

Integrating IFS with Other Therapy Models: *From Survival Patterns to Self-Transformation* A 2-hour masterclass with Dr Frank Anderson

Video Course
CPD hours: 2



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A practical roadmap from Frank Anderson, MD — showing therapists how to weave IFS with EMDR, somatic, and attachment-based methods safely and effectively.

“Integrating models of therapy for trauma treatment from an IFS framework — this is something really new, hot off the press.”

With those words, Dr Frank Anderson opens this ground-breaking masterclass — and it’s no exaggeration. As a former Lead Trainer for the IFS Institute and long-time collaborator with Bessel van der Kolk, Pat Ogden, and Janina Fisher, Frank brings a rare vantage point to the field.

From his early years at Dr Bessel van der Kolk’s Trauma Center — where he participated in the first comparative study of EMDR and Prozac — to co-developing the IFS trauma training curriculum and authoring *Transcending Trauma* and *The IFS Skills Training Manual*, Frank’s career has been one of continuous integration.

“Each model,” he explains, “has something important to share. The next wave in trauma treatment is integrating these models — because they all have something valuable to offer.”

In this spirit, **Integrating IFS with Other Therapy Models: From Survival Patterns to Self-Transformation** presents **Frank’s most current, synthesis-driven teaching: how to weave IFS with EMDR, Sensorimotor Psychotherapy, DBT, and attachment- and somatically oriented approaches through a coherent trauma framework that honours the body, the brain, and the parts within.**

Course Description

Trauma is not just something that happens to a person — it’s something that lives on inside the body, shapes behaviour, and fragments the sense of self. Yet within those survival strategies lies the wisdom of a system that adapted to overwhelming pain.



In this video masterclass, Dr Frank Anderson offers an accessible introduction to his IFS-centred integrative framework for trauma healing — one that brings together parts work (IFS) with complementary approaches across trauma-processing, skills-based, attachment-oriented, and somatic traditions (e.g., EMDR, DBT, attachment work, somatic approaches), alongside neuroscience, emotional connection, and relational depth. Drawing from decades of clinical experience and the latest research, Frank outlines a path that begins with honouring the body's brilliant adaptations and moves toward the repair of internal relationships, emotional transformation, and reclaimed wholeness.

Through clear teaching and practical examples, this course will support clinicians in identifying where their clients are on the healing path, and how to thoughtfully combine IFS with other models at the right time — without rushing, bypassing, or retraumatising.

Learning Objectives

By the end of this programme, participants will be able to:

- Identify the stages of trauma adaptation and understand how protective behaviours form and persist over time, while mapping these patterns to IFS system dynamics and treatment planning.
- Describe the internal shift from reacting to relating (Self-leadership) and explain why appreciating protective strategies is key to transformation and readiness for deeper work.
- **Apply IFS-informed integrative approaches that support clients in reconnecting with emotional wounds, accessing corrective experiences, and moving toward lasting change, while flexibly drawing on complementary methods where indicated.**
- Recognise the therapeutic tasks across different phases of the trauma healing process and determine when and how to weave IFS with other models — maintaining pacing, safety, and coherence throughout.

About the Presenter

Frank Anderson, MD is a psychiatrist, psychotherapist, and international speaker recognised for his expertise in trauma treatment and neurobiology. A former Lead Trainer for the IFS Institute, he is the author of *Transcending Trauma: Healing Complex PTSD with Internal Family Systems* and co-author of *Internal Family Systems Skills Training Manual*. Dr Anderson integrates decades of experience across neuroscience, EMDR, and somatic trauma therapy to bring a compassionate, brain-based approach to healing.

This exclusive masterclass distils Frank's integrative model into clear, actionable guidance — empowering clinicians to deepen their trauma practice with confidence and coherence.

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There is no known commercial support for this program

This course does not qualify for CE credits.

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