



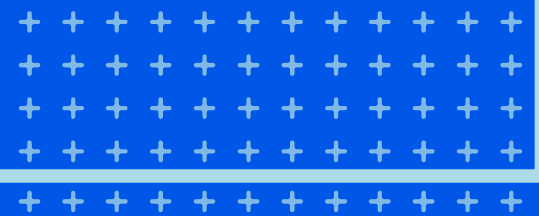
A presentation for

# Internal Family Systems For Food Freedom



## What Parts Are Keeping You Stuck?

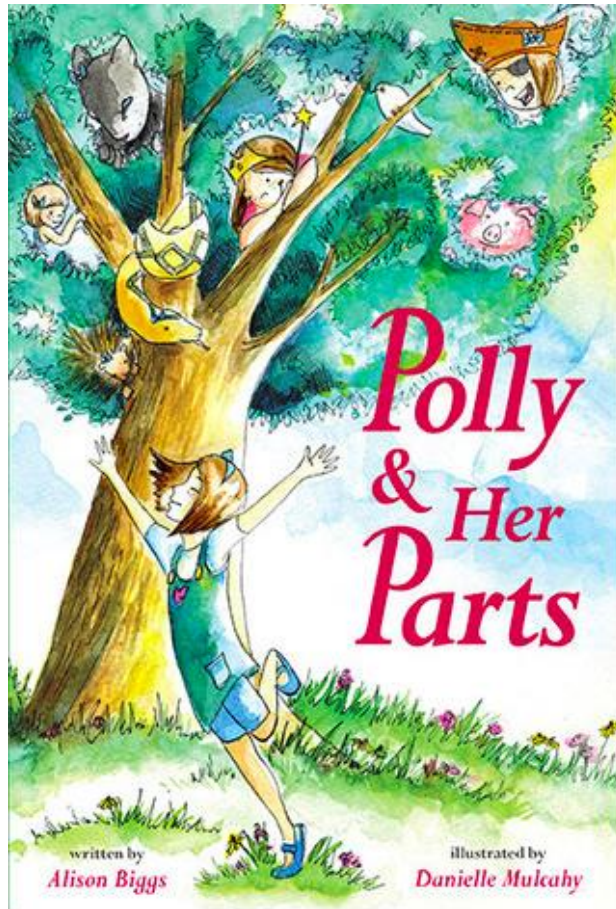
By Colleen Kuhn, RD



# We'll cover

- + Learn what Internal Family Systems (IFS) is
- + Understand how it applies to food and our relationship with food
- + Discover how to free ourselves from those parts to find Food Freedom
- + Explore Somatic practice to integrate material

# Case Study: Polly



A story of surprising self-discovery, following one girl's search to know and love herself - even those parts she considers unwelcome and unlovable!

# Internal Family Systems Goals

1. Free the parts from their extreme roles
2. Restore trust in the Self
3. Coordinate and harmonize the Self and the parts, so they can work together as a team with the Self in charge.



# Components of Internal Family Systems

## The Parts

### **EXILES**

hold the hurt, pain and shame of the past; want to be seen and heard; protectors are worried their distress will overwhelm the system.

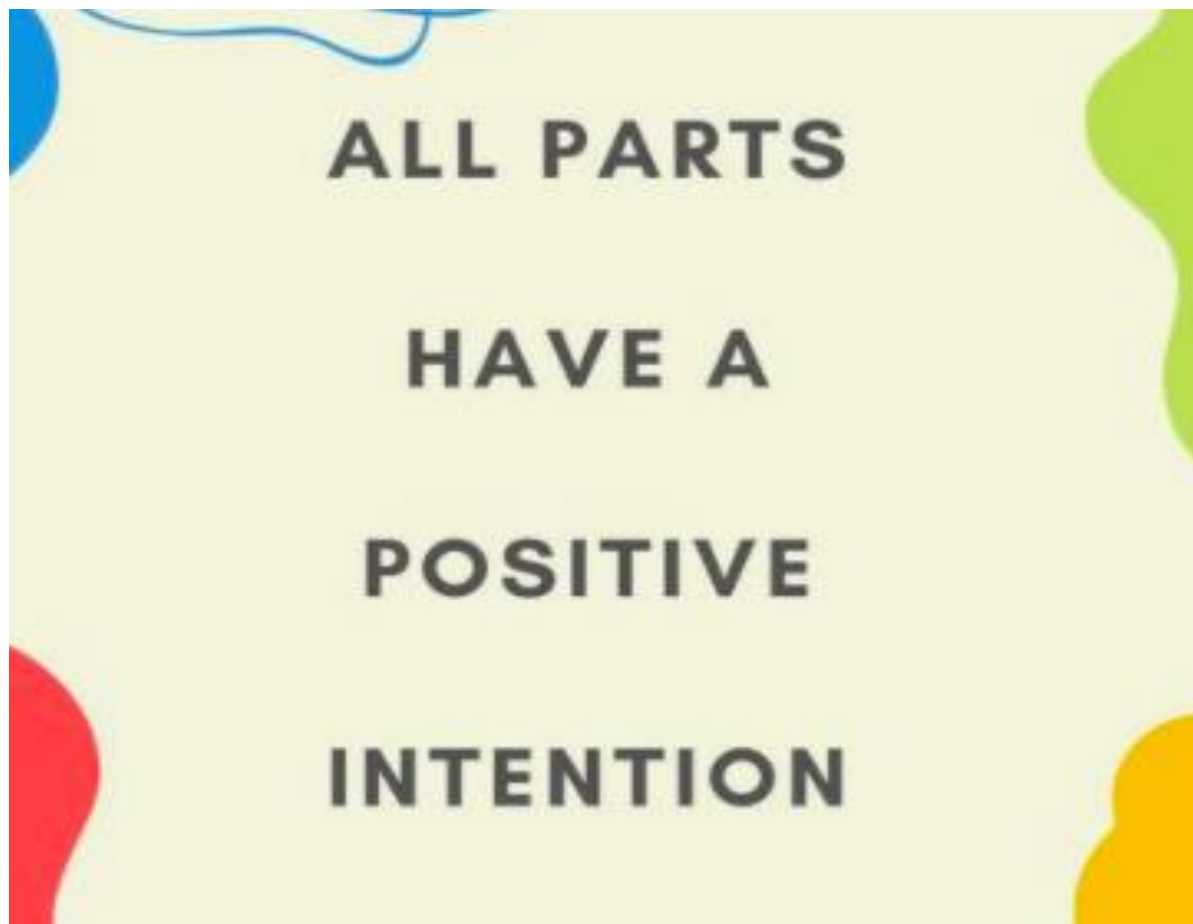
### **MANAGERS**

run daily life, are proactive, want us to look good, work to contain the exiles by staying in control of events and relationships.

### **FIREFIGHTERS**

are reactive and will work to put the fire (pain) out when a triggered exile erupts past a manager.

# IFS Parts + Positivity



# Where Does the PAIN come from?

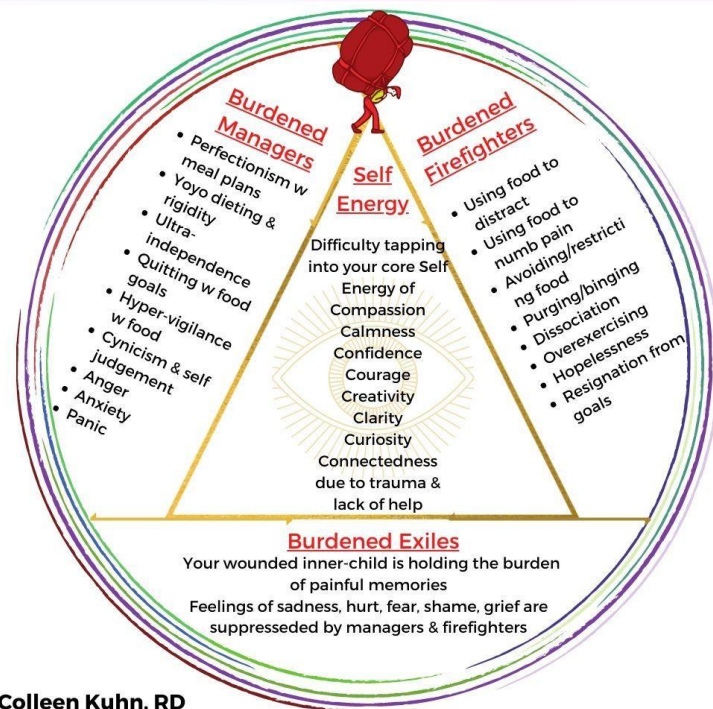
Restrictive and/or binge eating is the behavior of a part of you that wants to protect you from pain, no matter the cost to your health



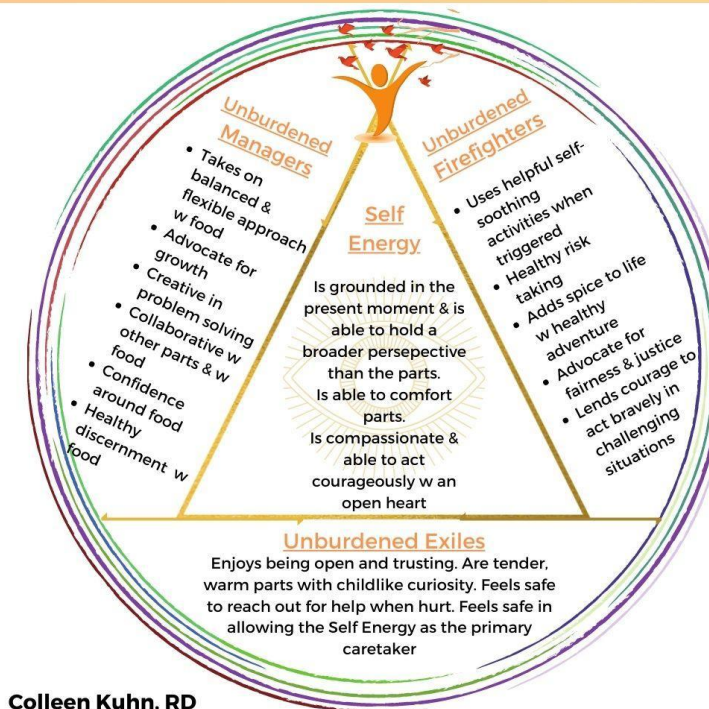
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# Burdened vs Unburdened

## The Burdened Internal System with Food



## The Unburdened Internal System with Food





# Additional Resources

# Discover More...

## + Books

- + [Introduction to the Internal Family Systems Model](#) – by R. C. Schwartz
- + [Parts Work: An Illustrated Guide to Your Inner Life](#) – by T. Holmes, L. Holmes
- + [Self-Therapy](#) – by J. Earley
- + [You Are the One You've Been Waiting For: Bringing Courageous Love To Intimate Relationships](#) – by R. C. Schwartz
- + [The way of effortless mindfulness: a revolutionary guide for living an awakened life](#) – by L. Kelly

## + Websites

- + IFS Institute – R. Schwartz: <https://ifs-institute.com/about-us/richard-c-schwartz-phd>
- + Canadian IFS – D. Scott: <https://ifsca.ca/>
- + “The One Inside” Podcast: <https://theoneinside.libsyn.com/>

# Behavioral Health Resources

## Providence Behavioral Health Concierge

- + Short-term counseling
- + Virtual or telephonic visits
- + Visit [ProvidenceHealthPlan.com/BehavioralHealth](https://www.providencehealthplan.com/BehavioralHealth) or call 877-744-9355

## Providence Behavioral Health Care Line

- + Long-term counseling
- + Access to in-network providers
- + 24/7 availability care line
- + Call 800-711-4577

# Providence Health Coaching

- + No cost
- + [ProvidenceHealthPlan.com/healthcoach](https://ProvidenceHealthPlan.com/healthcoach)
- + 888-819-9999 or  
503-574-6000 (TTY: 711)

**Jump start better health with Providence Health Coaching**

WEIGHT CONTROL    QUITTING SMOKING    PHYSICAL ACTIVITY    NUTRITION    DIABETES PREVENTION    STRESS MANAGEMENT

**Reach your goals with support from a Providence Health Coach**

The Providence Health Coaching program, offered at no cost to members, provides:

- Personalized goal setting with reasonable steps
- Programs designed to empower you to lose weight, prevent diabetes, improve your diet, manage stress, and stop using tobacco
- Guidance to help you identify and take action toward healthier lifestyle and behavior choices

Talk to a Health Coach today! Call us at: **1-888-819-8000 or 503-574-6000 (TTY: 711)** Monday-Friday from 8 a.m. to 7 p.m. or visit [ProvidenceHealthPlan.com/HealthCoach](https://ProvidenceHealthPlan.com/HealthCoach)

If you need this in large print, braille or a different language, please call us at **1-800-878-4445 (TTY: 711)** Monday-Friday from 8 a.m. to 5 p.m.

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 Si usted ATENCIÓN al habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-888-8174 (TTY: 711).  
 Пациент (ВНИМАНИЕ): Если вы говорите на русском языке, то вам доступны бесплатные услуги переводов. Позвоните 1-800-898-8174 (номер: 711).

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**Thank You**

