



Deepening Connections, Inside and Out

An online Internal Family Systems (IFS) therapy group for those who want to increase their understanding of their parts and their internal system. This group may be a good fit for you if you experience depression, anxiety, self-criticism, self-doubt, or difficulties in relationships.

This **9-session group** is based on the principles of IFS therapy. We will spend **2 hours** each week in a supportive small group environment. Through meditations, sharing, and experiential exercises, with a focus on sculpting parts, participants will get to know parts of themselves that may be causing challenges in their inner experiences and relationships. Sculpting is a way of externalizing our parts, to gain more understanding of them and their roles in our inner system.

The intention for this group is for participants to connect with more compassion and confidence and to allow more clarity and choice in life. This group requires a willingness to participate actively in group and individual exercises.

Prerequisites: Previous participation in one of Dr. Parsons' IFS groups or experience with individual IFS therapy. Familiarity with some of your own parts and curiosity to know more about your inner system is necessary. This group is not intended to replace any individual therapy and in fact participants that become aware of any parts during the group sessions are encouraged to discuss them in their individual therapy sessions. If you are not sure if this group is a good fit for you, please contact Dr. Parsons to discuss.

Maximum 7 participants

ONLINE via Zoom (PHIPA compliant platform)

Wednesdays, March 20 – May 22, 2024; 1-3pm

No session April 10

Covered by OHIP; no fee for the group or intake sessions
\$50 fee for any missed sessions.

Facilitator: Dr. Elizabeth Parsons, MD CCFP, Certified IFS Therapist; more information about Dr. Parsons [here](#)

LGBTQ2S+ and BIPOC brave and accountable space.

A referral from a physician or nurse practitioner is required for online intake sessions.

Have referrals sent by fax to: **(343) 888-2011**. If you can attend an intake session in person (in Ottawa), then no referral is needed.

To indicate interest in the group, please fill in the [contact form](#) or send email to admin@eparsonsmd.ca