

COUN7587 : Internal Family Systems (IFS) Continued Skill Development

This course builds on the IFS skills introduced in [COUN7583](#) including working with exiles and the unburdening process. An emphasis is also placed on the counselors growing ability to maintain Self Energy. Extensive practice opportunities will be included. **Fee:** Additional fee required.

Credits 1

Fees

\$50

Prerequisite Courses

[COUN7583: Advanced Interventions in Trauma Counseling: Internal Family Systems](#)