



# IFS Healing Circle

~ sacred healing in community ~

Jan 21 - Feb 25, 2025

6-week series with Sandy Phoenix

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*Internal Family Systems (IFS) is a powerful therapeutic modality that welcomes all parts of us and understands that all of us have both a core essence or Self, as well as many inner parts. Our inner parts function as a system, similar to a family system, which is how this modality was named; it's not about your family of origin, but rather about the dynamics of your internal world.*

IFS Healing Circles combine the power of IFS with the power of deep sacred group work. IFS is a deeply compassionate model that helps us connect with the parts within us that need tending and develop a relationship with them that helps our whole system find more clarity, peace, joy, and love. It offers a caring way to work effectively with polarized parts that keep us stuck. It helps us unburden old traumas, emotions, and beliefs. And IFS helps us to inhabit our core sacred essence more fully and, over time, lead our lives from that essence.

This 6 week series will be experiential and will include guided meditations, parts mapping, and embodied group sculpting. The sculpting is a powerful process where a participant works directly with me with the group members supporting by stepping into the roles of the person's parts, bringing about more clarity of inner dynamics and more space for healing. (The sculpting spots will be chosen by lottery during the series among those interested.)

IFS is a relational model, building relationships with your inner parts. Doing this work in a group, witnessing and sharing with others, empowers each person's own work as well as building like-minded community. Group size will be limited to allow time for questions and sharing.

As a Shamanic Practitioner, I appreciate how IFS aligns with and includes many shamanic perspectives and aspects of healing, including soul retrieval, clearing of ancestral and cultural burdens, energetic and spiritual release with help of the elements, and connection with your sacred essence. I will hold a sacred shamanic space for this deep work.

**When:** Tuesdays, January 21 - February 25, 2025, 7-9 pm

**Where:** 18 Springs Community Healing Center, 2424 Reynolda Rd, Winston-Salem, NC

**Cost:** \$295. *Options available for those in need of financial assistance.*

**To Register:** visit [www.SandyPhoenix.com/healingcircles](http://www.SandyPhoenix.com/healingcircles)

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Sandy Phoenix (formerly Phocas) is a Shamanic and IFS Practitioner and a Systemic Family Constellations facilitator. After years of working as a psychiatrist, Sandy followed a calling to focus on the deeper foundation of healing and wholeness. This led to trainings in hypnosis, Holotropic Breathwork, past life work, shamanism, IFS, and Systemic Constellations. Her passion is sharing this path with others by helping them to not only heal, but to profoundly access their own truth, power, and creative life force energy. Sandy has a private practice in Winston-Salem, NC where she offers Shamanic Healing, Internal Family Systems, Systemic Family Constellations, workshops and classes. Learn more at [www.SandyPhoenix.com](http://www.SandyPhoenix.com).

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