**Timed Agenda**

1. Introductions and Inquiry **(30 minutes)**: I will ask participants to talk for a few minutes in small groups and discuss what issues they ‘negotiate’ internally in their daily lives (e.g., whether to hit the snooze button on the alarm clock, remodel their home, or resist a piece of chocolate cake). Each group will then report on what they learned.

2. Theory **(30 minutes)**: I will then (a) discuss the various parts within us, using the IFS model, and the internal negotiations described by each small group in the previous segment; and (b) describe the role of the ‘Self’ as the mediator within each of us.

3. Application **(30 minutes)**: I will then ask participants to pair up, so that each person, in turn, can (a) describe to the other a important personal (but not too personal) issue that s/he is struggling with, (b) describe the internal voices that are advocating a position about that issue, and (c) ask each of those parts to ‘step back’ for a moment to allow the ‘self’ to mediate the internal discussion in a way that allows each part to get its needs met. Before sending participants off to do this exercise, I will demonstrate the technique, using a volunteer, in a fish-bowl demonstration.

[***Break]***

4. Discussion **(30 minutes)**: We will reconvene as a group and ask a few of the participants to describe the internal negotiation that they worked on in pairs. We will then discuss the applicability of this approach to (a) better managing the conflicting views inside us with regard to the professional choices that we make in our cases, and (b) teaching our clients how to manage their conflicting feelings when they are caught up in the conflicts in their case.

5. Demonstration **(30 minutes)**: Using a volunteer from among the participants, I will then model a dialogue in which the participant plays the part of the client and I play the part of lawyer or coach. The client will be asked to present the full range of intense emotions that arise in divorce cases. The demonstration will show how, by identifying the different parts within that are pulling and tugging in different directions, a client can move from a state of anxiety, intense emotion, and/or ambivalence to a state of greater calm and clarity. I will then ask participants to describe what they saw in the demonstration, and how it might be useful in their work.

6. Discussion and Closing Comments **(30 minutes)**: Building on the participants’ observations about the demonstration, the workshop will conclude with a discussion of how the techniques used in the demonstration can be used – both by coaches, financial professionals, and Collaborative counsel – in real time with five people in the room. Attendees will then each be given a minute or two to reflect on what they have learned in the workshop or lingering questions that they might have – and then write one sentence expressing their take-away question or observation. Each person will then have 30 seconds to share their question or observation, with the presenter closing the session with a few suggestions about resources (publications, websites, and trainings) that are available for people who want to pursue these ideas further.

In 2010, I presented an earlier (and less sophisticated) version of this workshop. Since that time, I have published an article (copy attached) on this subject that expands on what I presented in 2010 (which received very favorable evaluations from the attendees).