



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 **17 or 18-session group** is based on the principles of IFS therapy. We will spend **2 hours** every other week (with some exceptions – see dates) 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 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 and/or experience with individual IFS therapy. It is necessary to be familiar with some of your own parts and have curiosity about your inner system. This group is not intended to replace any individual therapy and in fact participants are encouraged to bring anything that comes up in the group 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*)

LGBTQ2S+ and BIPOC brave and accountable space.

Two options for days and times:

Mondays, September 9, 2024 – May 26, 2025

1:30-3:30pm

September 9, 23; October 21, 28; November 11, 18; December 2, 16
January 13, 27; February 10, 24; March 10, 24; April 7, 28; May 12, 26
alternate date June 9 (in case a session must be cancelled)

OR

Wednesdays, September 11, 2024 – May 28, 2025

4-6pm

September 11, 25; October 16, 30; November 20; December 4, 18
January 15, 29; February 12, 26; March 12, 26; April 9, 30; May 14, 28
alternate date June 11 (in case a session must be cancelled)

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 this [contact form](#)

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

Please 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

Level 3 trained certified IFS therapist and IFS-Institute approved consultant. Level 2 trained in Sensorimotor psychotherapy and additional training in Somatic IFS, Intimacy from the Inside Out, psychodynamic psychotherapy, and mindful self-compassion.

As a white, cis, heterosexual, able-bodied, economically-advantaged woman I recognize the many privileges that I experience and I continue to educate myself through an anti-oppressive lens.

[more information](#)

