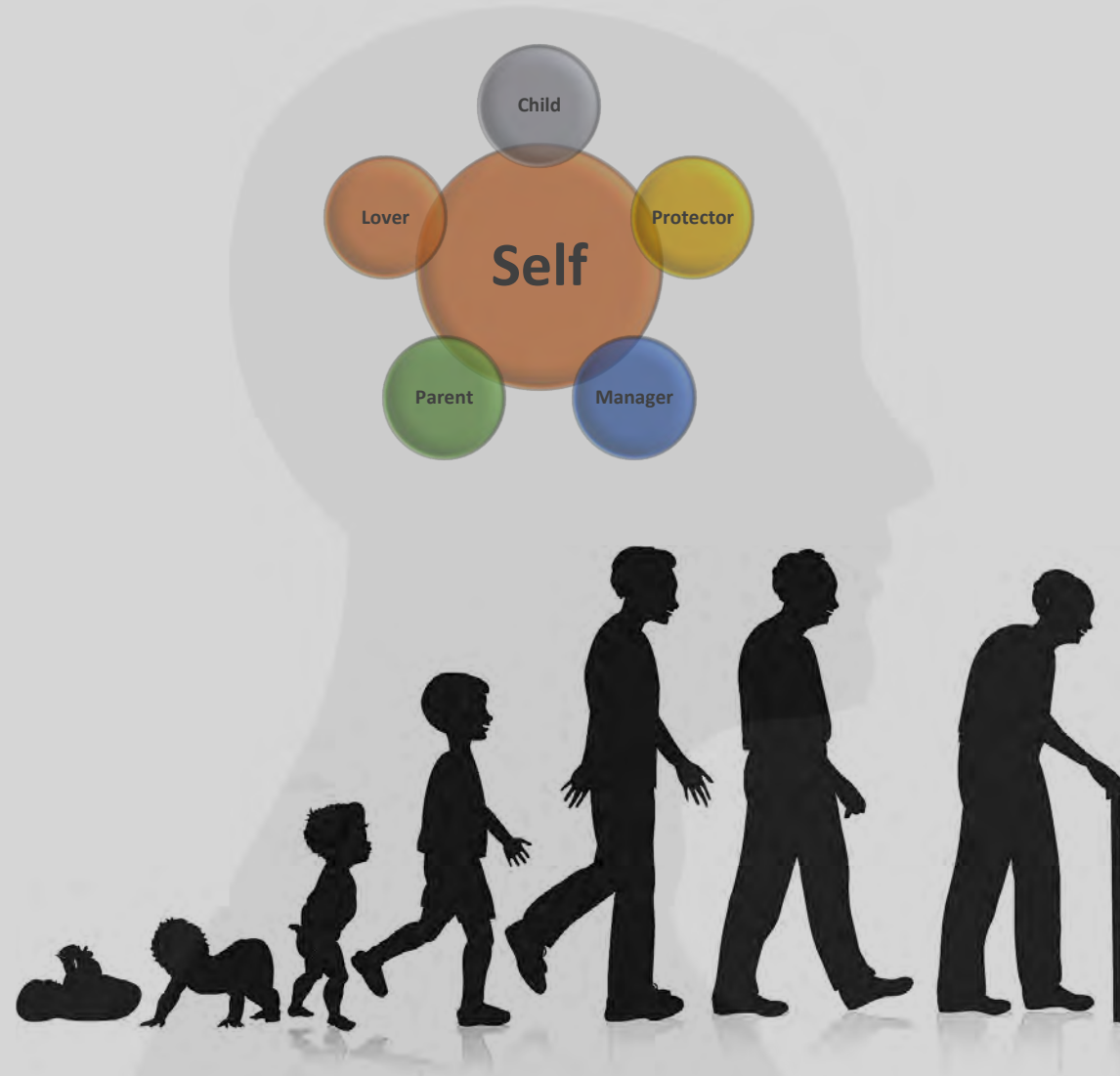
Western self-psychologists tell us that we're not born with a psychological sense of self, it develops somewhere between **12 and 24 months of age** when representational thinking develops. What it means is the **self is constructed**. The more I have a strong sense of self, the more it serves as a central organizing principle for my daily experience. It provides continuity over time and space so over the course of my life, time elapses, I feel like the same person.

Dan Brown, PhD

From video "The Sun is Always Shining"



How do parts develop?



- In response to experience and the environment
- In response to trauma and other life challenges
- In response to life roles – marriage, parenting, career
- In response to physical, mental and/or emotional health issues
- In response to aging

Parts vs. Self (IFS language)

Exiles

- Young parts wounded by trauma, isolated from other parts so they don't overwhelm the system with fear, sadness, intense emotion
- Want to join life, tell their story, be nurtured

Managers

- Run the day-to-day life of the person
- Often overcontrolling, protective, and in the "doing" of life to keep exiles at bay
- Proactively work to keep the parts-system safe

Firefighters

- Parts that jump in reactively when exiles are activated by emotion
- Put out the flames of feelings through addictions, depression, cutting, binging
- Similar goals as managers, but more crisis-driven (reactive vs. proactive)

Self

Curiosity, Calm, Confidence,
Compassion, Creativity,
Clarity, Courage,
Connectedness

Timeless & Infinite
Awareness Itself
Essence is Love

Parts vs. Self (IFS language)

Exiles

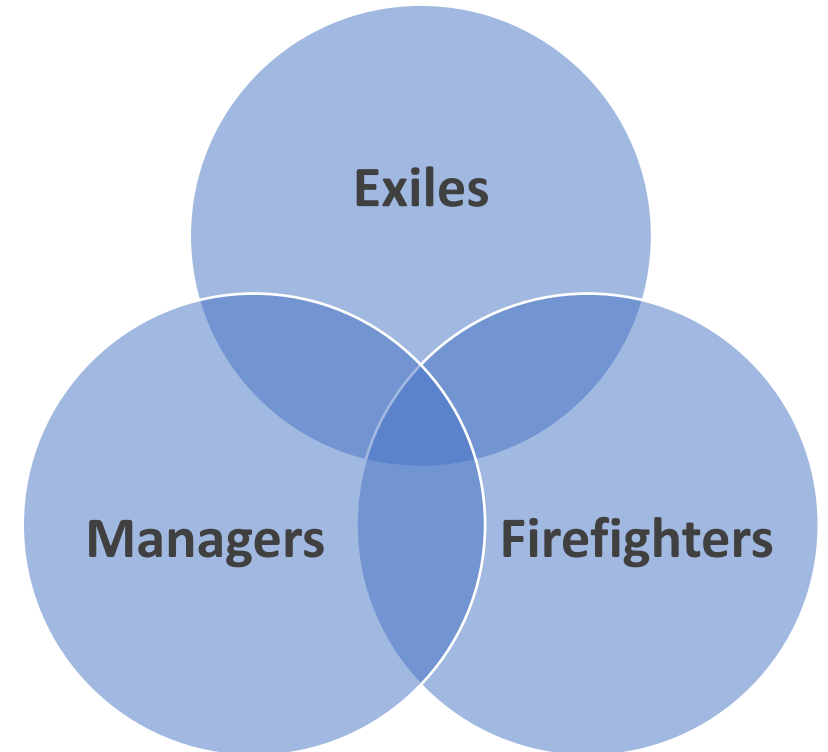
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Self-Leadership

“The Self is who we are independent of the development of and occlusion by the parts. The parts of the psyche that came into experience through adaptation to our environment are added to who we are essentially.”

Verrier, 2021



Case Study: Addiction



- 52-year-old male with an Alcohol Use Disorder
- History of residential and outpatient treatment, use of self-help groups, and individual therapy
- Reports: “**I am an alcoholic**, and I really don’t think there is anything you can do to change that...”

Case Study: Addiction



Alcoholic

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Case Study: Addiction



- 52-year-old male with an Alcohol Use Disorder
- History of residential and outpatient treatment, use of self-help groups, and individual therapy
- Reports: **"I am an alcoholic, and I really don't think there is anything you can do to change that..."**

Case Study: Family During the Holidays

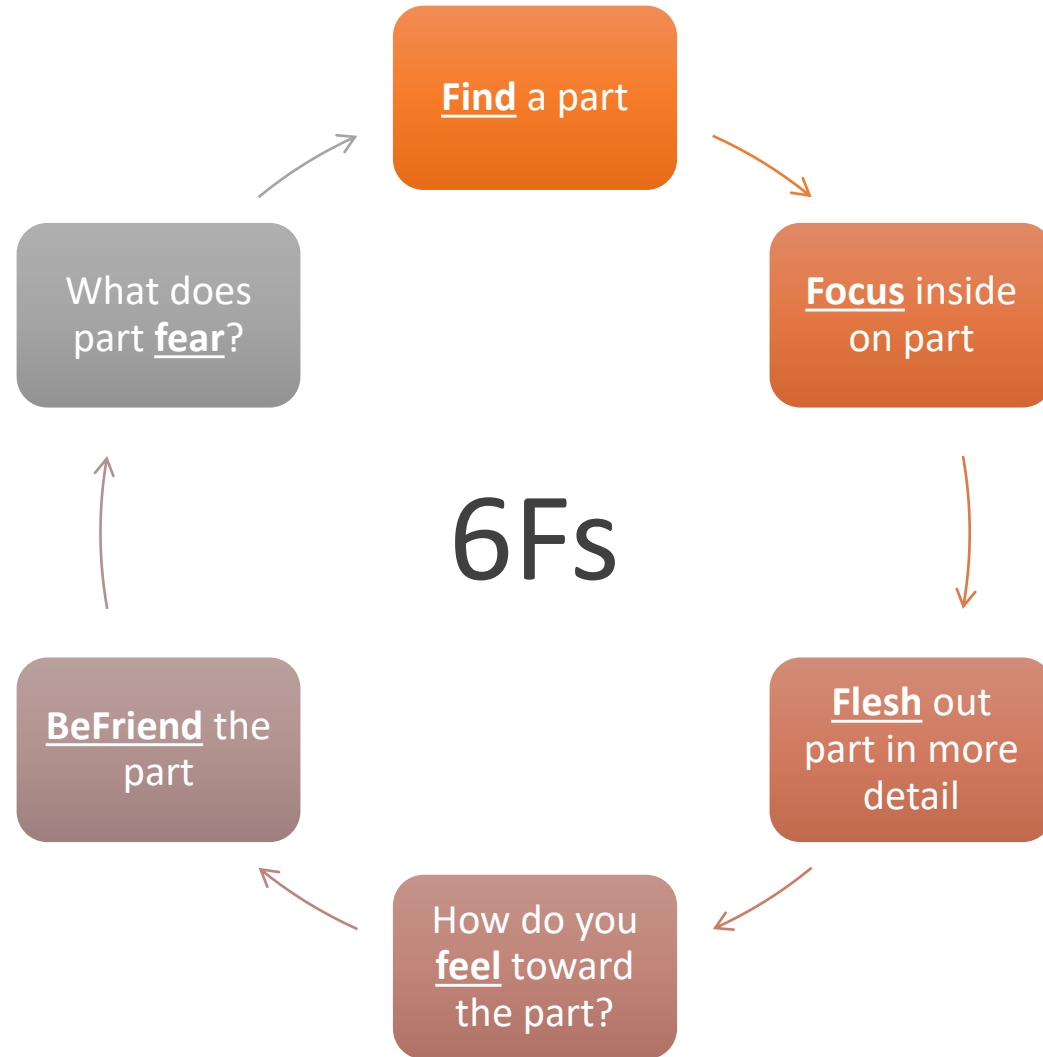


- Daughter has father spend holiday with her family. Growing up, he worked all the time, was not emotionally present, and parented from a place of power and control...
- His controlling behavior patterns emerge, her vulnerable child shows up and a protective manager works hard to keep the internal and external peace...
- She has worked with IFS, takes a few deep breaths, settles in Self... feels calm in her body, accepts father as he is, and enjoys the time...

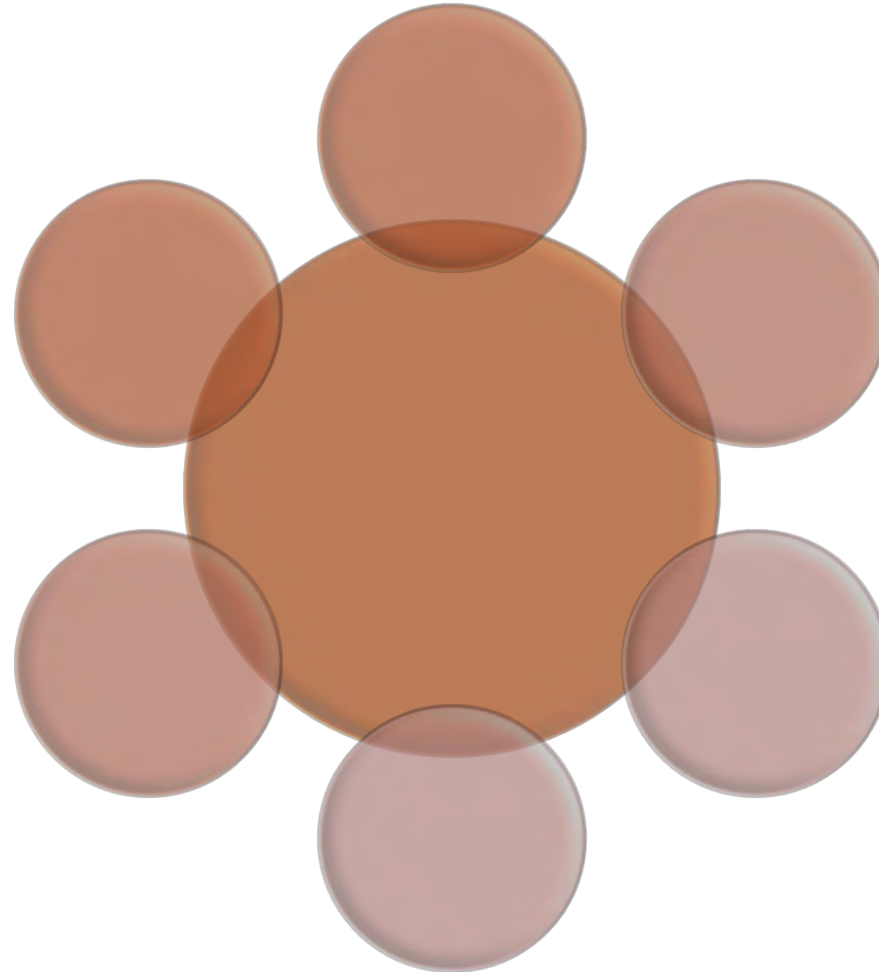
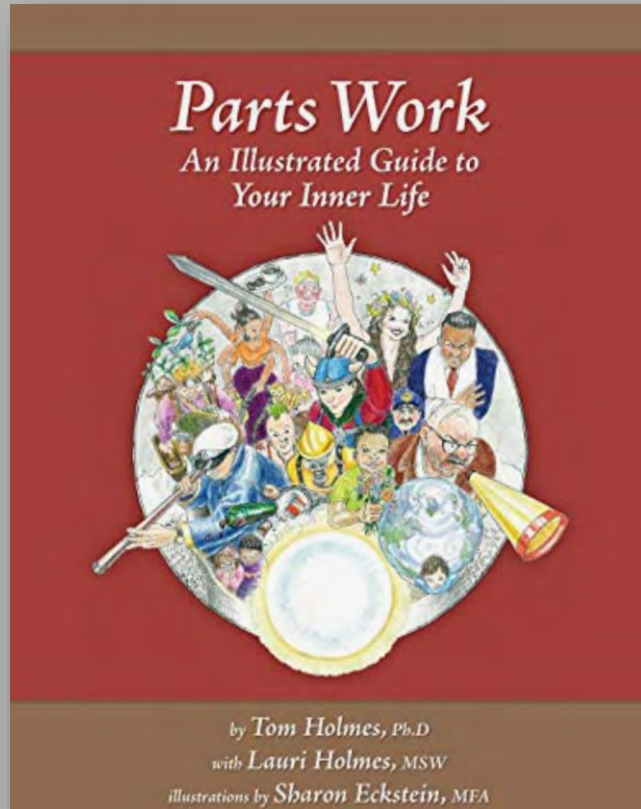
Steps to Help Parts Differentiate from Self

Caution

The process can lead to **exiled parts** that are fragile and vulnerable. When working with exiles it is best to do so with a trained therapist.



Map Out Your Parts



What do the Parts need to heal?

IFS can be seen as **attachment theory taken inside**, in the sense that the client's Self becomes the good attachment figure to their insecure or avoidant parts.

Richard Schwartz, No Bad Parts

- Protective parts need be unburdened
- Vulnerable (child, exile) parts need nurturance and care
- Parts need Self to lead:
 - **Protection (safety)**
 - **Attunement**
 - **Soothing and reassurance**
 - **Expressed delight**
 - **Encouragement**

What do the Parts need to heal?

Exiles

- Tell their story
- Feel feelings
- Grieve, play, explore

Managers

- Understand fear, what they are protecting
- Become unburdened, given new job
- Allow Self to lead

Firefighters

- Help understanding their behavior
- Self to be present and lead system
- New tools to self-regulate nervous system when it becomes activated

Therapies

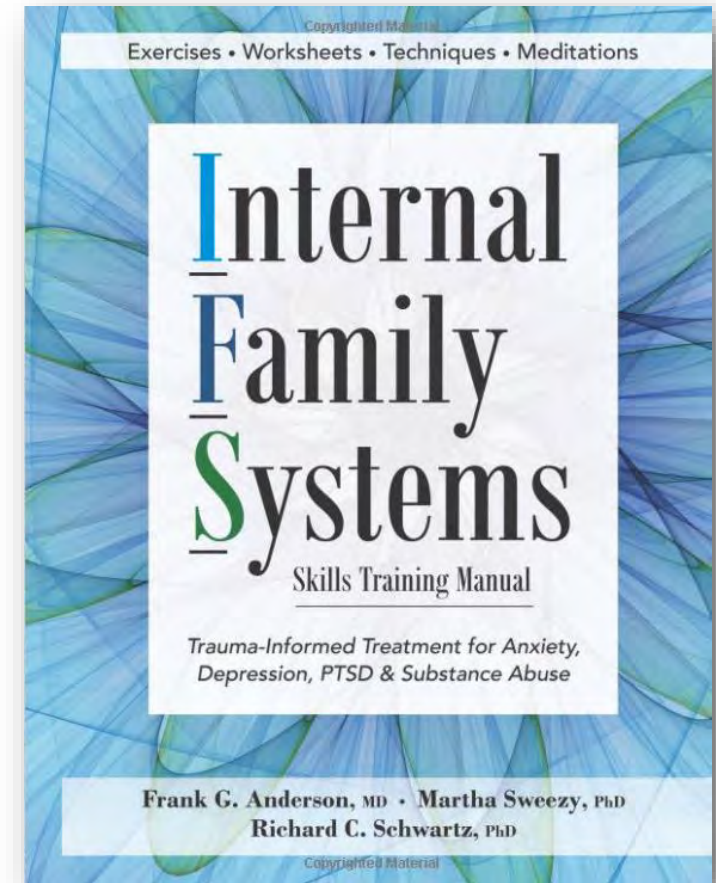
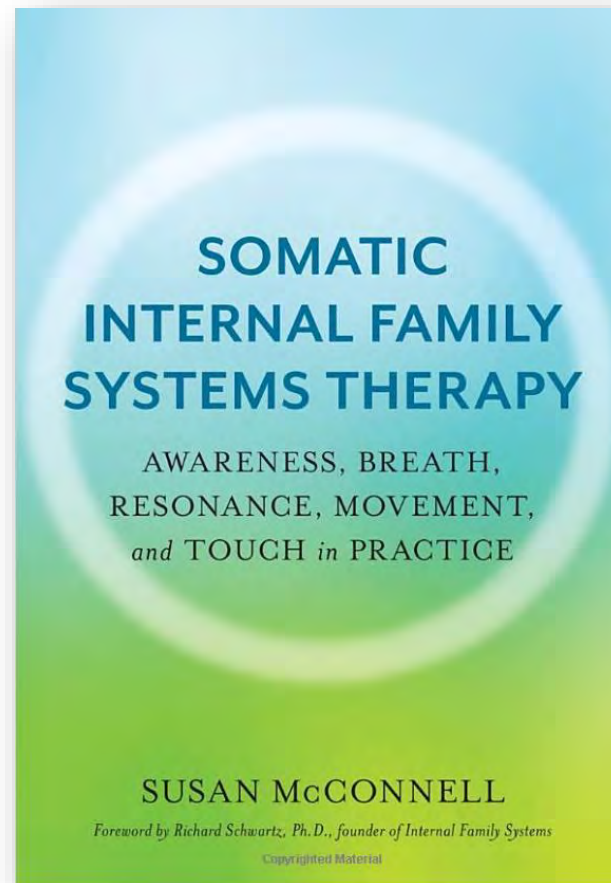
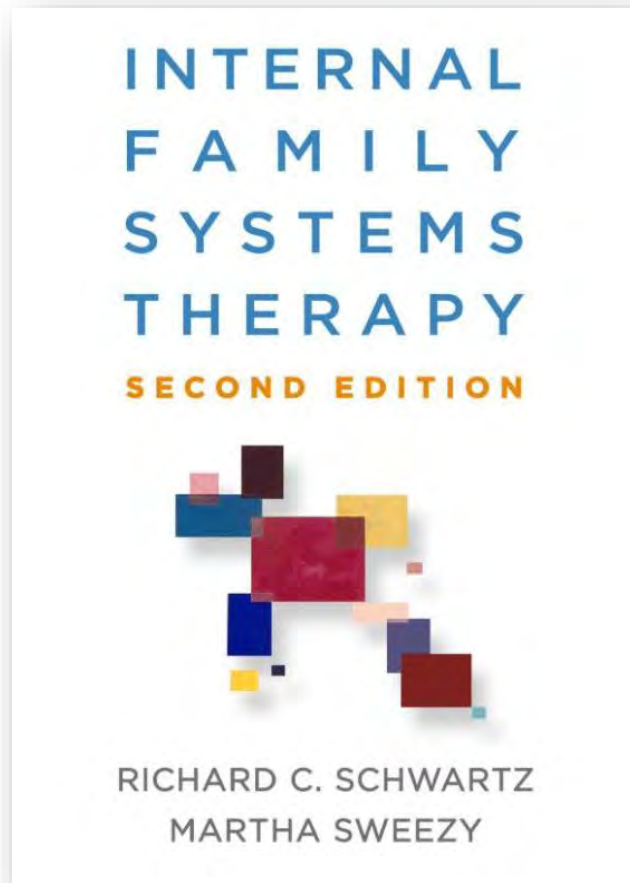
- **Internal Family Systems Therapy**
(See: <https://ifs-institute.com/>)
- **Focusing** (see www.Focusing.org)
- **Three Pillars of Comprehensive Attachment Repair** (see book: Attachment Disturbances in Adults, Brown & Elliott, 2016)
- **Trauma** (see book: The Body Keeps the Score, Van der Kolk, 2015)

Working with a Parts (IFS) Therapist



- Identify 2-3 therapists who have experience working with parts
- Interview each, and ideally do a session with each one to determine best fit
- Therapist will use sessions to help you better understand and connect to your parts
- Therapist will guide process of unburdening protective parts, letting exiles tell their story, and facilitating Self leadership of parts

If you are a professional...



Parts Videos in the 5-Actions Program™

Life of Parts

module 4: video 6

Rate this video: **SUBMIT**

- [Download this video's worksheet](#)
- [Read Transcript](#)
- **You are Not Your Addiction** – an overview of parts work related to addiction by Dr. John Fitzgerald
- Overview of the **Internal Family Systems Therapy** that offers one of the best models for understanding parts of self – be sure to watch the video by Dr. Richard Schwartz as well
- Once you understand the IFST model, check out this article – **Manager and Firefighter Polarizations: An Internal Family Systems View of an Addiction Cycle**
- Great book: **Parts Work: An Illustrated Guide to Your Inner Life**

Parts Work

module 8: video 10



Rate this video: **SUBMIT**

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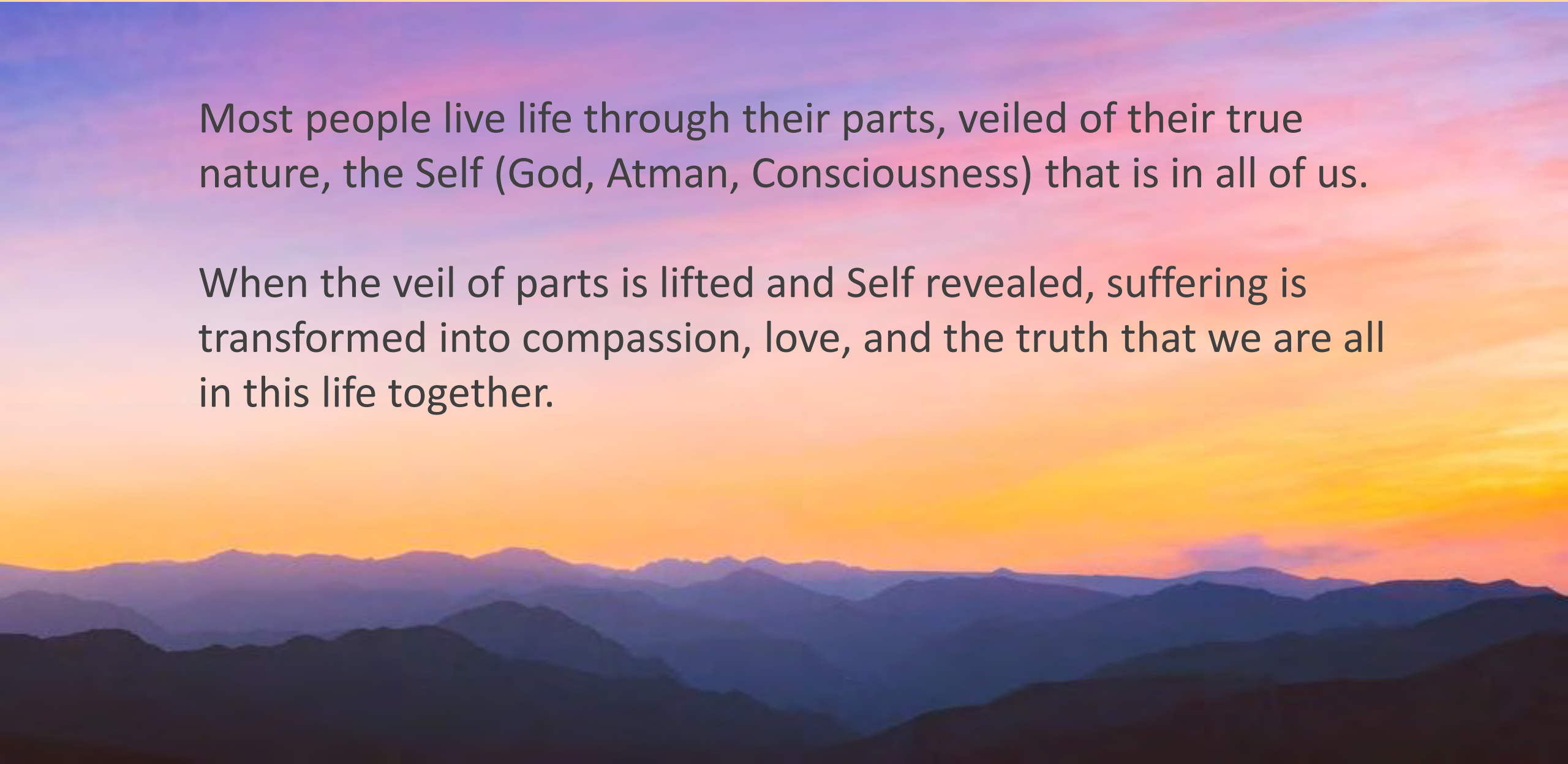
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- Significant divides in our country (political, economic, racial)
- Differing views on climate change
- Responses to the pandemic and vaccines

Challenges with family and friends during the holidays

How do we explain...

Most people live life through their parts, veiled of their true nature, the Self (God, Atman, Consciousness) that is in all of us.

When the veil of parts is lifted and Self revealed, suffering is transformed into compassion, love, and the truth that we are all in this life together.





Questions and Discussion
info@nm5actions.com