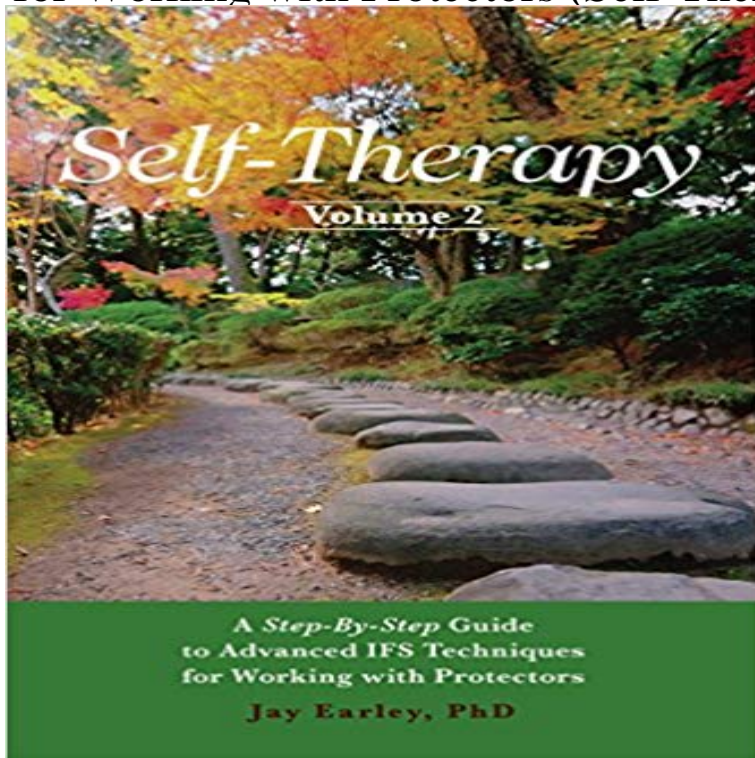


## Self-Therapy, Vol. 2: A Step-by-Step Guide to Advanced IFS Techniques for Working with Protectors (Self-Therapy Series)



Self-Therapy brought Internal Family Systems Therapy to both therapists and the general public. It shows how working with parts can be user-friendly, respectful, and powerful. Self-Therapy, Vol. 2 takes the next step by describing advanced IFS techniques and insights related to staying in your true Self and working with protectors (defenses). If you have been using IFS with your clients or in your own inner work, this book will help you work through difficulties that may have arisen so your work can be even more healing and transformative. Learn when to switch parts, how to track your work, negotiate for Self-leadership, and work with polarization, Self-like parts, managers, and firefighters.

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stars 11 \$9.95 Self-Therapy, Vol. 3: A Step-by-Step Guide to Self-Therapy, Vol. 3: A Step-by-Step Guide to Using IFS for Eating The second email has instructions for logging in and then listening to or downloading the 2 takes the next step by describing advanced IFS techniques and insights related to staying in your true Self and working with protectors (defenses). Editorial Reviews. From the Inside Flap. Self-Therapy Journey is surprisingly powerful and easy Self-Therapy, Vol. 2: A Step-by-Step Guide to Advanced IFS Techniques for Working with Protectors (Self-Therapy Series) Kindle Edition. Jay Earley . He has published a series of books based on the Pattern System. He is a