

Understanding Internal Family Systems (IFS) Therapy

1. What is Internal Family Systems (IFS) Therapy?

Internal Family Systems (IFS) is a gentle, empowering, and evidence-based approach to therapy that helps you understand and heal your inner world. IFS teaches that each person has different 'parts' within them—such as the part that feels sad, the part that wants to protect, or the part that strives to please others. These parts all have good intentions, even when they cause distress. Through curiosity and compassion, IFS helps you connect with your core Self—the calm, wise, and caring center within you. From this Self-led place, you can help your parts release pain, find balance, and work together in harmony. IFS honors your inner experience and supports healing without judgment or pressure.

2. What can IFS help with?

IFS can be supportive for a wide range of emotional and relational challenges. It helps people develop self-compassion, reduce inner conflict, and build resilience. IFS can help with:

- Trauma and post-traumatic stress
- Anxiety, panic, and fear
- Depression and emotional numbness
- Relationship difficulties and attachment wounds
- Grief and loss
- Shame, guilt, and self-criticism
- Burnout, stress, or overwhelm
- Identity exploration and personal growth

Many people describe IFS as a deeply healing process that helps them feel more connected, confident, and at peace with themselves.

■ *This information is provided for educational purposes and is inspired by trauma-informed care principles.*

Source: Internal Family Systems Institute website