



MASTER CLASS

**Between Extremes:
Navigating Complex Trauma Through Internal Family Systems**

Presented by Frank Anderson, MD

6 Hours





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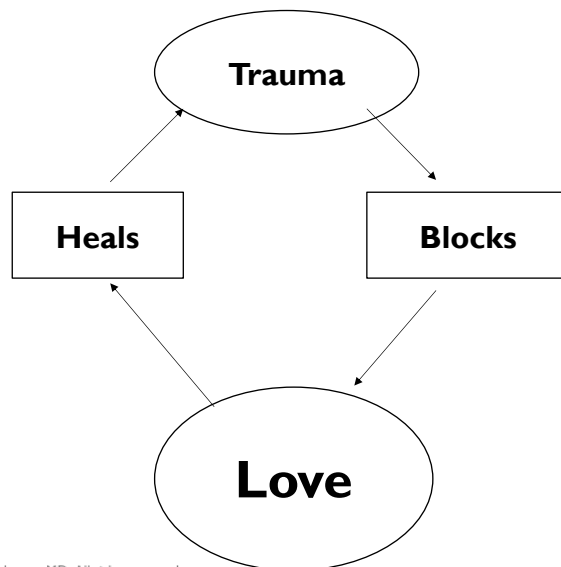
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COMPLEX TRAUMA MASTER CLASS

Frank Anderson, MD
www.FrankAndersonMD.com

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MEDITATION

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1. Find the part.

- Identify the target part.
- Where is it located in or around your body?

2. Focus on it.

- Help clients shift the focus of their attention internally.

3. Flesh it out.

- How does the client know the part?
- Support separation or unblending.

4. Feel toward it.

- How does the client feel toward the part?
- The question that detects Self-energy.

5. Befriend it.

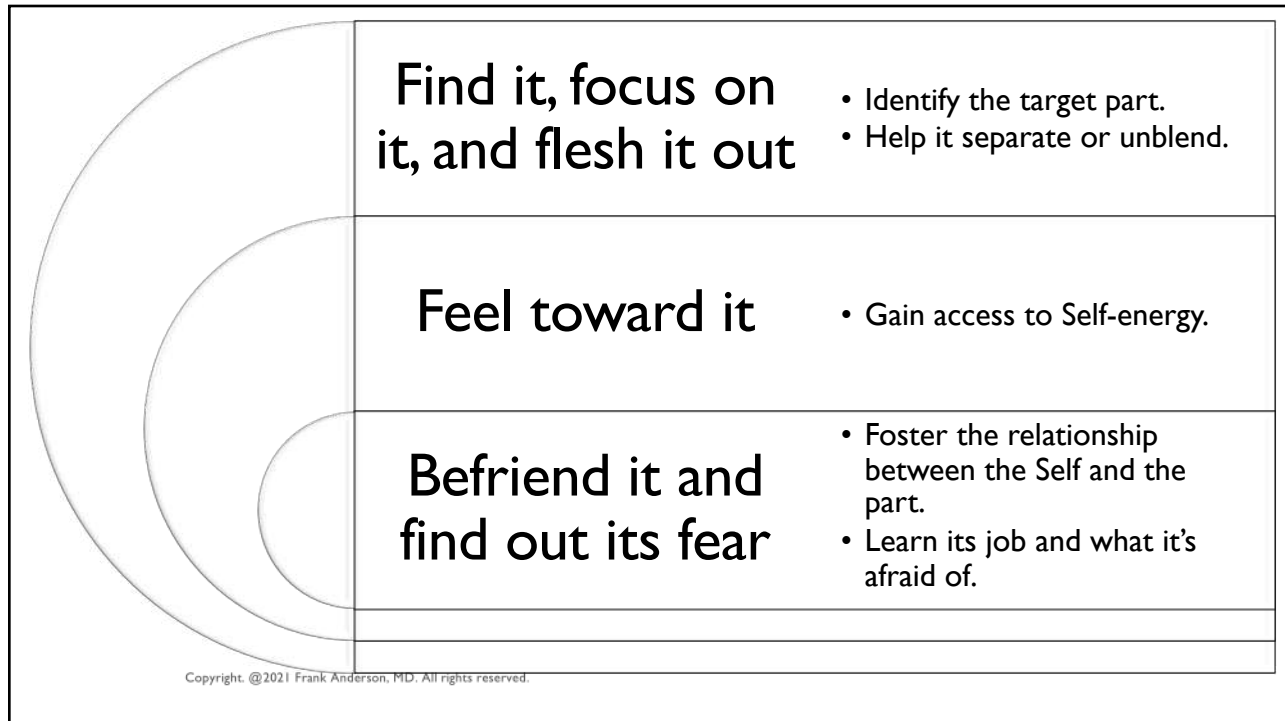
- Build an internal relationship between the Self and the part.
- Learn about its job and positive intention.

6. What is its fear?

- Ask the part, "What are you afraid would happen if you no longer..."
- Address the protector's fears to get permission to access the wound.

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| Protector Fear | Common Responses |
|---|---|
| "I'm afraid he'll be overwhelmed by the terror." (The most common protector fear in trauma) | <ul style="list-style-type: none"> •Validate: "I totally get that you're afraid Steve will be overwhelmed by the amount of pain and terror that's in there. That makes sense." •Alternative solution: "What if I were able to guarantee you that the part holding the terror won't overwhelm him? I'm not interested in anyone in there reliving what they went through. There's a different way to do this—by having the parts share a little bit at a time. Are you interested in that?" (See how to deal with overwhelm in chapter 9.) |
| "If I step back, then what will I do? This is what I've always done." | <ul style="list-style-type: none"> •Validate: "I hear that you're afraid of losing your job. Is that correct?" •Alternative solution: "We are not interested in getting rid of you in any way. But we can help you no longer feel anxious all the time. What if you were freed up to do something else? Are you interested in that?" |
| "If I step back, the suicidal part will take over." | <ul style="list-style-type: none"> •Validate: "I hear that you're afraid another part will take over if you step back. That's a legitimate fear; it has happened before." •Alternative solution: "I don't want any part to feel the need to take over. We're going to listen to all parts and only move forward when they've all been heard and permit us to proceed, including the suicidal part." |
| "If you know me and what I've done, you'll hate me." | <ul style="list-style-type: none"> •Validate: "It sounds like you're afraid that I or Steve's Self might judge you if we get to know you better and learn more about what you needed to do to protect his little boy. Is that correct?" •Alternative solution: "I can assure you that I don't feel any judgment toward you at all. I know that you've tried your best to protect little Steve. If you ever see or feel me judging you in any way, please let me know. Are you willing to do that?" |
| "If anyone ever finds out what my dad did to me, my family would never talk to me again." | <ul style="list-style-type: none"> •Validate: "I hear that you're afraid of exposing this secret and that if your family found out, they would reject you. Is that right?" •Alternative solution: "If you permit us to heal the wound, you'll have the choice to tell whomever you want to tell. It will be your decision." |
| "You can't handle my pain." | <ul style="list-style-type: none"> •Validate: "I'm hearing that you're worried about my ability to cope with and process what happened to you. Is there anything I've said or done to give you that impression? Or are you just afraid this might be the case?" •Alternative solution: "I've been doing this work for a long time now. If you ever perceive anything that makes you suspicious of my ability to be with your feelings, please let me know. I also want to let you know that we're going to heal the pain so you will no longer need to feel it yourself. How does that sound to you?" |
| "If I get better, we won't work together anymore." | <ul style="list-style-type: none"> •Validate: "I hear that you're afraid of losing a connection with me if you get better." •Alternative solution: "You can choose how long you want to stay in treatment with me. I also know that when the wound heals, your younger parts will feel safely connected to you and won't feel the need for my help in the same way that they do right now. Does that make sense to you?" |
| "Every time things get better or I feel happy, something terrible happens." | <ul style="list-style-type: none"> •Validate: "I'm hearing that feeling good is scary. Is there anything else you want to share with me, or do I fully grasp your concern?" •Alternative solution: "What if there was a way for you to let go of that anticipatory fear? What if you could trust that Steve would be able to handle whatever came up, both the good and the bad, and you didn't have to be involved in his current life anymore? Are you interested in that option?" |
| "This Self you keep referring to doesn't exist in me. I'm the exception to the rule. We (Steve's parts) handle everything for him, and we've been doing that his whole life." | <ul style="list-style-type: none"> •Validate: "I get that you've needed to handle everything for Steve up to this point. I also understand that he hasn't shown up much and that you don't even believe Steve exists in the way that I describe him. Is that correct?" •Alternative solution: "What if I could show you there's a place within that can handle all the pain you went through? Would you be interested in that? It would require all of you to step back for that to happen. All I'm asking for is a few moments. Are you willing to try? I know this is a big ask, and I understand if you're not willing to try it. It's your decision." |

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BEYOND THE 6 F'S

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| | |
|------------------------|---|
| Direct Access | When separation is not possible |
| Update the Part | When the part is in connection with a Self from the past |
| The Invitations | Getting permission by: (1) guaranteeing not to overwhelm the system, (2) offering a new role, and (3) healing the wound |

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PRACTICE DIRECT ACCESS, UPDATING THE PART AND THE INVITATION

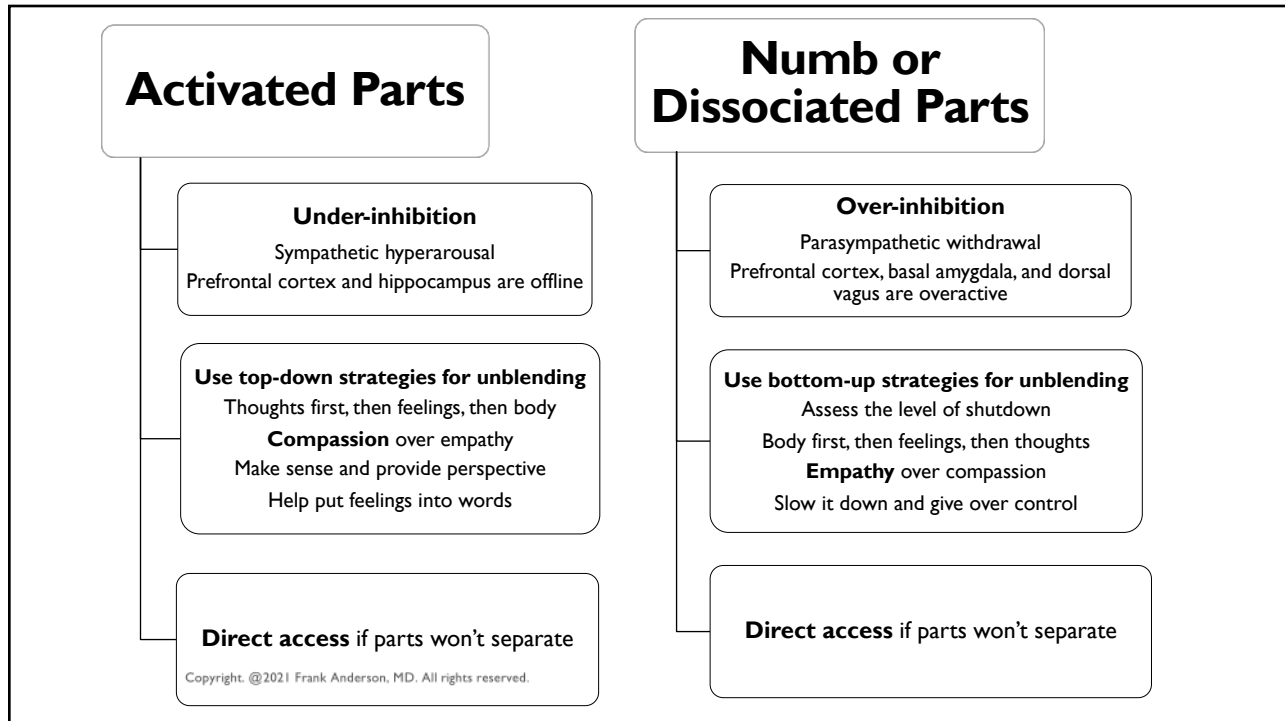
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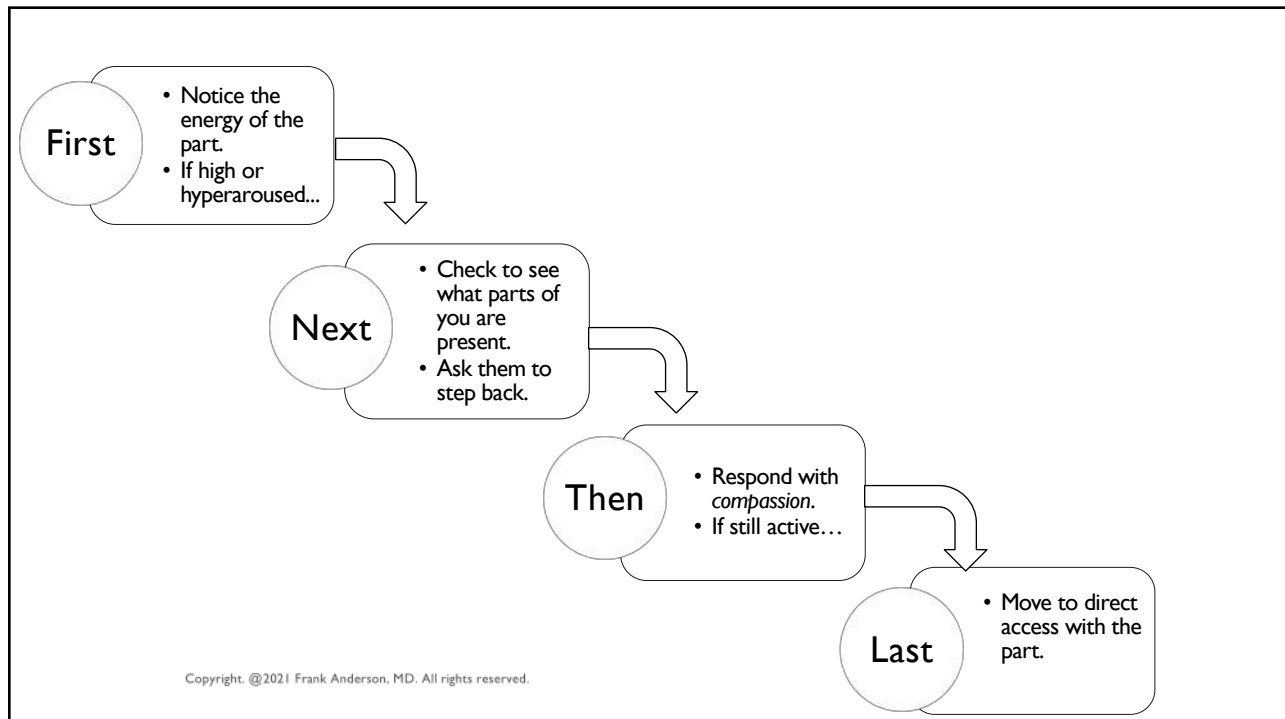
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|--|---|
| <ul style="list-style-type: none"> • Dissociative parts • Suicidal parts • Numbing parts • Shaming parts • Addictive parts • Passive parts • Perpetrator parts • Substance-using parts • Sexually excessive parts • Sexually avoidant parts • Depressed parts • Panicked parts | <ul style="list-style-type: none"> • Anxious parts • Critical parts • Vigilant parts • Storytelling parts • Worrying parts • Rigid or controlling parts • Shy parts • Self-loathing parts • Rageful or angry parts • Intellectual parts • Obsessive parts • Conflict-avoidant parts |
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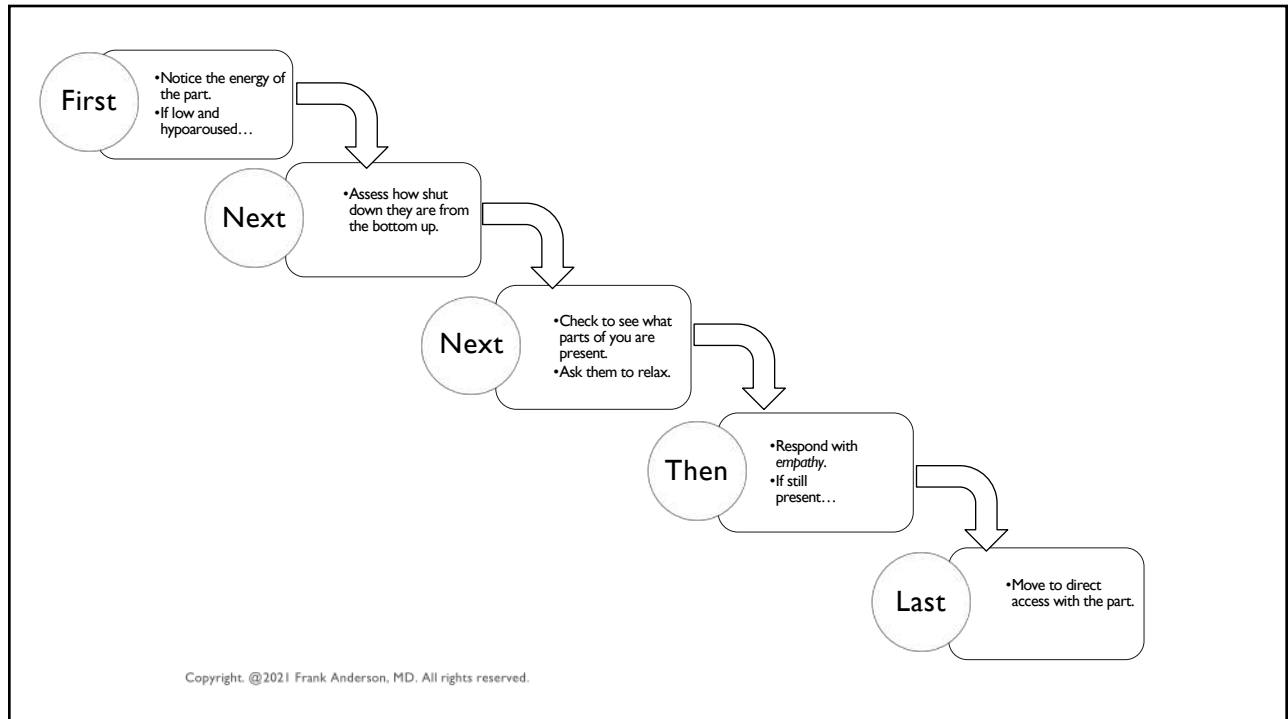
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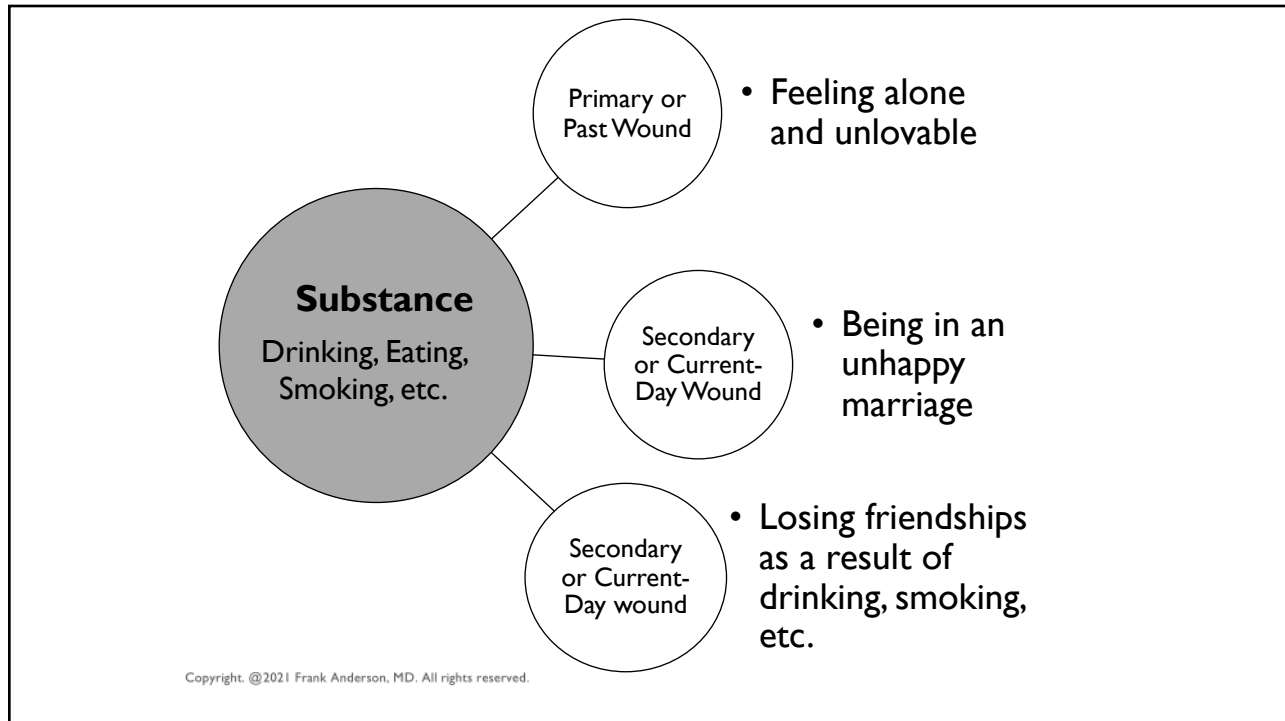


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PRACTICE BEING WITH EXTREME PARTS

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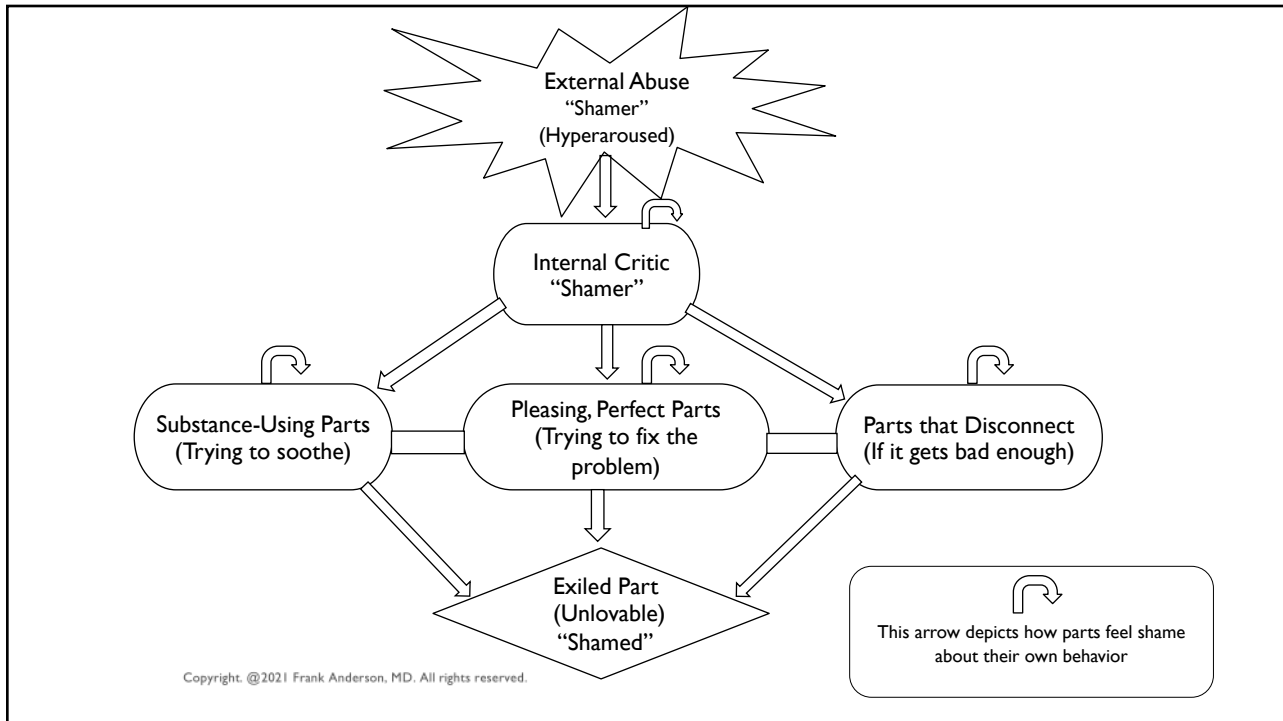


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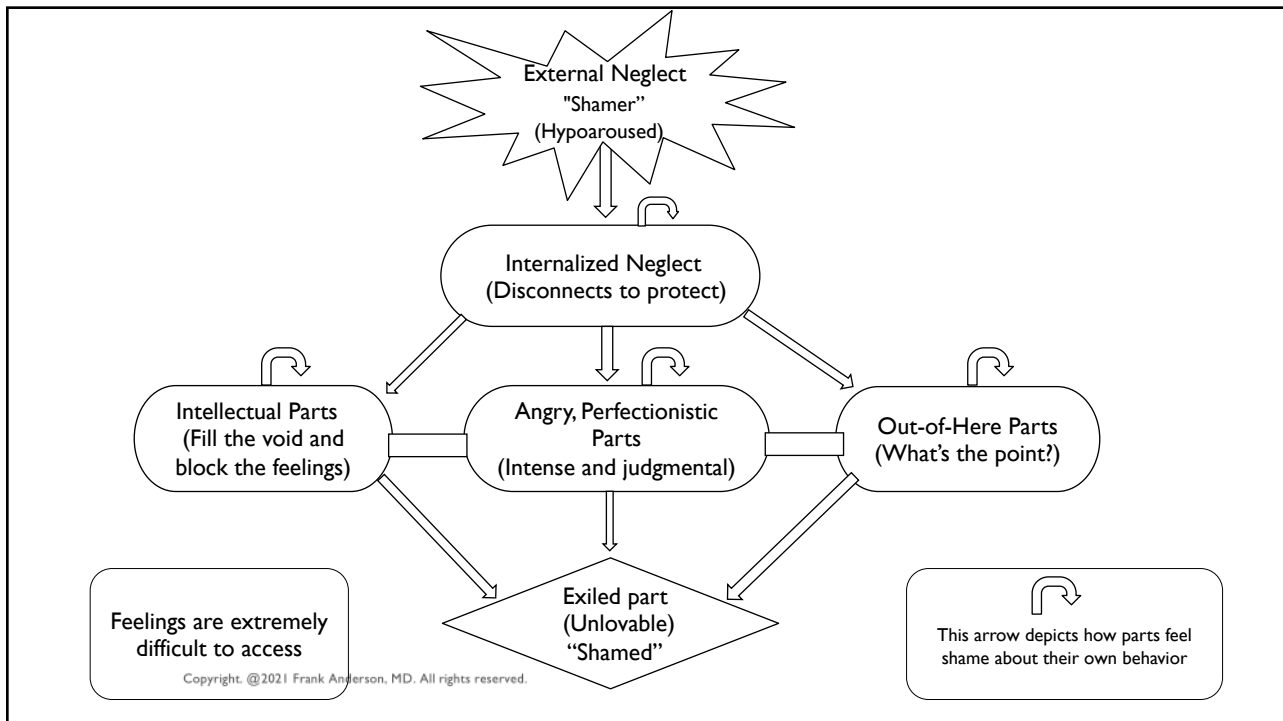
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| <p>Substance/Addiction/Parts</p> | <ul style="list-style-type: none"> • How many parts are using the substance? • What are their jobs? • How many wounds are being protected? • Are they from the past or the present? |
| <p>Behavior/Addiction/Habit</p> | <ul style="list-style-type: none"> • What's the behavior? • Is it a part or a habit? • How best to address it? • Do all parts agree? • What's the order? |
| <p>Biology/Dependence</p> | <ul style="list-style-type: none"> • What's the biological effect of the substance? • How best to taper or withdraw? • Do all parts agree? • What's the order? |

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CRITICS, PERPETRATOR AND PASSIVE PARTS

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CLIENTS WITH NEGLECT

- Highly intellectualized and perfectionistic parts
- Difficult time making decisions and sensing what feels right
- Struggle with loss and letting go
- Tendency to share more personal experiences.

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RELATIONAL TRAUMA AND LOSS

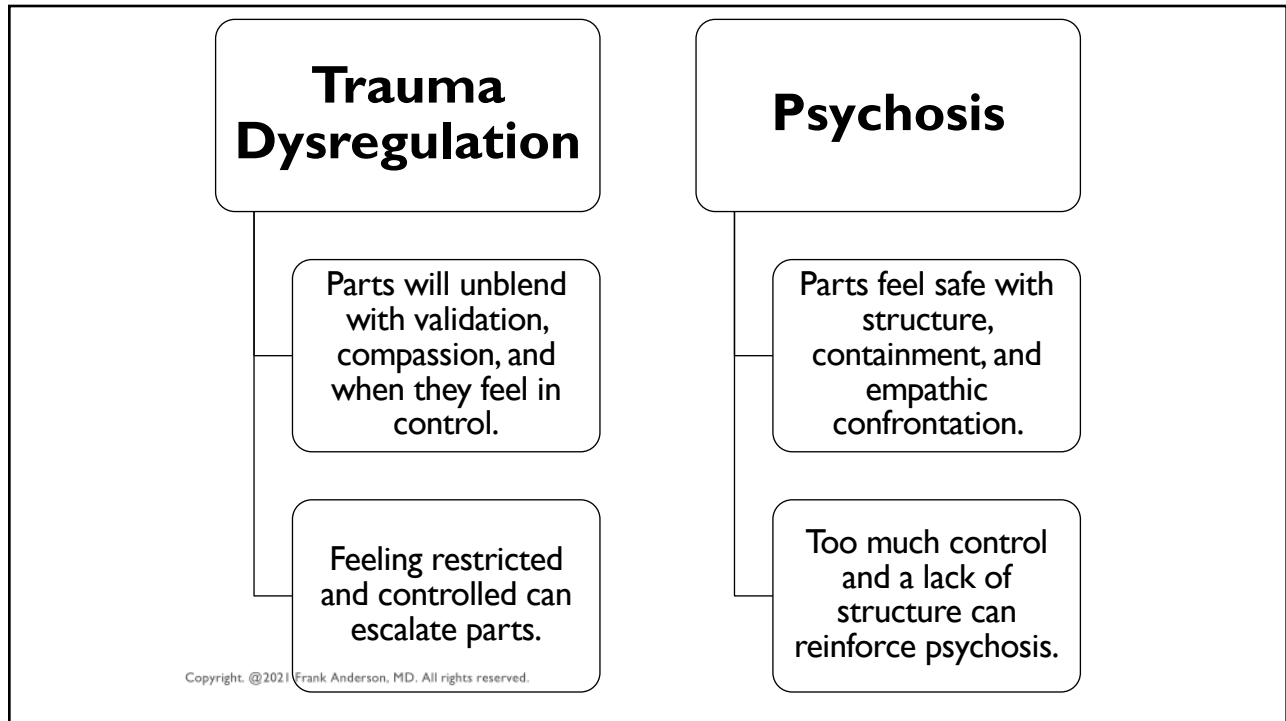
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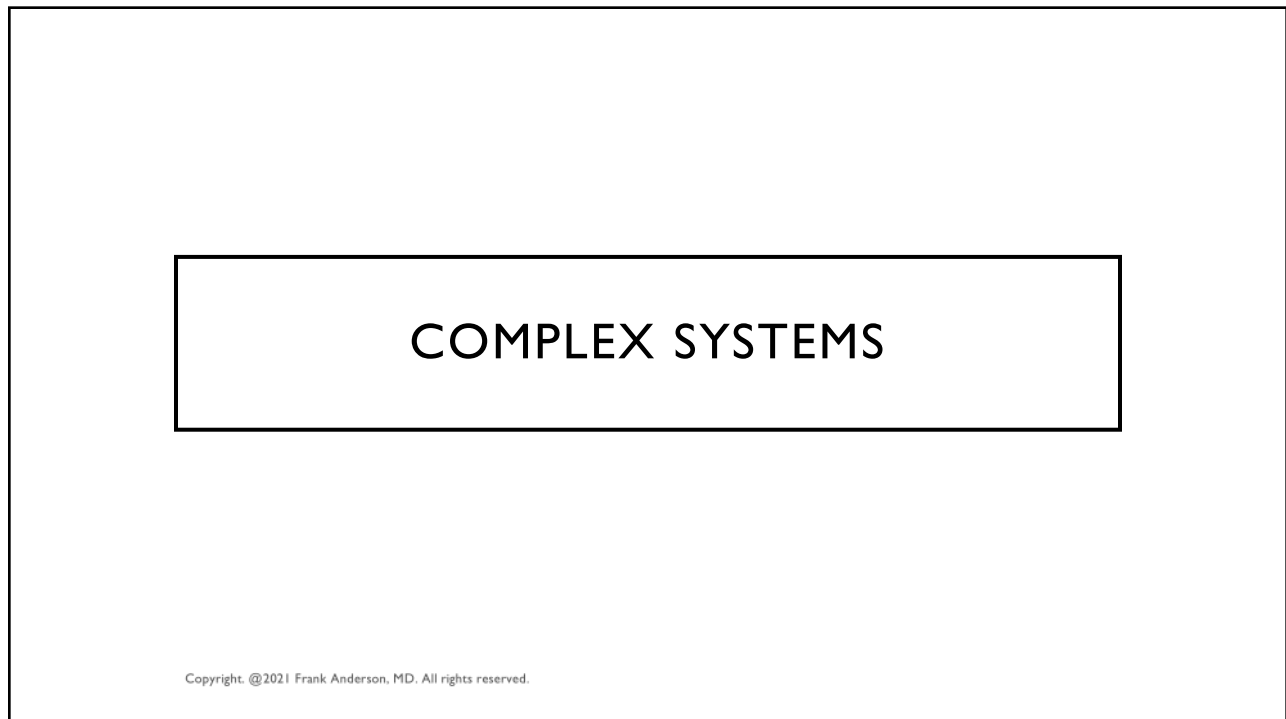
- Parts affected by betrayal and infidelity
- Parts that lose when someone is triggered or abusive
- Parts that don't say no in fear of loss
- Parts that agree or say yes to prevent loss
- Parts that hoard objects in lieu of people
- Parts that lose the Self as a result of trauma

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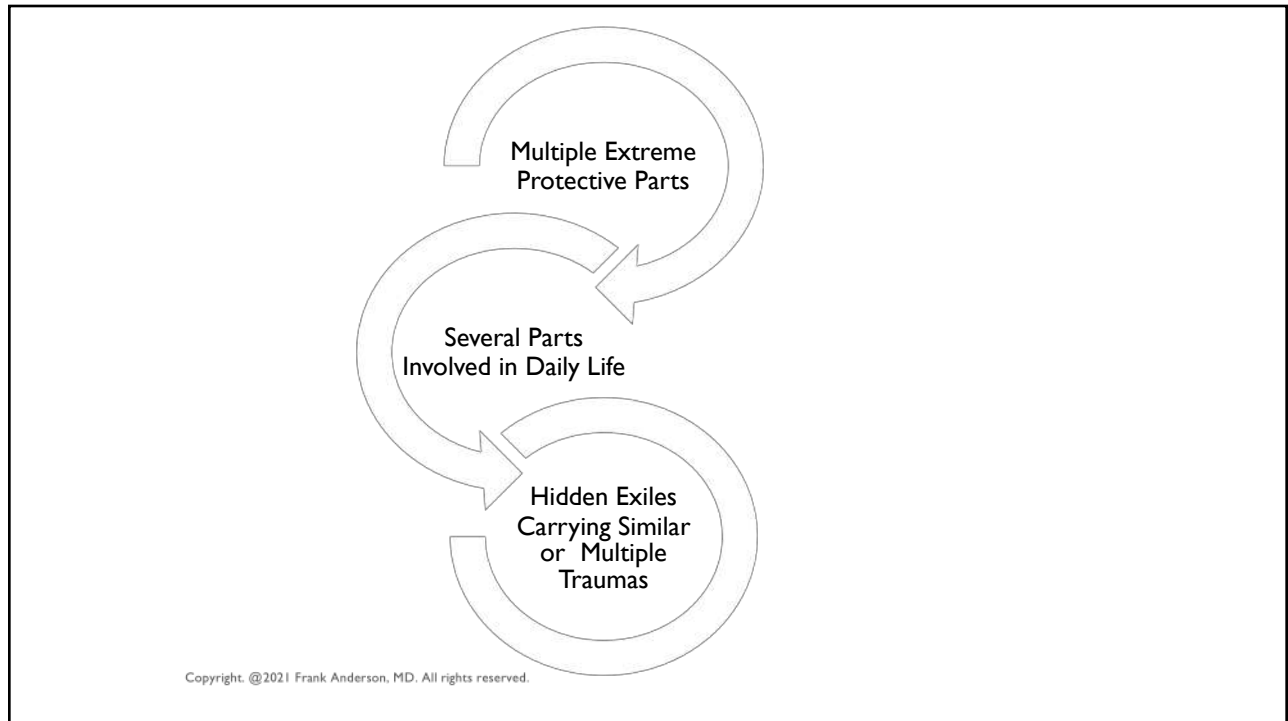
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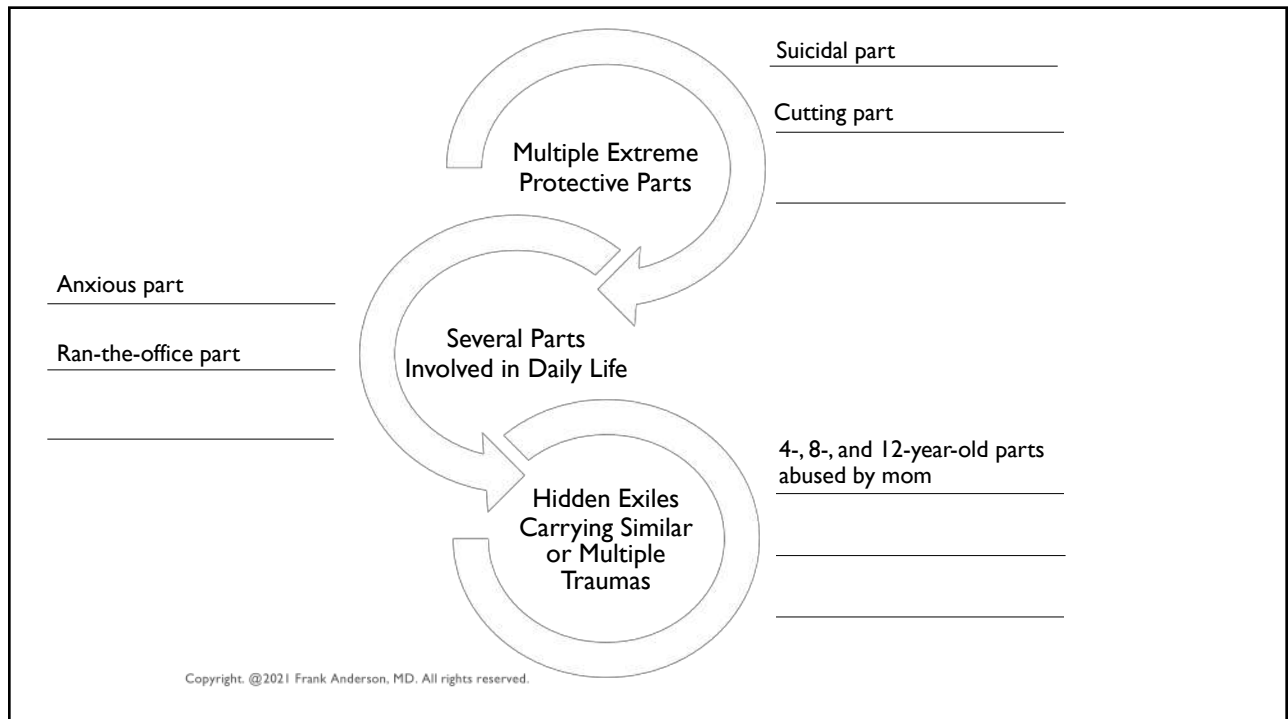
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CLIENTS WITH DID

- Numerous parts, many of them extreme
- Highly evolved Self-like parts
- Multiple polarizations
- Parts that collude and form alliances
- Parts that hide, exaggerate or are dishonest
- Crisis driven systems
- Parts that present symbolically
- Rapid eye movements are common
- Parts often hate the Self
- The Self is marginally accessible

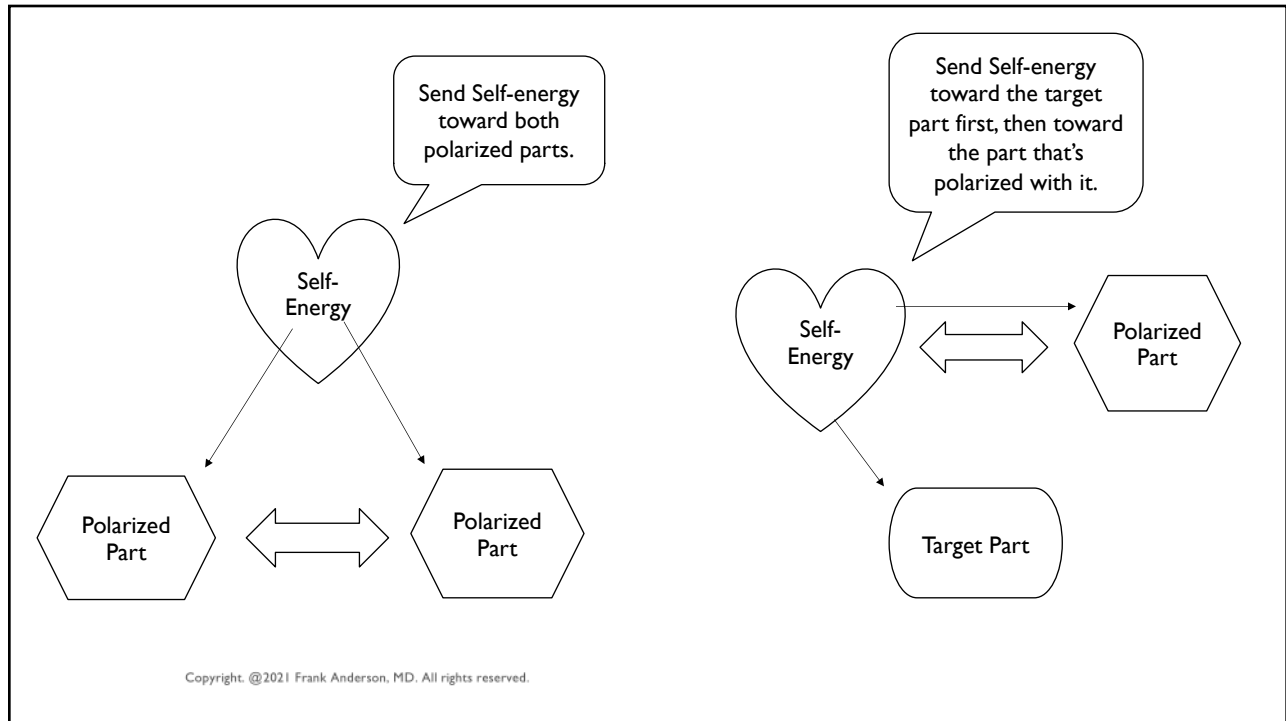
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POLARIZATIONS

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PRACTICE WORKING WITH POLARITIES

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VULNERABILITY TURNED INTO WOUNDS

Brene' Brown

- "To feel is to be vulnerable."
- "Vulnerability is the core of all emotions and feelings."
- "*Uncertainty, risk and emotional exposure.*"

Vulnerability

- Two components
 - To feel our emotions and to be able to share it with someone else.
 - To be connected to our truth, to be aligned.

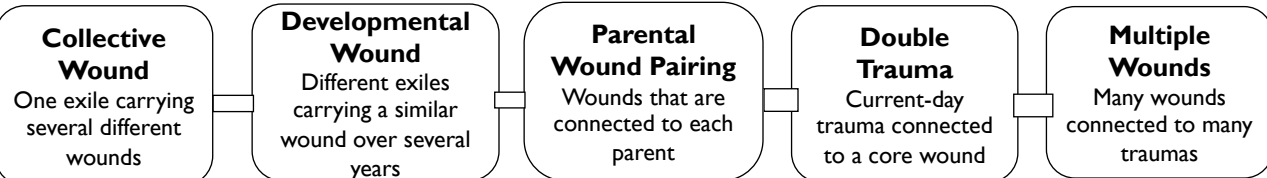
The real problem is the response

It can turn into a wound and then we need to protect ourselves.

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Complex Trauma Wounds



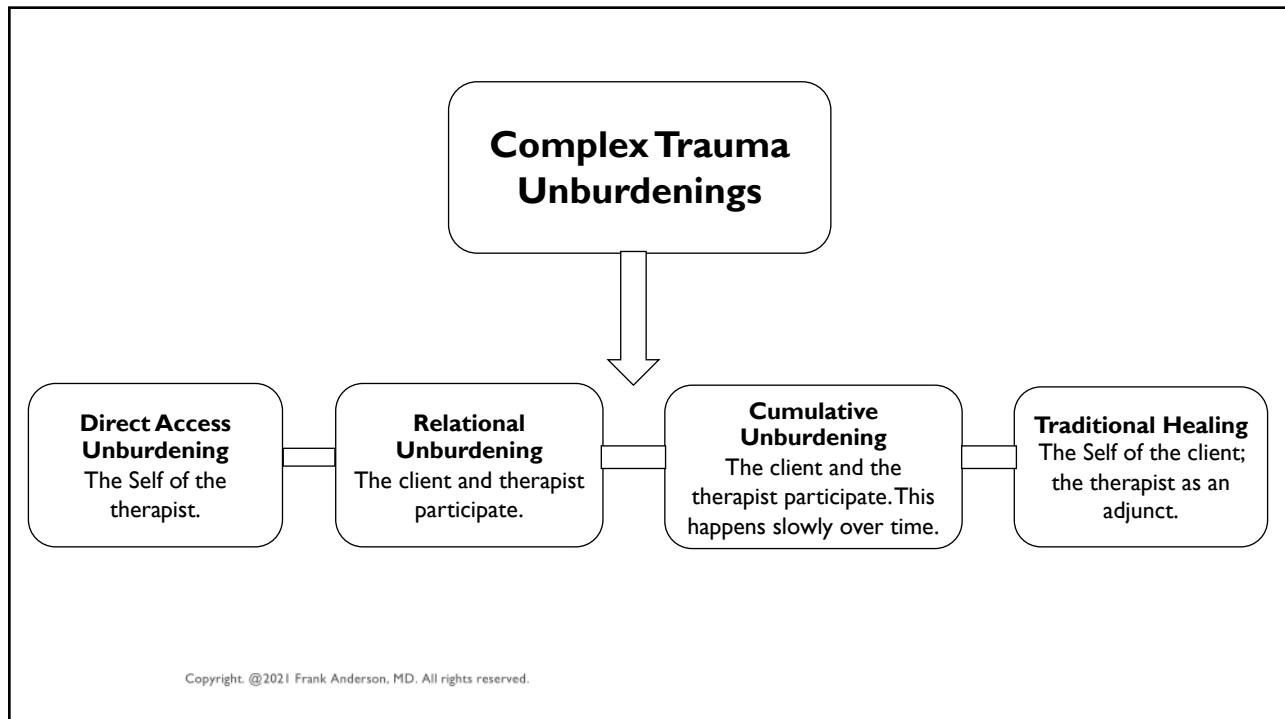
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| | |
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| Witnessing | <ul style="list-style-type: none"> • Have the part share with the Self all that it's holding. |
| Do-over | <ul style="list-style-type: none"> • Have the Self go into the scene and give the part a corrective experience. |
| Retrieval | <ul style="list-style-type: none"> • Take the part out of the past and bring it somewhere safe in the present. |
| Unload | <ul style="list-style-type: none"> • Have the part release the thoughts, feelings, and physical sensations. |
| Invitation | <ul style="list-style-type: none"> • Allow the part to take in qualities it needs as it moves forward. |
| Integration | <ul style="list-style-type: none"> • Bring protectors back to see the unburdened part and suggest the release of their roles. |

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POST UNBURDENING PROCESS

- Check in daily with unburdened part for three to four weeks.
- Adjust to a new way of being in the world.
- Secure the relationship between the Self and former exile.
- Integrate protectors by helping them trust the Self and let go of their old roles.
- Allow for protector unburdening if necessary.

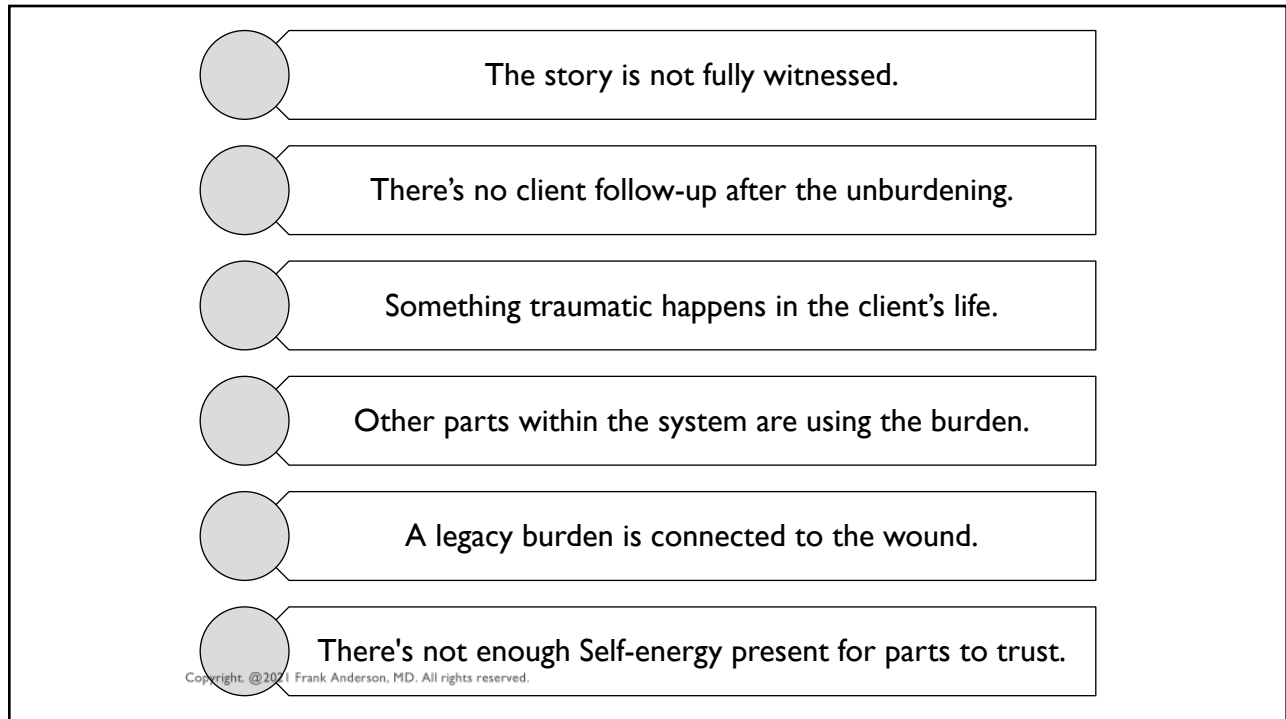
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WHEN BURDENS RETURN

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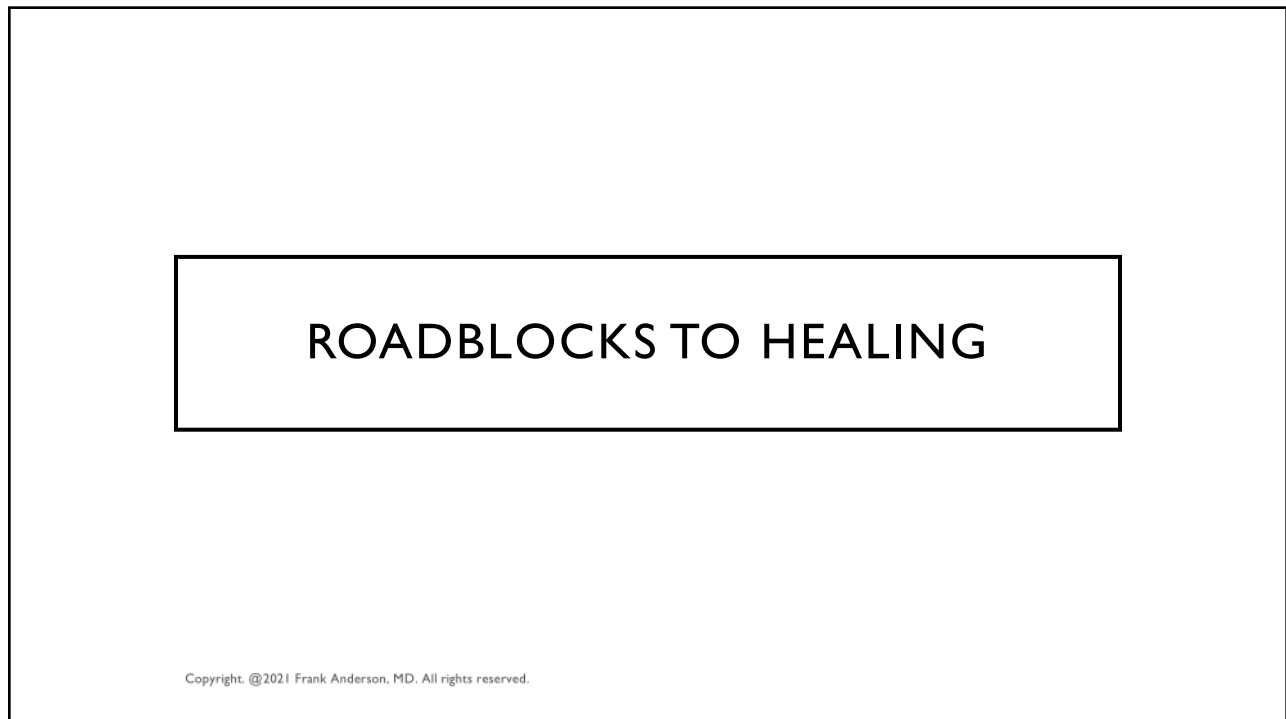
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- The story is not fully witnessed.
- There's no client follow-up after the unburdening.
- Something traumatic happens in the client's life.
- Other parts within the system are using the burden.
- A legacy burden is connected to the wound.
- There's not enough Self-energy present for parts to trust.

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ROADBLOCKS TO HEALING

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- An underlying biological condition
- A crisis-driven system
- Therapist limitations and unhealed trauma
- Therapist parts get activated
- Lack of follow-through session to session
- Extreme parts need to be unburdened first
- Hard to stay on course (the drift factor)
- Getting indoctrinated into the client's belief system
- Legacy burdens
- Unattached burdens

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DEMO

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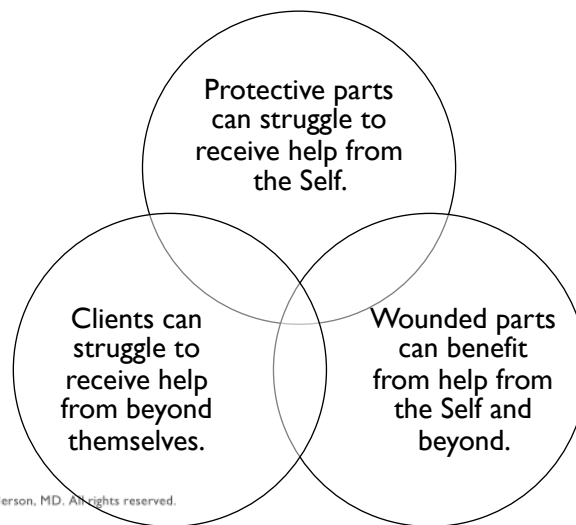
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SPIRITUAL DIMENSIONS TO HEALING

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RECEIVING HELP



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THANK YOU
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