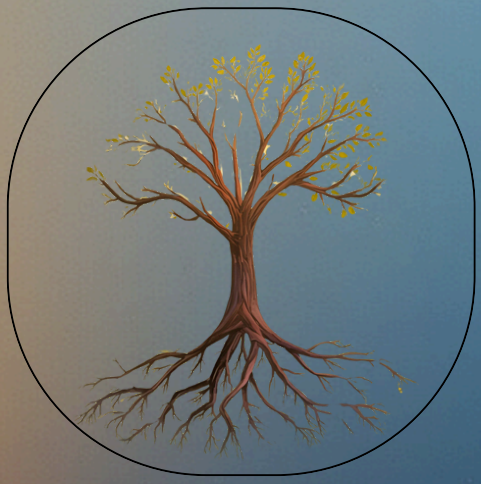
Self-Care with IFS: *Cultivating Creativity and Community*

Pause, Restore, & Reconnect with your-Self through an IFS lens.



What You'll Learn:

- Understand basic IFS concepts
- Relate to inner parts and identify protective patterns
- Apply IFS in daily life
- Unblend for self-regulation and calm
- Use movement, art, and shared practices to build deeper connection to self and others

What is Internal Family Systems (IFS)?

A transformative model that views the mind as a system of inner parts led by a core Self with the capacity to heal.

https://ifs-institute.com

Galit Arad-Trutner
IFS Trainer & Certified Consultant

Jessica Hand Bertsch
IFS Certified Therapist

You give so much.
This is
A weekend to receive.

Session Details:

28 March, 2026 9AM-3PM
29 March, 2026 9AM-12PM
Rosys Jazz Hall, 500 Valence St.
NOLA 70115

$450 (Registration Required)
Artist Scholorships Available
Contact us to apply
www.jessicabertsch.com

In the process of applying for 7.5 CEUs for Social Workers and Counselors
Artists, Somatic Workers, Yoga Instructors welcome!