



## You Marvelous, Multipart You: An Introduction to Internal Family Systems Richard C. Schwartz, Ph.D.

Creator of the evidence-based Internal Family Systems (IFS) model of psychotherapy, widely used with trauma patients.  
Author of, most recently, *No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model*.

## Deran Young, LCSW

Licensed therapist specializing in racial trauma and legacy burdens. Contributed an essay to the *New York Times* bestseller *You Are Your Best Thing*.  
Founder of Black Therapists Rock, a nonprofit organization with a network of over 30,000 mental health professionals.

**Tuesday, March 7, 2023, 7:00 PM CT (on Zoom)**

**Register: [www.bit.ly/RCSFANWebinar](http://www.bit.ly/RCSFANWebinar)**

**PLUS: After-Hours Event!**

Purchase a copy of the new edition of *Introduction to Internal Family Systems* from FAN's partner bookseller  
The Book Stall to receive a link to an interactive "After-Hours" event hosted by Schwartz.

Presented by **Family Action Network (FAN)**, in partnership with

Bernard Zell Anshe Emet Day School, Brickton Montessori School, Catherine Cook School, Chicago Jewish Day School, Compass Health Center, Connections for the Homeless, Countryside Day School, Evanston Scholars, Evanston Township High School D202, Family Service Center, Family Service of Glencoe, Francis W. Parker School, Glencoe D35, Gorton Center, Haven Youth and Family Services, Hyde Park Day School, Illinois Student Assistance Commission, Lake Bluff D65, Lake Forest Community High School D115, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Leo Catholic High School, Mindful Psychology Associates, Morgan Park Academy, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University School of Education and Social Policy, Rebel Human, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Science & Arts Academy, Stevenson High School D125, The Avery Coonley School, The Cove School, The Family Institute at Northwestern University, The Frances Xavier Warde School, University of Chicago Crown Family School of Social Work, Policy, and Practice, University of Chicago Laboratory Schools Parents' Association, Wilmette Public Library, Winnetka-Northfield Public Library District, Wintrust Financial, Wolcott College Prep, and Youth & Opportunity United.

**This event is #freendopentothepublic and will be recorded. Suitable for youth 12+ [familyactionnetwork.net](http://familyactionnetwork.net)**

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**FOR IMMEDIATE RELEASE: RICHARD C. SCHWARTZ, Ph.D. - ON ZOOM**

**CONTACT:** Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

**Tuesday, March 7, 2023, 7:00-8:00 PM, You Marvelous, Multipart You: An Introduction to Internal Family Systems, a FAN webinar featuring Richard C. Schwartz, Ph.D., in conversation with Deran Young, LCSW.**

**REGISTER:** [www.bit.ly/RCSFANWebinar](http://www.bit.ly/RCSFANWebinar).

**BONUS AFTER-HOURS EVENT:** Attendees who purchase a copy of the new updated edition of *Introduction to Internal Family Systems* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Schwartz that will start immediately after the webinar. Details on the webinar registration page.

Self-talk, self-doubt, and self-judgment all simultaneously shape our relationships with our own bodies and minds. Yet despite the multitude of functions our minds perform, we regard them simply as one entity. **Richard C. Schwartz, Ph.D.**, the creator of Internal Family Systems (IFS), breaks ground when he suggests that we address and name these separate parts of the brain, and in doing so, allow ourselves to understand, respect, and balance them.

Over the past two decades, IFS has transformed the practice of psychotherapy. With a new revision of his classic *Introduction to Internal Family Systems*, Schwartz presents the ideal guide to help anyone understand this empowering, effective, and non-pathologizing approach to self-discovery and healing. He is the founder of the IFS Institute and on the faculty of Harvard Medical School and was formerly an associate professor in the Department of Psychiatry at the University of Illinois at Chicago and later at Northwestern University.

Schwartz will be in conversation with **Deran Young, LCSW**, a licensed therapist specializing in racial trauma and legacy burdens. She contributed an essay to the *New York Times* bestseller *You Are Your Best Thing*, is a retired military officer, and is the founder of Black Therapists Rock. Black Therapists Rock is a nonprofit organization with a network of over 30,000 mental health professionals committed to reducing the psychological impact of systemic oppression and intergenerational trauma.

This event suitable for youth 12+. It will be recorded and available on our website and YouTube channel.

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