



Internal Family Systems Therapy with Children

Lisa Spiegel

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Internal Family Systems Therapy with Children details the application of IFS in child psychotherapy. The weaving together of theory, step-by-step instruction, and case material gives child therapists a clear roadmap for understanding and utilizing the healing power of this modality. In addition, *any* IFS therapist will deepen their understanding of the theory and practice of Internal Family Systems by reading how it is practiced with children. This book also covers the use of IFS in parent guidance, an important aspect of any therapeutic work with families or adult individuals with children. The poignant and humorous vignettes of children's therapy along with their IFS artwork make it an enjoyable and informative read.

- Applies the increasingly-popular Internal Family Systems model to children
- Integrates theory, step-by-step instruction, and case material to demonstrate to therapists how to use IFS with children
- Contains a chapter on using IFS in parent guidance
- Includes a foreword by Richard Schwartz, the developer of the Internal Family Systems model

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