

[IFS LEARNING PROGRAM · MUMBAI & ONLINE]

Parts Work in Practice

An Experiential IFS Learning Journey for mental health practitioners and students seeking a relational understanding of people, protection, trauma, and healing.



[ABOUT THE PROGRAM]

It is designed as a slower, more reflective, and community-oriented approach to learning IFS.

Our intent is to value curiosity, relational learning, therapist self-awareness, and practical integration alongside theory.

Three Learning Spaces

Each space is designed to stand alone or deepen others

IFS Foundations Workshop

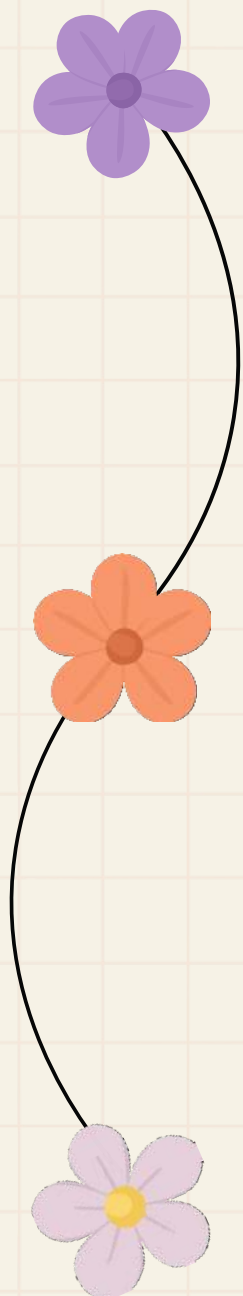
An introductory immersive workshop focused on understanding and applying the IFS model. Available in-person (Mumbai) or online.

Peer Learning Circle (PLC)

A collaborative book reading and discussion space centred around *Transcending Trauma* by Frank Anderson.

IFS-Informed Peer Supervision

A reflective supervision and case consultation space rooted in IFS principles. Each participant discusses 2 clinical cases.



[COMPONENT ONE]

IFS Foundations Workshop

Choose your format; the content and experience remain immersive throughout

IN-PERSON

18th & 19th July

11:00 AM – 2:00 PM

Santacruz (West), Mumbai

ONLINE

25th & 26th July

11:00 AM – 2:00 PM

Live online sessions

DAY ONE

Understanding the Model

- Core philosophy of IFS
- The IFS model overview
- Case conceptualisation via IFS
- DSM through an IFS lens
- Experiential parts exercises

DAY TWO

Applying the Model

- Goals of IFS therapy
- Techniques in IFS
- Working with protective parts
- Healing processes
- Case-based discussions

[COMPONENT TWO]

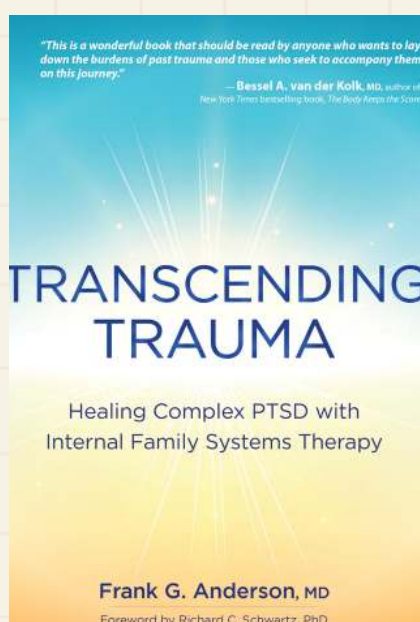
Peer Learning Circle

Beginning 29th July · Alternate Wednesdays ·
6:00 PM – 7:30 PM · 7 Sessions total

PLC is designed as a slower, collaborative, and reflective learning space. Every session, we will come together after reading one section of the book and sit with ideas, themes, and clinical reflection in community. Each session may include:

Chapter reflections & discussion prompts	Experiential exploration of parts	Connecting theory to clinical practice
Collaborative processing & reflection	Therapist parts & therapeutic presence	Sitting with uncertainty & resonance

We will be reading:



Transcending Trauma
by Dr. Frank Anderson

- Trauma & survival
- Protectors & defenses
- Attachment wounds
- Shame & dissociation
- Nervous system responses
- Healing through relationship

[COMPONENT THREE]

IFS-Informed Peer Supervision

Beginning 5th August · Alternate Wednesdays ·
6:00 PM – 7:30 PM

The cases will be conceptualised and discussed through an IFS-informed and relational lens. In addition to focusing on interventions, the space will invite reflection around:

Understanding Client's Parts	Mapping out Client's system
Therapist's part activation and blending	Relational dynamics between systems
Pacing, safety, and trust-building	Maintaining Self-led presence

The supervision process will encourage collaborative thinking . Participants will be invited to engage with cases through curiosity, multiplicity, and relational understanding.

EACH PARTICIPANT PRESENTS 2 CLINICAL CASES.

[WHO IS THIS FOR]

Therapists & Final-year Masters' Students who want spaces that are:

Experiential first Learning over memorisation	Reflective Alongside theory, not instead of it	Self-aware Therapist parts included
Collaborative Community-oriented learning	Accessible Without oversimplifying	Integrative Lived & clinical experience

Facilitators' Note: This is not a certified IFS training. It's a space offered by two therapists who integrate IFS deeply in their practice, shared through study, experience, and curiosity

LIMITED SEATS FOR A MORE CONTAINED AND REFLECTIVE LEARNING SPACE.

Certificates will be provided upon attending the whole program

[Register Here](#)

[REGISTRATION & PRICING]

Flexible payment structure

Join any single component, a combination, or the complete journey.

Early bird until July 5th. Groups of 3+ receive the same discounted rate.

Components	Full Pricing (Post July 6th)	Early Bird Pricing (till July 5th) / Group Discount (3+)
IFS Foundations Workshop only	₹5,000	₹4,500
Peer Learning Circle (PLC) only	₹4,000	₹3,500
Peer Supervision only	₹6,000	₹5,000
Complete Program (Workshop + PLC + Peer Supervision)	₹15,000 ₹13,000	₹13,000 ₹11,500

Combination discount: Save ₹500 on any 2-component combination (e.g. Workshop + PLC = ₹7,500 instead of ₹8,000).

Installments: Pay in two installments (60% now, 40% by July 20th), only for the full program

[MEET THE FACILITATORS]



Akshi

Hello! I am a trauma therapist with an experience in individual therapy with adults in a private clinic setup. My approach centers primarily on Internal Family Systems (IFS). Witnessing its impact on my clients and myself, I have come to be very passionate about this modality and am excited to share my passion with the group!

Trainings in IFS

- IFS therapy by Frank Anderson
- IFS by Alexia Rothman
- IFS Therapy Immersion
- 4 months intensive: IFS Trauma Treatment Program



Durva

I am a queer-affirmative, trauma-informed therapist. I work in a private practice setup in Mumbai. My work integrates parts-based approaches, relational awareness, and reflective practice. Through facilitating group spaces and circles, I aim to create environments where therapists can slow down, think together, and bridge the gap between theory and real-world practice.

Trainings in IFS

- IFS for Trauma by Alexia Rothman

[Register Here](#)

[TESTIMONIALS]

Look at what the previous batches have to say for the learning circle:

I loved being a part of the IFS Peer Learning Circle. It was my first time reading a book related to IFS and discussing it in such a space and I loved it. More than discussing the book, I loved that we all had so much to bring to the table, so much to share. We could be vulnerable about parts of us and the parts of clients we witness and wonder about. The discussions weren't too theoretical and I liked that a lot.

It has been wonderful to have this space to read and learn together, makes it possible to go through books with ease. Hearing intriguing and insightful questions/sharing from the facilitators and the group has added to the learning!

I've truly cherished having this space every Thursday to discuss IFS. The case discussions have been deeply enriching, helping me clarify doubts and gain a deeper understanding of the book. It's been an incredible journey, made even more special by Akshi, Durva, and the other members, who were always so genuine and supportive. I gained so many valuable resources along the way! Thank you!

Insightful. I learned about a new modality in such a supportive atmosphere. The circle was definitely the right space for learning, everyone was accommodating, non-judgemental and willing to learn and get better.

Look at what the previous batches have to say for Akshi:

Akshi has her own strengths. Her knowledge and about IFS and ability to notice details, genuine presence and regulation helped us all in the process.

I absolutely loved the insights Akshi shared during the sessions—they were incredibly valuable. I also really admired how she facilitated the discussions; her approach made the sessions so engaging and impactful.

Akshi - your knowledge and understanding of IFS concepts is very helpful and inspiring. Some of the introspective questions to bring in to the group are commendable. I also appreciate how you sometimes gently nudge participants to come back to the topic at hand rather than digressing, would love to see more of that

Look at what the previous batches have to say for Durva:

Durva - You come across as very genuine and accepting of all participants. Your ability to summarize things in a concise and simple manner is so helpful and commendable. Your grasp of IFS really helps in gaining clarity of IFS concepts for others too.

I felt very connected with Durva. Her warmth and presence was radiant and helped in the facilitation of all our discussions.

I really appreciated how Durva facilitated the sessions—she was incredibly supportive, resourceful, and thoughtful. She is a fantastic host!