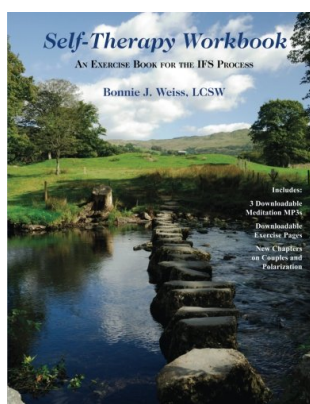


# [PDF] Self-Therapy Workbook: An Exercise Book For The IFS Process

**Bonnie J. Weiss LCSW - pdf download free book**

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#### **Books Details:**

Title: Self-Therapy Workbook: An Exe

Author: Bonnie J. Weiss LCSW

Released:

Language:

Pages: 180

ISBN: 0984392742

ISBN13: 9780984392742

ASIN: 0984392742

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#### **Description:**

This workbook is a companion to Self Therapy by Jay Earley. It is a clear and concise description of the steps in the IFS process designed for people using IFS to do personal work on themselves or professionals introducing the material to their clients. It provides written exercises that give readers a chance to process their experience and track their internal work. It includes sample answers that clarify how to do the exercises, and illustrations that provide a visual understanding the material.

There are additional chapters on working with couples and dealing with polarization.

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