

Using Internal Family Systems for Compassion Fatigue Dr. Daphne Fatter

Date: Thursday, January 11, 2024

Time: 9:00 AM – 11:00 AM (PST)

Location: Virtual training by Zoom

Registration Deadline: January 10, 2024

Fee: Free for UCI Counseling Staff

CE Credits: # 2 hours (will only be granted to those who attend the entire program and complete an evaluation).

Zoom link: To be provided
after registration!

Program Description: The pandemic and the ever-increasing demand for mental health services has created a perfect storm for compassion fatigue, therapist burnout, vicarious trauma, and countertransference reactions. Internal Family Systems (IFS), developed by Richard Schwartz, Ph.D., is a non-pathologizing evidenced-based approach to psychotherapy that can serve as a tool not only for our clients, but also for clinician self-care. In this webinar, Dr. Fatter will review the basic model of IFS, theoretical assumptions, the view of the therapeutic relationship and goals for IFS treatment. Dr. Fatter will apply an IFS framework to compassion fatigue, therapist burnout, vicarious trauma, and countertransference reactions. A guided experiential will invite clinicians to have increased awareness of their own “helper” and “therapist” parts for our own self-care and burnout prevention.

Learning Objectives:

1. Describe assumptions of Internal Family Systems (IFS) theory.
2. Report the view of compassion fatigue according to IFS.
3. Demonstrate how to use IFS for mental health providers' self-care.
4. Become familiar with the model by getting to know your own parts through experiential exercises.

About the Presenter:

Daphne Fatter, Ph.D. is a licensed psychologist, certified Internal Family Systems (IFS) therapist, and clinical IFS consultant. She is also certified in EMDR and is an EMDRIA Approved Consultant in Training (CIT). She was awarded her doctorate in Counseling Psychology from the Pennsylvania State University. She completed a postdoctoral fellowship in Clinical Psychology at the Trauma Center, an affiliate of the Boston University School of Medicine, under the direct supervision of Dr. Bessel van der Kolk, MD. She is the former Military Sexual Trauma Coordinator at the Fort Worth Veteran Affairs Outpatient Clinic. She speaks to mental health clinicians internationally providing engaging continuing education on nuances on trauma treatment from her seasoned clinical experience treating PTSD, and complex trauma. She is currently in private practice in Dallas, Texas.

Click on the following link to register:

[Using Internal Family Systems for
Compassion Fatigue](#)



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