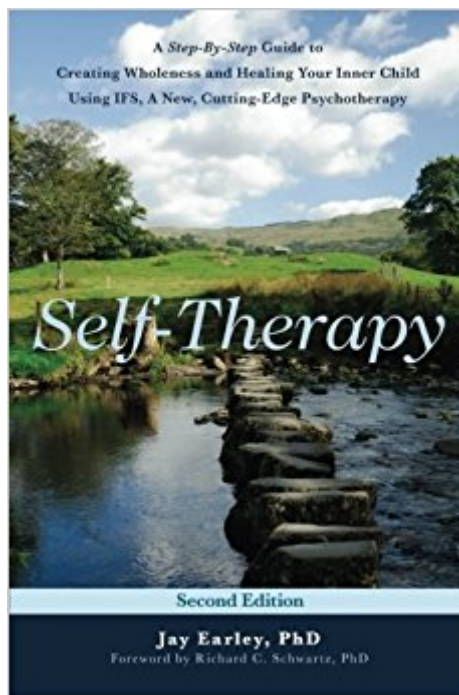


The book was found

Self-Therapy: A Step-By-Step Guide To Creating Wholeness And Healing Your Inner Child Using IFS, A New, Cutting-Edge Psychotherapy, 2nd Edition



Synopsis

Understand your psyche in a clear and comprehensive way, and resolve deep-seated emotional issues. Self-Therapy makes the power of a cutting-edge psychotherapy approach accessible to everyone. Internal Family Systems Therapy (IFS) has been spreading rapidly across the country in the past decade. It is incredibly effective on a wide variety of life issues, such as self-esteem, procrastination, depression, and relationship issues. IFS is also user-friendly; it helps you to comprehend the complexity of your psyche. Dr. Earley shows how IFS is a complete method for psychological healing that you can use on your own. Self-Therapy is also helpful for therapists because it presents the IFS model in such detail that it is a manual for the method.

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Customer Reviews

The fact that Jay Earley wrote this book is high praise for the IFS model because he was an accomplished writer and thinker long before encountering IFS. Jay's passion has been to introduce IFS to a lay audience so that people can work with their parts on their own. Through well-described experiential exercises and examples of actual IFS sessions, you will be able to enter your inner world, heal your extreme parts, and transform them into valuable resources." --Richard Schwartz, PhD, creator of IFS, from the Foreword

Enormously hopeful and empowering, this book illuminates the process of Internal Family Systems (IFS) as a method of self-therapy that centers on the revolutionary principle that all of us have a Self. Presenting a view of the human psyche with this calm, compassionate, curious Self at the center, Jay Earley takes the reader step-by-step through a method of self-exploration which views overwhelming emotion and dysfunctional behavior as

stemming from parts that are doing their best to help the person survive. Earley's writing is beautifully organized and clear, as compassionate and respectful as the process he is teaching, and the reader is supported and encouraged at every step. Anyone wishing to live a fuller, richer, more meaningful life, or help others do so, needs to read this book. --Ann Weiser Cornell, PhD, author of *The Power of Focusing* and *The Radical Acceptance of Everything* The non-pathologizing and empowering aspects of the IFS Model find their ultimate expression in Dr. Earley's book, *Self-Therapy*. Exercises, illustrations, and session transcripts supplement this detailed approach for individuals to safely work alone or with a peer to transform their inner worlds dominated by outmoded beliefs to lives filled with love, compassion, and connection. Therapists, too, will appreciate this clear map of the inner territory of the psyche and will find this book a valuable and accessible resource for their clients. --Susan McConnell, senior IFS trainer Jay has the gift of both insight and teaching--and he uses both in his new book. He allows us access to the many many layers of our selves and helps us to understand, work with and ultimately feel harmonious with behaviors that have baffled us. Self-therapy is a wonderful cogent guide written by a wonderful cogent teacher. --Geneen Roth, author of *When Food is Love* and *Women Food and God* --This text refers to an alternate Paperback edition.

Is It Truly Possible To Resolve Psychological Issues Through a Self-Help Book? Have you ever been in a positive mood only to have something seemingly very small happen, perhaps someone made a casual off-handed criticism of you, but for some weird reason you felt immediately deflated, and found yourself feeling almost like a child again, small, afraid, and helpless? Have you ever lost your temper with someone you really care about, maybe even someone you love very much, but suddenly you found yourself saying things and acting in ways that were not the way you really feel about that person, and later you regretted your actions deeply? Have you ever really wanted to find the motivation to do something in your life, like start a new diet plan for example, but despite all your best efforts, you felt as if something was sabotaging you, and maybe you even found yourself standing in front of an open refrigerator at midnight, staring longingly at the rest of that chocolate cake? If you answered yes to any of these questions, there is nothing to worry about, and you are certainly not alone. In fact, from the viewpoint of "Internal Family Systems" (IFS), you are perfectly normal. The problem in each of these situations is simply a part (or parts) that is over-reacting. In the first case, there is a part that is holding you back that you're not aware of. In the second, there is a part that exploded in anger. Most of us prefer to think of ourselves as one, unitary, sensible personality. But human beings are not as simple and straightforward as we may

like to think. In reality, we are complex systems of interacting parts, each with a variety of emotions and motivations. IFS has a sophisticated way of working with your "parts," which are natural divisions in the psyche, sometimes called subpersonalities. This approach has been rapidly spreading across the entire country for the past decade and is being applauded by patients and therapists for its incredible effectiveness. You can think of these parts as little people inside of you. Each with their own perspectives, beliefs, feelings, memories, and motivations. Some of your parts are in pain. Some of your parts want to protect you from pain. Some of your parts try to manage how you interact with others. Some of your parts are even locked in battles with each other that have been going on for years. And most of the time, all of this is completely outside our awareness. All we know is that sometimes we feel great, sometimes we feel nervous, sometimes we feel frustrated, confused, angry, and so on. And if we are honest with ourselves, we don't really understand why.

Your True Self, The Source of All Healing

Unfortunately many people spend their whole lives thinking that this surface dance of emotional states is all there is to life. However, underlying this cast of characters, and within every human being is the true Self that is wise, calm, open and loving. IFS is specifically designed to help you access this Self. Once you are in touch with your Self, from this incredible place of strength and love, you can connect with your troubled parts and heal them. It's through the Self that you can heal your own wounds and watch as all of your parts reclaim and reveal their natural strength and goodness.

What Makes IFS So Powerful?

Internal Family Systems is more powerful than other therapeutic approaches for three main reasons:

- The Self. Ā Ā Healing comes from your true Self, and IFS has innovative ways of helping to access your Self and remain there during a session.
- Internal Love. Ā Ā IFS has discovered that all your parts are doing their best to help and protect you. This means that you don't have to fight them or try to get rid of them. You can connect with them from the compassion of Self and develop cooperative, trusting relationships with them. This makes transformation much easier.

A Step-by-Step Procedure. IFS understands the complex structure of the psyche and has developed a sophisticated procedure for healing each of your parts. There is no guesswork. You don't wallow around for years in your childhood. IFS has laser-like precision and efficiency.

Self-Therapy: A Complete Guide To Psychological Healing

Therapy does not have to be difficult, time-consuming or expensive. Relief from chronic, painful, life-long emotional issues, such as depression and anxiety, is possible and can be entirely in your control. You simply need an effective framework for understanding and communicating with the various parts of yourself, along with a step-by-step process for transforming these parts into healthy resources. This is the promise of Ā Ā Self-Therapy, a clear guide by Dr. Jay Earley that explains exactly how to you can heal deep wounds, resolve stuck places, and restore

wholeness, strength, self-confidence, and joy to your life. What Makes Self-Therapy So Effective? 1. It is based on Internal Family Systems, a full-fledged form of therapy. IFS is actually much more than another therapeutic technique. In actuality it is both a revolutionary way of understanding the human psyche and a complete practice for learning to love yourself and others. Self-Therapy teaches you to engage in IFS sessions on your own or with a partner. You learn a complete method of therapy, designed from years of clinical work with a wide variety of individuals and a wide range of psychological challenges. 2. IFS is a user-friendly form of therapy. The IFS model taught in Self-Therapy is not only effective but also extraordinarily user friendly. It is natural to visualize your parts, give them names, and talk to them. It brings your psyche alive in a way that is easy to grasp. 3. IFS is based on the Self, so it can be used without a therapist. In IFS it is not the therapist or any outside force that "fixes" you. In IFS the source of healing is You; the source of healing is your true Self. Your true Self is who you really are in the deepest sense. Your true Self is compassionate, openly curious, connected, and calm. Even when working with a therapist or another IFS practitioner, it is always your true Self that is the agent of healing in the IFS approach. As you introduce your suffering parts to the Self, they each develop a trusting and healing relationship with the Self. Through this, an unstoppable momentum of transformation unfolds. 4. Self-Therapy brings IFS to life. It contains transcripts of actual sessions and illustrations that bring parts vividly to life. It also has help sheets that outline the IFS process which you can use during sessions to know what to do next. And there are exercises that can be applied directly from the book in your life.

Can Self-Therapy Help Me With My Issue? Internal Family Systems can help with both mental health symptoms and a wide variety of complex life issues, such as:

- Self-Esteem
- Depression
- Loneliness
- Relationship Problems
- Passive-Aggressive Behavior
- Procrastination
- Communication Issues
- People Pleasing
- Eating Issues
- Perfectionism
- Inner Critic
- Fear and anxiety
- Shyness
- Phobias
- Feelings of inner conflict
- Insecurity on the job

A Must Read For Therapist And Client Alike

With Self-Therapy, Dr. Jay Earley makes the power of IFS accessible to everyone by teaching it as a complete method for psychological healing that anyone can use on their own. And Self-Therapy is also the book of choice for therapists wanting to learn Internal Family Systems Therapy. Therapists and existing IFS practitioners will appreciate this clear map of the IFS model, which includes transcripts from actual therapy sessions, illustrations that explain complex and subtle dynamics in the psyche, and detailed tips on how to proceed in various circumstances that may come up during a session. Self-Therapy constitutes a complete manual for the IFS procedure. Self-Therapy is simply an absolute must read for every therapist seeking to move their clients beyond tolerable recovery to a deeper, more complete process of

healing.

I generally think self-help books promise a lot more than they deliver. I've come to believe that this book is an absolute game changer in the world of behavioral medicine. So, how do you know if this book will be helpful for you? "Self-Therapy" is based on Internal Family Systems therapy. (Think--a system of therapy such as Cognitive Behavioral Therapy, but with a rather different approach.) It is geared toward individuals who do what I call "triggering". If you tend to have very turbulent relationships, or keep rehashing past offenses in your head, or get told by your spouse that you act like you have two personalities, or are a pathological people-pleaser, or find yourself frequently repeating that behavior you decided never to do again, or have panic attacks over trivial threats, or are easily hurt or offended, or have been told you are manipulative, or have overwhelming fears of not being believed, being abandoned, not being good enough, etc, then you are probably "triggering". As you progress toward middle age, you will likely find that these behaviors become increasingly problematic in your relationships. If this sounds like you, consider getting this book. I am a family physician and was becoming frustrated with an inability to help my patients with (axis II) personality disorders understand and heal their condition. Meds don't work very well and traditional counseling is only marginally better. I knew how to recognize a patient with a personality disorder, but I didn't understand what caused it or how to explain it to a patient in a way that they 1) believed me, and 2) understood what I was talking about. These patients are often misdiagnosed with bipolar disorder, and before I found IFS I almost never saw someone recover or improve. A social worker directed me to do some research into Internal Family Systems therapy and I eventually stumbled across "Self-Therapy". This book not only helps you diagnose yourself, (ie. "what is causing me to feel and act this way?") but also how to treat yourself. I am gradually coming to believe that Internal Family Systems therapy is the only type of therapy that is more than marginally effective for healing this type of emotional injury. I find myself recommending this book to one of my patients on at least a weekly basis. It doesn't hold the solution for every emotional problem, but it's one of the best tools I've found for my mental health arsenal. If nothing else, it can really help you understand others' behavior better. I initially read this book trying to help my patients. In the end it has also helped my family, my marriage, and my personal happiness. Color me impressed.

Yes...there are many, many therapy systems from which to choose in our modern age of mental health; perhaps too many. And often, if an individual seeks to navigate a solitary path through the forest of personal psychological issues, the risk of stumbling in circles outweighs the possibilities of

making directional progress. There are just as many books that can read as a compass, but fail to sufficiently align with the individual's unique "psycho-magnetism". IFS as presented in Jay Earley's "Self-Therapy...", is a system that doesn't pretend to know you, but offers concise instruction that allows you to know yourself. If the goal is to develop a functional understanding of the inner patterns from which your behavior emanates, without the guidance of a therapist, then "Self-Therapy..." is a lucid manual that can lead you to such understanding. Jay Earley's writing demystifies the structure of the interior life by illustrating a framework you can explore at your own pace, and gain a living view of your own process and its operation in the how and why of your private experience. Whether you accept the IFS theory of parts as actual entities in the human psyche, or see it as a metaphor for relating to the emotions within, the method outlined in the book retains its value. IFS is fostered in the approach that our inner motivations, in and of themselves, aren't inclined toward destructive outcomes, even though what may result can be harmful, and that position nurtures self-trust, which allows understanding to be possible as well as productive.

Since I found The Pattern System fascinating, I decided to read more by this author who explains his theory clearly and skilfully. You can tell he must be a superb lecturer and professor. Based on Jung's insight that we all have a number of different characters in our psyches which impact upon our behaviour, for better or for worse, Self-Therapy is all about how we can start getting to know our own inner family, as he puts it. The writer unfolds his theory, step by step, so that you build your understanding without difficulty and before you know it, are encountering some of your own internal family members too. I have learnt so much from this book, and will be ordering a hard copy for my practice. Invaluable and enriching.

This is an excellent book that really helps people get to the core issue; our need to be valued, cared for, and to belong. As a therapist, I've been using this model of therapy on some of my clients and have been greatly impressed with the progress they're making. The book is clear and does a good job explaining how you can heal wounds of the past by either doing the work individually or with a partner. IFS is a great way for individuals to truly heal from trauma.

Some people find the illustrations in this book less helpful, but I liked them. Jay Earley is writing a Self-Therapy book. That has to be tricky, so to explain some concepts, to help readers visualize the complexities of the family within us, Jay used a wonderful artist who captured inner characters in rather sweet, somewhat 1950s style pencil illustrations. It helped me.

A+

This book has been very helpful in understanding why we do what it is we do. More importantly, it has helped with overall understanding of how we are still protecting ourselves when we do not always need to be. Hard work, but life transforming and worth it. I look forward to buying the next two volumes!

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