

Introducing IFS to CAT Workshop

Friday 31st October 2025 (9:30am - 4:30pm)

West Suffolk Hospital, Bury St. Edmunds

Presenters

Dr Maria Kaltsi

Clinical Psychologist,
CAT Practitioner
IFS Level 3 trained Therapist



Dr Mel Lee

Clinical Psychologist,
CAT Practitioner
IFS Level 2 trained Therapist



Workshop Description

This day brings together two CAT therapists passionate about Internal Family Systems (IFS) because of its non-pathologising stance of the inner workings of humans and our innate healing capacity. This workshop is designed to provide an opportunity for CAT therapists and CAT trainees to learn about the core principles of IFS, participate in experiential exercises to gain a felt sense of the IFS model as applied to themselves, witness an IFS demo, and to hear how the presenters have developed their CAT practice to include IFS to enhance client outcomes.

Learning Outcomes

- Knowledge of the core theory and principles of IFS
- Personal experience for participants of applying the model to their own internal systems
- Experience of practicing specific IFS techniques with their colleagues having seen those methods modelled to them
- Awareness of what further training in IFS would involve
- An ability to discuss where IFS can enhance CAT practice

What is IFS?

Internal Family Systems (IFS) therapy is a psychotherapy approach developed by Richard Schwartz in the 80s. IFS posits that all of us are born with many sub-minds or parts each with their own perspective, interests, memories and viewpoint. These parts are natural and not the product of trauma and in IFS **all parts are welcome**. IFS also sees people as a whole underneath this collection of parts. Everyone has a true self or center known as the Self with an undamaged essence. IFS offers a model by which we can develop relationships and understanding with our parts, eventually releasing them from wherever they may be stuck in the past and helping them to release their burdens.

Costs and Booking

The full day's workshop costs **£120*** including handouts, lunch and refreshments.

(*early bird fee for bookings and payment received before 1st June 2025, £135 for later applications)

For further details and to book, please contact **Dr Caroline Bunting** by email:
contact@irispsychology.co.uk