Enriching Collaborative Practice with the Internal Family Systems Model

Resources

One-hour video lecture about the use of the IFS model on conflict resolution: <https://www.dropbox.com/s/x9naolz0x7tfo9f/The-Self-Led-Mediator-Using-IFS-in-Dispute-Resolution-4415.mp4?dl=0>

Best book on IFS for the general public: “Introduction to Internal Family Systems,” by Dr. Richard Schwartz: [https://www.amazon.com/Introduction-Internal-Systems-Richard-Schwartz/dp/1683643615/ref=sr\_1\_1?hvadid=241920341983&hvdev=c&hvlocphy=9001857&hvnetw=g&hvqmt=e&hvrand=12658273810256926970&hvtargid=kwd-7392712833&hydadcr=22597\_10348412&keywords=introduction+to+internal+family+systems&qid=1679446099&sr=8-1](https://www.amazon.com/Introduction-Internal-Systems-Richard-Schwartz/dp/1683643615/ref%3Dsr_1_1?hvadid=241920341983&hvdev=c&hvlocphy=9001857&hvnetw=g&hvqmt=e&hvrand=12658273810256926970&hvtargid=kwd-7392712833&hydadcr=22597_10348412&keywords=introduction+to+internal+family+systems&qid=1679446099&sr=8-1)

Articles about the use of IFS in the practice of law and mediation:

<https://blc.law/our-team/davids-articles-and-publications/transformation-as-a-lawyer-article-about-ifs-model/>

and

<https://blc.law/wp-content/uploads/2016/12/Mediation-Multiple-Minds-and-Managing-the-Negotiation-Within-Final-2011-07-05.pdf>

Text on IFS for mental health professionals:

[https://www.amazon.com/Internal-Family-Systems-Therapy-Second/dp/1462541461/ref=d\_bmx\_dp\_lm5p09zn\_sccl\_3\_5/145-9766357-3075459?pd\_rd\_w=bueCg&content-id=amzn1.sym.0d1fa5f0-4888-492a-b542-cc9c7a30008b&pf\_rd\_p=0d1fa5f0-4888-492a-b542-cc9c7a30008b&pf\_rd\_r=JJHQQDR1JNS571CS2Q2J&pd\_rd\_wg=qS5e9&pd\_rd\_r=73c34c63-62e4-4927-9f63-0a06450901e1&pd\_rd\_i=1462541461&psc=1](https://www.amazon.com/Internal-Family-Systems-Therapy-Second/dp/1462541461/ref%3Dd_bmx_dp_lm5p09zn_sccl_3_5/145-9766357-3075459?pd_rd_w=bueCg&content-id=amzn1.sym.0d1fa5f0-4888-492a-b542-cc9c7a30008b&pf_rd_p=0d1fa5f0-4888-492a-b542-cc9c7a30008b&pf_rd_r=JJHQQDR1JNS571CS2Q2J&pd_rd_wg=qS5e9&pd_rd_r=73c34c63-62e4-4927-9f63-0a06450901e1&pd_rd_i=1462541461&psc=1)