

# Learning Objectives

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- Identify the Basic Principles of Internal Family Systems: All Parts are welcome and the Self is the internal care center with leadership for the parts
- Identify the drawbacks of present literature on forgiving others
- Focus the work of Forgiveness on the internal system not the external system
- Offer an exercise of internal forgiveness through observing a demo or an exercise for each participant



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## Japanese Proverb

Forgiveness without repentance is like writing  
on Water.



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Workshop on Forgiveness for  
4<sup>th</sup> Annual North American Conference on Social work and  
Spirituality

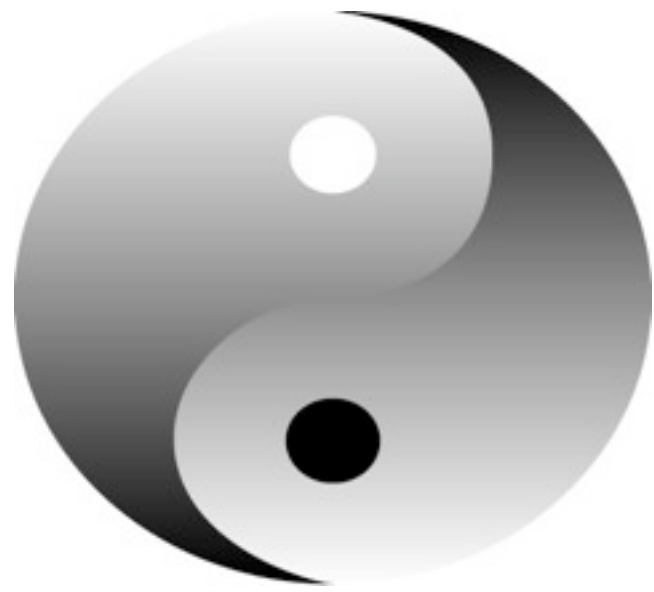
All conflicts are primarily internal



# The Parakalein of God and Polarities

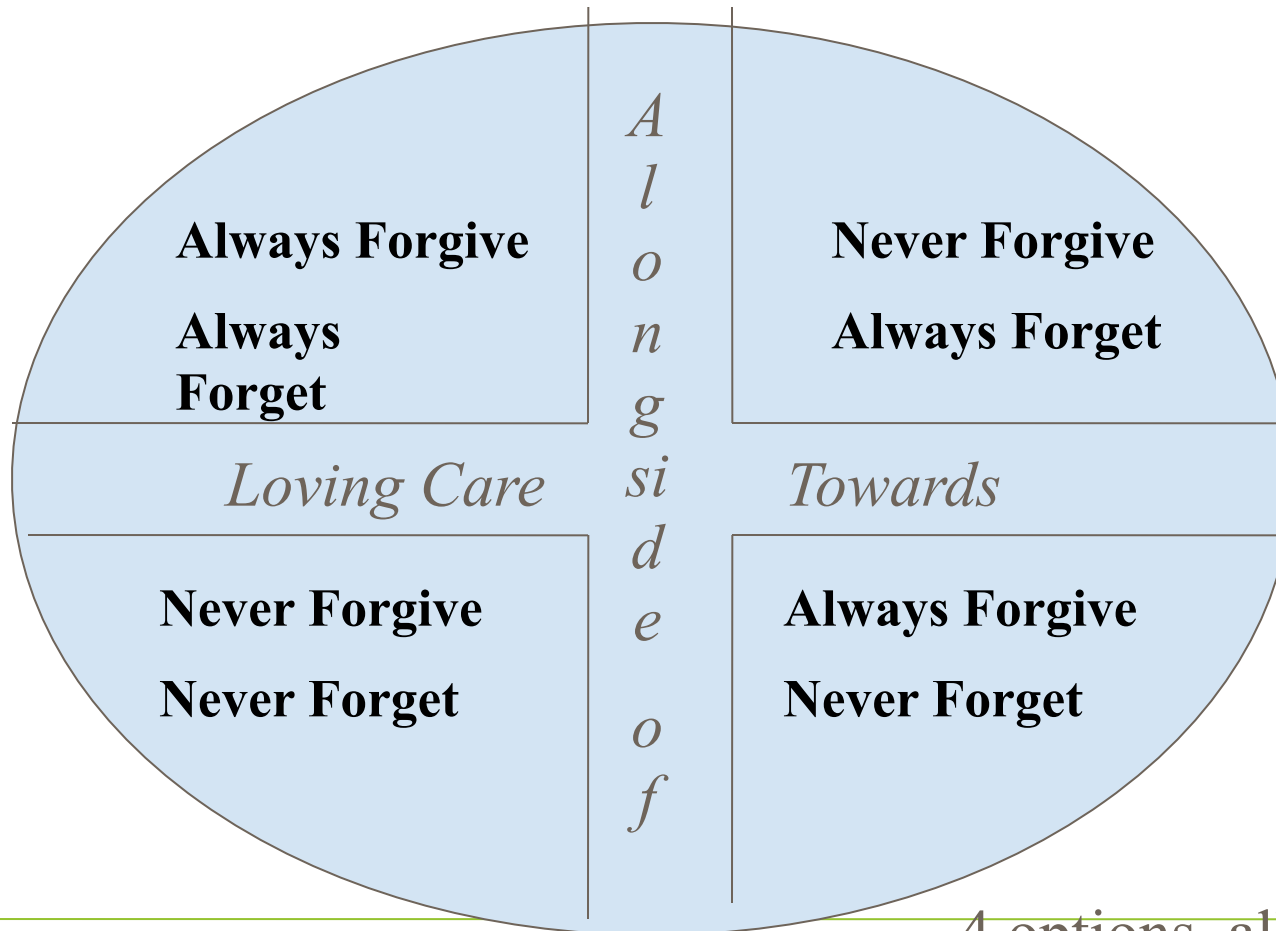
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*The Parakalein of God and the Polarizations of Humanity*





# Parakalein and the Quadrants of Polarities



4 options, all possible

# Internal Family Systems

Inside all of us are internal parts or people who have adopted certain roles due to experiences and beliefs that have either polarized or been alienated or exiled. The exiled parts draw people together in relationships and also polarize them in that relationship.

# Overall Goals of IFS Therapy

- 1. To achieve balance and harmony in the internal system.**
- 2. To differentiate and release the Self so it can be an effective leader in the system.**
- 3. When the Self is in the lead the parts provide input to the self but will respect the leadership and decisions of the self as long as trust is maintained.**



# The Self

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The Self is an energizing source of internal care that is shackled by false beliefs and the protective parts that while well intentioned perpetuate the idea that I am uncared for and need someone or something from the outside to care for me. This creates internal and relational frustrations and fears that keep the potential of the Self from being visible though present in all of us.





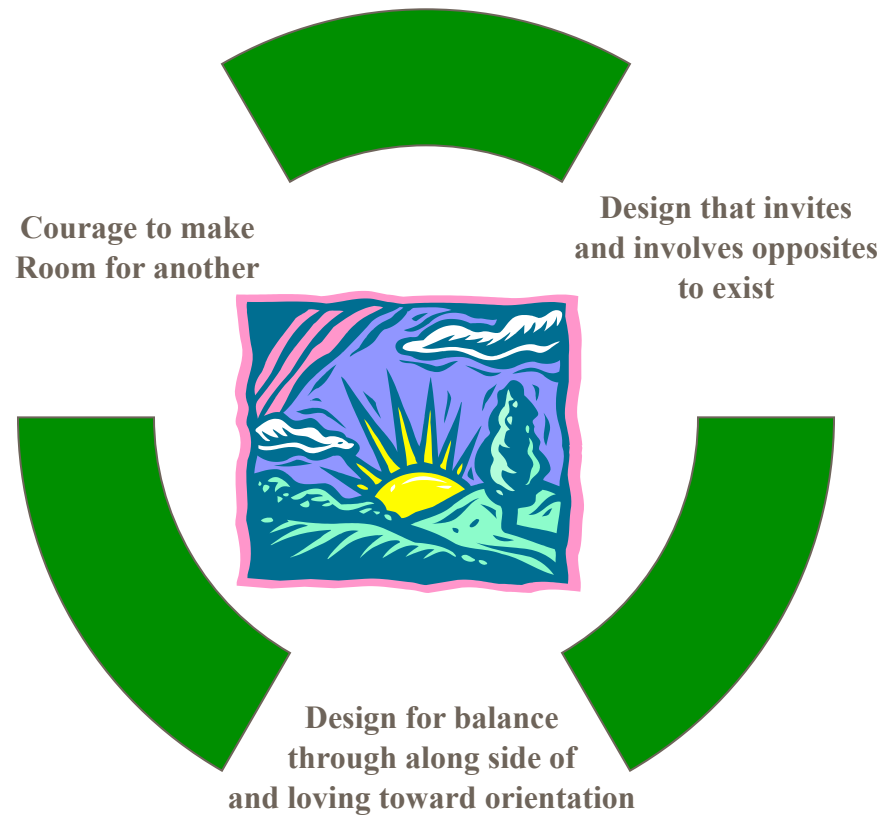
# The Mission of Internal Family Systems

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- *The mission is to use the principle of the multiplicity of the mind in identifying and un-blending internal parts that are triggered by external threats. Blending this with systems thinking allows the healing energy of Self to emerge in a restorative way.*
- *It is non-pathologizing, counter intuitive, release rather than restraint oriented, and “a way” not the way of working with clients.*
- *It is non-Theologizing and Diversity Welcoming*



# THE CYCLE OF CREATION



What the world needs healing of hurts,  
a heart of forgiveness,  
a mind that forgets (heals the memory)



**You are the forgiver you need**

**This prepares you to forgive as you  
are forgiven**

**All systems at peace are ready to  
present a heart of forgiveness  
toward all parts and people**

# Reality REFRAMED: The Power of Presence



- The physical reality of One eye (way) seeing propels polarizations, paralysis and power-control matrixes.

Becomes

- The spiritual reality of Two Eye (way) seeing that allows for two “I”s” to be present with equity, equality, and equifinality. The world as the “I that I am” and the world that sees you as “the you that you are”, forms a respectful acceptance of two ways of seeing that may appear contradictory but are in essence simply needing to be valued and validated .



## Parakalein: Four Steps of Forgiveness

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Acknowledging the offense and the memory that holds that event

Identifying the triggers of forgiveness and un-forgiveness. I cannot forgive. Being compassionate to the part that hold burdens

Forgiving the parts that believe that they have to forgive – releasing the burden of un-forgiveness and forgiveness

Nurturing an open heartedness toward the offense. What is forgiven is a closed heart to oneself so what is offered is an open heart “of forgiveness” toward the offender and the offense.

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# Parakalein: Four Stages of Forgiveness

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1. Maintain a Spirit of Forgiveness toward the offense and the offender
    2. Experience of Forgiveness results in internal healing
      3. Expand/Extend forgiveness to all those who have offended in an “open heart” but know that they are not forgiven until they come to the same place of inner healing
  4. Forgiveness fulfilled: when the open heart of forgiveness of the offended meets the same open heart of forgiveness of the offender.
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# Demo of Forgiveness

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I invite someone in the audience who has an issue of un-forgiveness or has been deeply hurt and struggles with forgiving the offender or holding on to the offense to volunteer to open themselves to an inner explorations of their parts, an un-blending of those parts and a internal experience of the healing experience of the self.

I invite everyone else to be in an attitude of openness, with compassion, calmness, courage, creativity, care, and clarity of heart, soul, spirit and mind

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# Parakalein: Implications for Clinical Practice



**1. Releases the polarization of forgiving and forgetting. Never Forget and Always forgive become never forgive, but always maintain a open heart of forgiveness, and always forget, but do not hold bitterness and resentment for them memory.**

**2. Making room for the client to explore his inner hurt and how he is un-forgiven toward the part of him that did not defend or protect. Develops a safe space to not forgive in the sense that the other person is off the hook of responsibility to change while at the same time his internal un-forgiveness and its burden is released. A safe place of acceptance and positive attention to all thoughts, feelings and beliefs.**

**3. The offender remains responsible for his own inner forgiveness and the offended is released from the burden to forgive while nurturing a heart of forgiveness toward the offender.**

**4. A heart of forgiveness toward others nurtures calmness and compassion from within.**