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Professional Development

Internal Family Systems in the Sand

SAND THERAPY



WITH CARMEN

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IFS and Sandtray Guided Meditation

Take a moment to settle yourself and connect with your sand.

Become aware of your breathing. Deep breath in and out
Align breathing with your connection to the sand.

Stay right here for a moment.

Continue to breath and connect to your sand as I speak to your internal system.

"I want connect with all of you, to do that I need to know who you are. Some of you may be scared and that is ok. We are only here to get to know you and give you a chance to be seen and heard. I am ready to meet you".

sandtray Directive

When your parts have introduced themselves to you and when you are ready to speak for them take a final long and slow deep breath and begin building your tray.

Key Concepts

- Internal Family Systems ~ IFS
- Trailhead~ An experience or a difficulty in your life that will lead to interesting parts if you follow it.
- Parts ~ Internal sub-personalities who have a full range of feelings, thoughts, physical sensations, and beliefs
- Parts Activation~ Parts are activated when extreme feelings or beliefs are triggered by a situation or person.
- Target Part~ The part that you are currently focus on on or working with.
- Protectors~ Parts that work to keep pain away
- Exiles~ Burdens of the wounds of the past, painful emotions and are isolated from the conscious self
- Burdens~ Painful beliefs and feelings that parts take on and carry
- Exiles~ Burdens, the wounds of the past, painful, emotions and are isolated from the conscious self.
 - Usually are younger parts
 - created because they were not allowed to feel or experience discomfort during a trauma.
 - Protectors keep exiles out of the consciousness.
 - All protectors must give permission to work with an exile.
 - Exiles want to be heard and they want to heal.
 - They work to get attention to get healed.
- Managers~ Protective parts with the goal to maintaining stability
- Firefighters~ Protective parts that responds in a reactive way when exiles are upset
- Blended Parts~ The part is leading not self.
 - Un-blending parts
 - Creating space between you and the target part.
 - Gaining cooperation with the part to create emotional space to be in line with the part.
 - who sits at the head of the table
- Self~ The healthy, wise and compassionate presence in all people

8 C's of Self Leadership

- Calm
 - Physical calmness, calm presence
- Curiosity
 - Curious about why people do what they do instead of being upset
- Compassion
 - See behind parts
- Confidence
 - Still see yourself as good even if people are upset with you
- Courage
 - Speaking for parts
- Clarity
 - Clear view of the situation
- Connectedness
 - Maintain connection with all parts
- Creativity
 - Parts expressing themselves unencumbered by burdens of fear, worthlessness, or shame