



INTERNAL FAMILY SYSTEMS GROUP

Tuesdays 3:15-4:15pm

\$75 per group

Internal Family Systems is an integrative model that seeks to achieve balance and harmony in a client's inner world through compassion, clarity, connection, creativity, and curiosity. In this group, we will use an IFS lens to gain clarity on all parts of our internal system, identify what function they serve, what our parts are seeking, and work to restore balance and harmony to the client's internal system by increasing Self presence.

Goals of the IFS group include:

- Gaining knowledge and understanding of the IFS model
- Increasing clarity around different internal parts and their functions
- Creating a culture of compassion for your parts where "all parts are welcome."
- Increasing communication and understanding with protector parts to create internal healing and harmony
- How to know when a part is present, when Self is present and how to navigate this

Please go to www.atlantacenterforwellness.com to register and for a comprehensive description of this and other groups on the COPE™ schedule



Celia Webb, LPC, CPCS

Celia Webb, LPC, CPCS is an experienced psychotherapist specializing in eating disorder, trauma, attachment, anxiety, and personality disorders. Celia has extensive training with Internal Family Systems, somatic and attachment focused interventions, and eating disorder approaches. She is passionate about creating embodied compassion and understanding with all parts of her clients on their healing journey.



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