



Internal Family Systems Therapy

Richard C. Schwartz

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Internal Family Systems Therapy (The Guilford Family Therapy Series)



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A very important text and clinical resource, the book demonstrates in step-by-step details how therapists can help individuals, lovers, and families tap primary resources, bring stability and harmony to their subpersonalities, and experience more integrated, self-confident, and alive. Seasoned practitioner Richard C. Schwartz illuminates how elements of a person can form paralyzing inner alliances resembling the destructive coalitions within dysfunctional families, and provides straightforward recommendations for incorporating the IFS model into treatment. Applying family systems principles to the intrapsychic realm, the inner Family members Systems (IFS) model proposes that individuals' subpersonalities interact and alter in many of the same methods as perform families and additional human groups.



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