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At the heart of Internal Family Systems therapy is the belief that there is a calm, compassionate core 'Self' within each of us that cannot be damaged. We also have many 'parts' that help us through life and protect us.

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Internal Family Systems Model Even though IFS is a type of "talk therapy" that often takes place one on one, there is also the potential to use the model in a couple or family setting. For the addict, this is usually recommended in addition to individual therapy.

Present the origins and development of the Internal Family Systems Model, including empirical support for the model and the current status of research using IFS to treat depression and posttraumatic stress disorder. Provide an in-depth overview of IFS theory, the basic principles and assumptions of the model, and its treatment implications.

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The Internal Family Systems Model is an integrative approach to individual psychotherapy developed by Richard C. Schwartz in the 1980s. It combines systems thinking with the view that the mind is made up of relatively discrete subpersonalities, each with its own unique viewpoint and qualities. IFS uses family systems theory to understand how these collections of subpersonalities are organized.

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