



IFS Healing Circle

~ healing in community ~

May - June, 2024

6-week series with Sandy Phoenix

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.

I'm excited to offer IFS Healing Circles, to combine the power of IFS with the power of deep sacred group work. IFS helps us go directly to 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 way to work compassionately and 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. Doing this work in a group, witnessing and sharing with others, empowers each person's own work as well as building like-minded community.

This 6 week series will be experiential, as direct experience is the only way to truly understand and heal with IFS. It will include guided meditations, parts mapping, and embodied group sculpting. Within the group space, each person will be working with their own intentions and their inner parts related to those intentions, so the work will be personalized. At the same time, I will help you understand common dynamics of parts and how to engage with inner protectors and exiles. This is a relational model, building relationships with your inner parts. And this group opportunity allows for doing this in community with support and connection.

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.

There are 2 different 6-week options: one in-person and one online; each is limited to only 8 participants.

In-person: When: May 1 - June 5, 2024; Wednesdays, 10:30 am - 12:30 pm; Cost: \$295

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

Online: When: May 2 - June 6, 2024; Thursdays 7-9 pm; via Zoom; Cost: \$295

To Register: visit www.SandyPhoenix.com/healingcircles for further details and to register



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, 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 where she offers Shamanic Healing, Internal Family Systems work, Systemic Family Constellations, and classes. Learn more at www.SandyPhoenix.com.
