

## 6Fs Internal Family System

A key aspect of IFS therapy is to “*find, focus on and flesh out*” the client’s protective parts and help them “*unblend and notice the client’s Self*” (Anderson, Sweezy, & Schwartz, 2017, p. 93). Once done, the client can recognize their *feelings* toward, and *befriend*, the target *part*, explore its *fears*, and invite it to do something new.

Experienced practitioners use the 6Fs approach in IFS therapy to differentiate protective parts from the Self and form the necessary alliance:

The trained therapist works through the following steps with the client (modified from Anderson, Sweezy, & Schwartz, 2017):

- **Step one – Find** the target part in, or around, the body, asking yourself.

Who needs my attention right now?

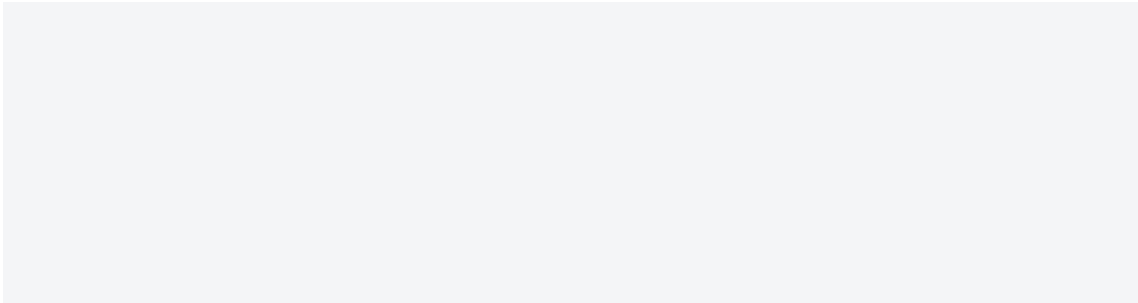
- **Step two – Focus** on it.

- **Step three – Flesh** it out:

What can you see or experience?

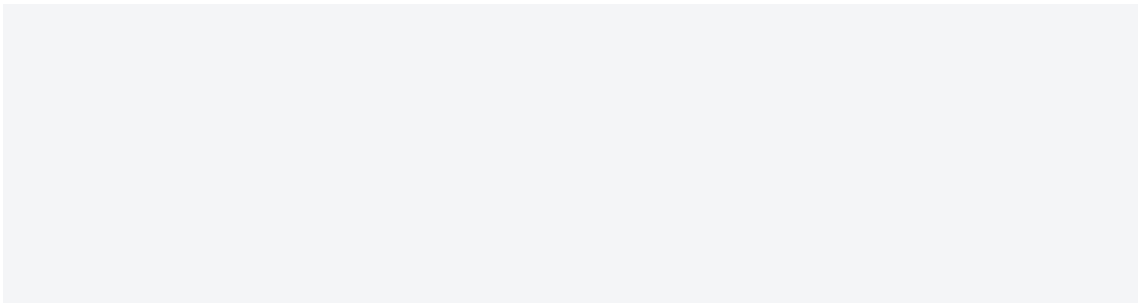
- **Step four** – how do you **feel** towards it?

What can you see or experience?



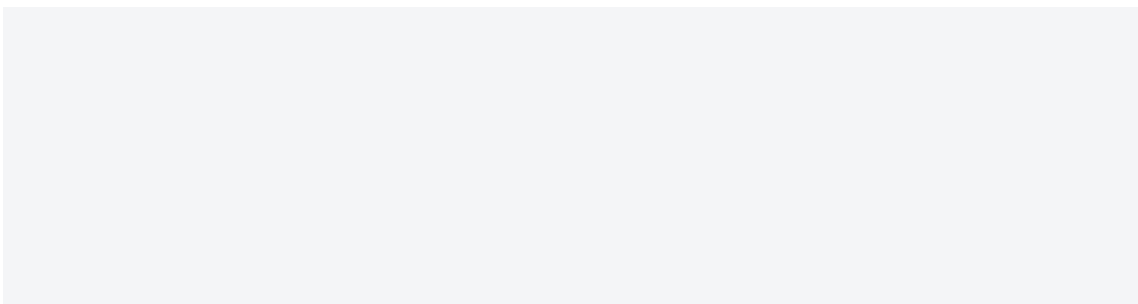
- **Step five** – find out more about it. **BeFriend** it.

Learn more about the target part and develop a friendly relationship.



- **Step six** – what does this part **Fear**?

What does it want for you, and what would happen if it stopped?



## References

- Anderson, F., Sweezy, M., & Schwartz, R. (2017). *Internal family systems skills training manual trauma-informed treatment for anxiety, depression, PTSD & substance abuse*. Ashland: PESI Publishing & Media.