



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, or difficulties in connecting with others.

This **12-session group** is based on the principles of IFS therapy. We will spend 2 hours each week in a supportive small group environment. Through meditation, sharing, and experiential exercises, including sculpting parts, participants will get to know parts of themselves that may be causing difficulty in their inner experiences and relationships. The intention is to connect with more compassion and confidence 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. 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 bring them to 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 8 participants; **ONLINE** via Zoom (PHIPA compliant platform)

**Wednesdays, February 12 – June 4, 2025, 1-3pm
(except one Thursday, May 1st instead of April 30)**

No sessions February 26, March 26, April 16, 23 or May 28)

Alternate date in case of cancellation: **June 11**

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

To indicate interest in the group, please fill in the contact form here: <https://www.eparsonsmd.ca/therapygroups>

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.

Facilitator: Dr. Elizabeth Parsons, MD CCFP, Certified IFS Therapist; more information at <https://www.eparsonsmd.ca/aboutme>