

COACHING WITH SPIRIT 2

Using Internal Family Systems to Co-Create Transformation

Awaiting approval for ICF CCEs

Overview

This course is a comprehensive introduction to Internal Family Systems, a powerful model for healing and awakening. Coaching with Spirit 2 (CWS 2) is both an extension of CWS 1 and a standalone program for coaches, spiritual directors, counselors, therapists, and others with training in the healing professions.

CWS 2 will transform you and your clients. It will help you heal old wounds and awaken to your full potential as both a human and a spiritual being. And that will empower you to facilitate your clients' healing and awakening.

Internal Family Systems (IFS) is simple in concept but complex in practice. The big ideas are easy to grasp, and it takes study and practice to apply those ideas effectively with clients. Nonetheless, just knowing the ideas begins to change you and how you work.

The three big ideas are:

- *Multiplicity*: We humans have many parts, or subpersonalities. This multiplicity is universal, normal, and beneficial. To transform yourself and to help others transform, you must recognize and work compassionately with those parts—like the critic, the pleaser, and the avoider—who are stuck in old survival patterns, patterns that were once adaptive but no longer work.
- *Self*: Every human has Self, an enlightened core. Called by different names, Self is recognized by every major spiritual tradition. And it is more easily accessed than people realize. By asking our parts to step back, we can access this calm, confident, and compassionate center, this source of all we yearn for.
- *Systems thinking*: The internal realm is a system, comprising Self and parts that interact in patterned ways. Parts Work recognizes, explains, and works with those internal relationships. A single change can ripple through the whole system.

Prerequisites

CWS 2 is for people who meet at least one of the following requirements:

- Have completed CWS 1.
- Hold a current International Coaching Federation ACC, PCC, or MCC credential.
- Have completed 60 hours of another ICF-Approved Coach Training Program.
- Is a psychotherapist, licensed counselor, or spiritual director.

2022-23 Program Dates

Weekend	Saturday & Sunday	Eastern Time Zone (US)
1	Sep 10 & 11, 2022	8:45am to 4:30pm
2	Oct 15 & 16, 2022	8:45am to 4:30pm
3	Nov 12 & 13, 2022	8:45am to 4:30pm
4	Dec 10 & 11, 2022	8:45am to 4:30pm
5	Jan 21 & 22, 2023	8:45am to 4:30pm
6	Feb 18 & 19, 2023	8:45am to 4:30pm

At this time, due to Covid-19, the entire program will be held in a virtual classroom. To be placed on a list to be alerted when the application process begins, please [click here](#).

Instructors

Guthrie Sayen, PhD, PCC, Lead Trainer

Guthrie created and leads Coaching with Spirit 1 & 2. He created and leads Parts Work, a yearlong training in Internal Family Systems for coaches. He co-created and co-led Coaching for Self-Leadership, which was offered through the IFS Institute and had more than one thousand participants. He has created and led trainings for other institutions, including chapters of the International Coaching Federation, the True Purpose Institute, and the ManKind Project. Guthrie mentors coaches at all levels of their careers from beginners to masters. In his private practice, he works with wounded healers, helping them do for themselves what they are called to do for others. He also helps seekers come into the presence of the Divine, so that they can live their soul's purpose. His mission is to end suffering on this planet. www.BridgetotheDivine.com.

Barti Bourgault, MA, PCC, CMT-P, Associate Trainer, Mentor Coach, and Program Administrator

Barti has been supporting the Coaching with Spirit Program since 2018. In addition, she offers individual coaching, mindfulness trainings, and mentoring through her private practice. Barti was a member of the ICF New England Board of Directors from 2018-2020. She also works closely with The Engaged Mindfulness Institute providing ongoing

classes in social meditation. Her work (facilitating insight, healing, and awakening) combines mindfulness practices and Parts Work, a coaching model inspired by Internal Family Systems. Her clients and students span the globe, and her intention is to play her part in shifting the consciousness of the planet. Her passion is supporting seekers in creating meaningful change in their lives—transforming from being bound by perceived limitations to fully participating in an authentic life. www.movebeyondtheedge.com.

Coaching Program Objectives

The Coaching with Spirit 2 provides:

- A coaching model that honors and leverages the client’s inner wisdom.
- A collaborative, non-pathologizing method of working with clients’ protective parts, like the inner critic, the achiever, the pleaser, and the distractor.
- Training in the following transformation coaching skills:
 - Creating a safe coaching environment for doing deep work,
 - Accessing and coaching from a core of calm, clarity, and confidence,
 - Getting a contract for every coaching session,
 - Building an honest and trusting relationship with the client’s protective parts,
 - Holding the client’s vulnerable parts as sacred,
 - Helping vulnerable parts unburden painful feelings and limiting beliefs,
 - Helping protectors find new strategies for helping the client,
 - Applying systems thinking to the inner world,
 - Accessing spiritual guides and using their wisdom,
 - Integrating learning through deepening awareness, designing actions, and setting up accountability.

Who Should Attend?

- Those who have completed Coaching with Spirit 1 and want to go deeper.
- Coaches, psychotherapists, licensed counselors, and spiritual directors interested in learning Internal Family Systems (IFS), the personal development model originated by Richard Schwartz.

Curriculum

The Coaching with Spirit 2 curriculum incorporates the ICF Core Competencies and goes deeper than CWS 1. The course begins with a review of the CWS model and will then focus on IFS, a strategy for accessing and coaching from Self, our divine core, which is naturally awake, aware, whole, calm, confident, compassionate, creative, and wise. This core is accessed most easily by inviting parts of the mind, like the critic, the approval seeker, and various distractors, to step back. When they do, our true nature, here called Self, begins to emerge like the sun from behind clouds. Facilitating this in clients allows them to move into a place of grounded

centeredness from which they can respond creatively to their circumstances rather than react unconsciously from old habits.

Module 1: The Basics

The Basics introduces the three major concepts: multiplicity (parts), Self (our true nature), and system (how it all works together). This series will also ground you in the two principal methods of working with parts and Self.

Here is what you will learn:

- The four dimensions of IFS: a map of the human psyche, a method of working with the psyche, a transforming way of life, and a program for healing the world.
- The six assumptions: the reality of human multiplicity, the goodness of all parts, the centrality of Self, the goal of all coaching, the systemic nature of the internal realm, and the most vulnerable parts as the ones with power.
- The flow of the model: a multistep approach that helps you manage complexity by focusing on one step at a time.
- The three messages for protectors: how to negotiate with protective parts to gain safe access to vulnerable parts who need your love and hold the keys to healing.
- The two methods of working with parts: direct access and in-sight.

Module 2: More Basics

More Basics deepens your knowledge, your skill, and your confidence in taking your clients inside to work with their parts. It explores the burdens that parts take on and that govern their behavior. When the burdens are released, you and your clients will gain more access to Self, the creative life force within everyone.

Here is what you will learn:

- The three-group system: how to distinguish among and work with the three kinds of parts that need healing—managers, firefighters, and exiles.
- The four functions of healthy human systems: development, balance, harmony, and Self leadership.
- How to deal with polarizations, that is, with protectors who have opposite strategies for keeping us safe and, thus, create conflicts within us.
- How to address the seven most common fears of protectors.
- The two kinds of burdens: personal pain based on direct experience and inherited pain from family, ethnic group, or culture.

Module 3: The Coach

The Coach focuses on parts of the coach that block access to Self, best practices, how to deal with Self-like parts, and the key difference between compassion and empathy.

Here is what you will learn:

- How to deal with parts that think they are Self: these are manager parts and are among the trickiest to work with.
- Why some unburdenings need to be repeated. (You have not failed!)
- The power of going inside, as opposed to staying on the outside and talking about parts or the situation.
- The importance of continuity from one coaching session to the next, that is, linking sessions to create a chain of healing.
- The crucial difference between empathy, which can be fatiguing, and compassion, which is not fulfilling.
- The parts of you when you are coaching that are most likely to block your access to Self.

Module 4: The Body

The Body emphasizes the role of the body in the coach's awareness and in the client's healing and awakening. Self needs access to the body for its fullest expression. A master coach needs to attune to their own system and attune and resonate with their client's system.

Here is what you will learn:

- The three commandants for care of your body: enough sleep, good food, and mindful movement.
- This is a body-centered approach to health, healing, and awakening.
- Embodiment is critical to presence and masterly coaching.
- Somatic awareness increases your knowledge of your client: your body is a consultant.
- Conscious breathing supports presence and connection.
- Relational resonance is the interaction between your system and your client's system. When you learn to tune into that resonance, you increase your presence and your impact exponentially.

Module 5: Spirit

Spirit explores the spiritual dimension of Parts Work. It considers the many wisdom channels of Self, how to access and work with spiritual guides, and how to manage past lives when they appear.

Here is what you will learn:

- The multiplicity of Self: the many ways of accessing Self and the many different aspects of Self.
- How to work with spiritual guides.
- How to work with a client's family members, who have passed from this realm, for healing all concerned.
- How to work with past (or parallel) lives.
- How complexity theory and holons explain things that we know intuitively.

Modules 6: Integration

Integration is a time to metabolize and consolidate your learning. We will review the key concepts, answer questions, consult on cases, and practice with feedback from the instructors. We will also make suggestions on how you can carry your learning forward as part of your personal journey and your professional practice.

Coach Training Hours

Coaching with Spirit 2 comprises 72 hours of training. ICF approval of CCE hours is pending.

Coaching Philosophy

The overarching principles of the Coaching with Spirit 2 are:

- Coaches help clients uncover their wise, creative, and loving nature,
- Coaches help clients learn how to move beyond the obstacles to their developmental growth,
- Coaching focuses on the client and not the circumstance, and
- Presence, awareness, intention, and manifestation are fundamental to growth and fulfillment in all phases of life from relationships to career.

Tuition

Tuition for the Coaching with Spirit 2	\$3300
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To be added to a list to be contacted when applications begin to be accepted: [Click here.](#)

Cancellations prior to August 1, 2022 receive a full refund, less a \$50 cancellation fee. Cancellation between August 1-31, 2022, receive a 50% non-refundable credit, valid for 1 year. No refunds will be given after September 1, 2022.