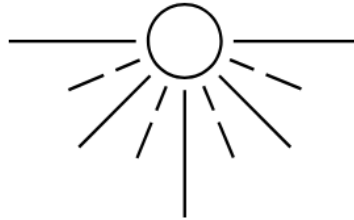




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

What is IFS?

Internal Family Systems

Meet parts work with curiosity and understand its limits.



Diana S. Rice

Licensed Mental Health Counselor (LMHC)
Certified Integrative Mental Health Professional (CIMHP)
Qualified Supervisor (QS)

LEARN · REFLECT · FIND SUPPORT

[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

Have you ever wanted connection and also wanted to pull away? This approach offers one way to become curious about those different inner responses.

1 A model for understanding inner experience

Richard Schwartz developed Internal Family Systems. It uses the word parts for different inner responses and roles. Some parts try to prevent hurt; others respond when distress is already high. These terms describe a therapy model, not a diagnosis of multiple personalities.

2 Compassion can leave room for responsibility

The approach encourages curiosity toward responses that may have served a protective purpose. Understanding a response does not mean that every action is helpful or that harm should be excused.

3 A gentle starting point

You might notice, "Part of me wants to say yes, and part of me wants rest." This guide invites noticing, not a search for hidden memories or instructions for trauma processing.

Research & perspective

The Internal Family Systems Institute describes an emerging evidence base. Early studies are promising. Larger, well-designed studies and research on possible harms are needed. This approach is not equally established for every condition.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 What two wishes seem to pull me in different directions?

2 What might I need more time to understand?

3 How could I respond with kindness while making a responsible choice?

Optional faith reflection

How might curiosity and compassion fit with my faith without setting aside accountability?

One next step

The Internal Family Systems directory includes therapists and practitioners. Verify the license if you need mental health treatment; training and certification are separate credentials.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ Are you licensed to provide therapy in my location?
- ☐ What Internal Family Systems training and certification do you have?
- ☐ How will we decide whether it fits and respond if I feel overwhelmed?

Listen with curiosity

[Episode 59 - Begin with Dr. Tori Olds' introduction to Internal Family Systems.](#)

[Episode 118 - Lynn Kearney explores parts work, complex trauma, and faith.](#)

[Episode 78 - Jennifer Schrappe connects parts work with money beliefs.](#)

[Episode 53 - Kayla Roberts discusses Internal Family Systems within faith and trauma care.](#)

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[Internal Family Systems Institute: The model outline](#)

[Internal Family Systems Institute: Research and its limits](#)

[Internal Family Systems Institute: Therapist and practitioner directory](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

NEED SUPPORT NOW?

United States and territories: the 988 Suicide & Crisis Lifeline supports people in emotional distress or a suicidal crisis. [Call 988](#) · [Text 988](#) · [Chat online](#)

For immediate danger or a medical emergency in the United States, call 911. Elsewhere, use your local emergency or crisis service. This podcast and its contact form do not provide crisis care.

Reading or downloading this guide does not create a therapist-client relationship. Seek qualified care for your needs. Original writing prepared for The Holistic Counselor Podcast; referenced approaches belong to their creators. Keep credits attached. Do not sell or claim this writing as your own.

[Share the resource library](#) · [Educational disclaimer](#)