



Internal Family Systems
International Symposium

Lisbon, Portugal

June 6–7, 2020

IFS as a Pathway for Social Change

Internal Family Systems (IFS) is not just a psychotherapeutic method but also a life-changing paradigm in our world. Come share your thoughts and experience to open new ways to use IFS to encourage global change and help spread Self energy throughout the world.

Our speakers include Dr. Richard Schwartz, the innovator of the IFS Model, who will speak about how IFS is used across different disciplines in order to jointly and creatively discover innovative answers to the current challenges facing humankind.

No matter where you are on your IFS journey, you are welcome to learn, explore, and contribute to how IFS can heal collective trauma and bring about social change.

All of this will take place in the heart of Lisbon, Portugal, one of Europe's most vibrant capital cities, which has an unbeatable historical, artistic, and cultural heritage.

Saturday, June 6

9:00–10:30 a.m.

IFS as a Pathway for Social Change with Richard C. Schwartz,
PhD, founder of the Internal Family Systems Model

10:45 a.m.–12:45 p.m.

IFS and Trauma, Addiction and Neuroscience with IFS Lead
Trainers Cece Sykes, LCSW, and Frank Anderson, MD

2:00–4:00 p.m.

Inner Peace Coach Initiative in China with Hailan X. X. Guo,
MD, PhD, founder of Hailan Family Well-Being
Values-based Education with Dr. Neil Hawkes, founder of VbE

4:15–6:00 p.m.

IFS and Social Change: A Community Conversation
with panelists and participants
*Join us for small-group discussion with colleagues
who have similar interests!*

Sunday, June 7

9:00–10:30 a.m.

Obstacles to Developing an Embodied Self with
Bessel van der Kolk, MD, Professor of Psychiatry,
Boston University School of Medicine

10:45 a.m.–12:45 p.m.

IFS and Social Change: A Community Conversation (Part 2)
*Join us as we bring all group discussions together by sharing
group conclusions among all participants!*

2:00–3:30 p.m.

IFS International Symposium closing discussion
with Richard Schwartz, PhD

To learn more about the Symposium
and registration, please visit:

**[https://www.ifs-institute.com/
symposium-2020](https://www.ifs-institute.com/symposium-2020)**

Fundação Centro Cultural de Belém

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**For more information about the
Symposium venue:**

<https://www.ccb.pt/Default/en/Article?a=610>

For more information about traveling to Lisbon:

<http://www.visitbelem.pt/Default/en/Homepage>