



Somatic Parts Work

LaDonna Silva

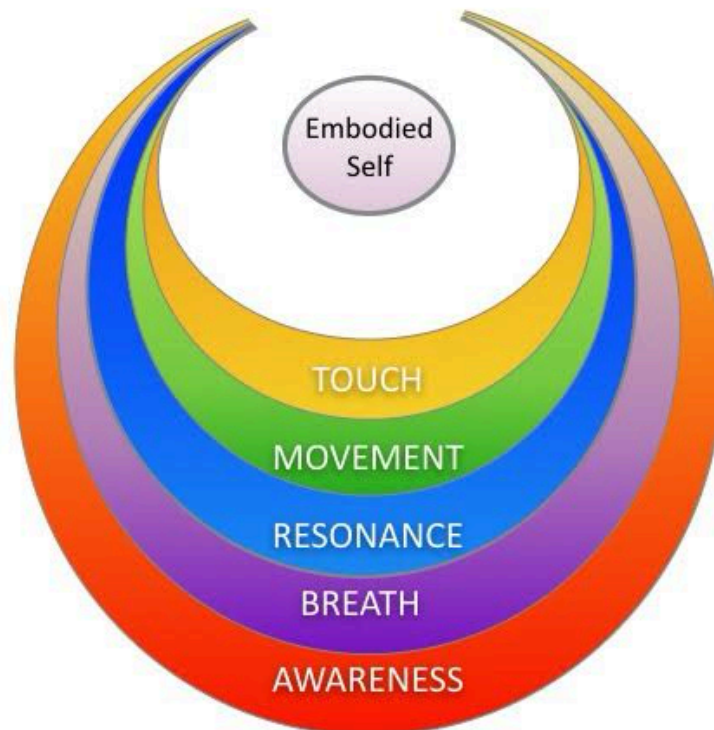
February 15-16, 2024

What is the unfolding process of the Somatic Internal Family Systems therapy model?

- Building an Awareness inside of ourselves, getting to know our parts is an important beginning to this model.
- Using Awareness as a connection to earth, roots, anchor, center and ground.
- Create a stance of connection inside, this relational “being with” our system so that our “Therapist” parts can remain embodied and Self Led.
- 8’C’s~ Foundation of Self Energy/Embodied Self: Compassion, Clarity, Calmness, Curiosity, Confidence, Courage, Creativity and Connectedness
- Using our Breath to support connection to the air, vertical alignment, spaciousness while also exploring with the client’s experience with breath.
- Resonance is connection with our relationship inside our own systems as well as relationships with clients.
- Using our system as a guide with resonance can often support us with our clients work.
- We use and learn to trust our bodies guidance to explore what’s happening in the room.
- Staying mindful of our activated parts and how they entangle with other systems in our therapeutic practice.
- Practice having intentions without an agenda.
- Following movement is usually an important process honoring the bodies need and deep wishes to heal. We cultivate an openness and deep welcome and trust while tracking the client’s responses.

- Movement is an energy connecting with the element of fire, growth, transformation.
- Attuned Touch includes imaginary touch, self touch and therapeutically aligned touch that supports healing.
- The experience of touch is an interplay of all of the elements and brings the heart energy into the healing space with warmth and compassion which deeply communicates with the body.
- We dance within others systems following their lead in an open hearted manner as we carry hope and trust that all can heal within.

The Five Practices of Somatic IFS



Resources:

Deb Dana Polyvagal Theory in Therapy

Susan McConnell Somatic Internal Family Systems Therapy: Awareness, breath, resonance, movement and touch in practice.

Richard Schwartz and Martha Sneezy Internal Family Systems Therapy

Daniel Siegel Aware

Bessel van der Kolk Body Keeps the Score

Susan McConnell website for trainings: www.embodiedself.net

Contact information:

LaDonna Silva, LMFT (she/her)

Awaken Wild Hearts Somatic Therapy

Process Therapist, IFS Approved Clinical Consultant

Level 3 Certified IFS Therapist

Somatic IFS Staff ~ Susan McConnell

Adjunct Faculty, Santa Clara University

www.awakenwildhearts.com (new site being built, announcements)

www.ladonnasilva.com

My offerings include:

Consultation groups

Retreats

Workshops