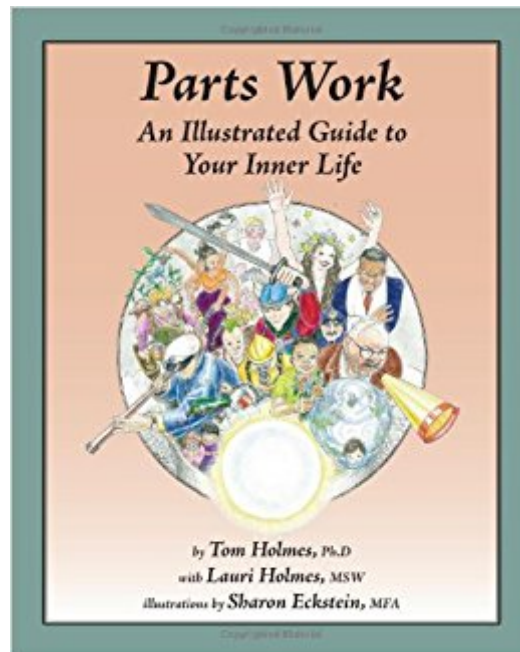




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# Parts Work: An Illustrated Guide To Your Inner Life



## Synopsis

The book, *Parts Work*, describes our inner psychological world with drawings which are moving, thought-provoking, sometimes humorous and often poignant. The book shows how we can disentangle ourselves from the problematic habitual patterns in which we get stuck, and offers ways of positively using our particular talents and style for a fuller life. Through practical examples as well as clinical illustrations, the book helps us to understand ourselves and others better.

## Book Information

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## Customer Reviews

This book brings IFS to life in an exceptionally clear and captivating way. Between the evocative and fun illustrations, the living room metaphor, and the integration with Buddhism, it presents a wonderfully creative vision of the way our parts dance with each other and with us in our minds. I highly recommend it for anyone wanting to learn about the IFS model or about their inner lives.

Richard C. Schwartz, Ph.D., Developer of the Internal Family Systems Therapy model Author of *Internal Family Systems Therapy* and the *Mosaic Mind*; --Richard C. Schwartz, Ph.D. --Richard C. Schwartz, Ph.D. It's a great book that brings Internal Family Systems to life for my clients outside my office. Bruce Hersey, LCSW --Bruce Hersey, LCSW

Tom Holmes, PhD, is Professor Emeritus at Western Michigan University, where he was awarded the State of Michigan Teaching Excellence Award. He has been training graduate students in psychotherapy since 1985 and since 1996 he has been teaching in the Holistic Health Care Program. His specialty area is spirituality and the therapeutic process. Tom received training in Internal Family System therapy from Richard Schwartz in the late 1980 s and has been teaching,

training and practicing IFS since that time. In recent years his focus has been on burnout prevention: Healing the Healer and Tuning the Heart of the Healer. His workshops integrate Western psychology with Buddhist psychology and the Sufi path of the heart as well as spiritual teachings from Christianity, Judaism, and Taoism. He specializes in integrating spirituality with internal system therapy.

This type of therapeutic approach to having a balanced mind seems a bit ridiculous when you first read about it. I felt a bit silly "talking" to my parts but having a mental conversation with the aspects of our personality (our "parts") during times of stress, or even when we are contemplating our life choices or making professional decisions really helps clarify and balance the whole thought process. Techniques are easily implemented into daily cognitive approaches and practice.

This book was recommended to me after I had expressed interest in the Internal Family System work. It is indeed really worthwhile to read and reread it, because it contains so much information presented in an easily understandable way. The one quibble I have with this book compared to Jay Earley's Self-therapy is that Holmes keeps repeating that it is difficult and/or impossible to work on your own with this system while Earley obviously takes the position that it is very well possible to do this work on your own or with a buddy, not necessarily with an IFS therapist if the situation isn't too dramatic. Personally I am not really fond of Sharon Eckstein's drawing style, but the illustrations support the text in a wonderful way nevertheless. Reading Holmes and Earley both together gave me an even broader introduction to this wonderful parts work. It is my intention to keep studying in this direction.

Great Book, the Interfamily Systems (IFS) therapy model made an incredible change in my life, and I continue to evolve. Like with any therapy though, it's best applied if you are concurrently in actual therapy with a counselor. But you can still make amazing things happen in your life with just the book. Just make sure you practice what it tells you!

It's easily read, has a deep though (that's one reason why I bought it). It met my expectations well. And I'm very grateful for the quick delivery. Thanks to you!

I love this visual explanation of the IFS process. It is useful and clarifies what happens to us. Great illustrations. Great explanations. I recommend it to anyone interested in the IFS process.

Excellent book! Very well written and user friendly. Illustrations are perfect.

I have been doing Parts Work for about a year now. This book makes the work easier to understand. The illustrations bring the Parts to life and solidify what I've experienced so far. Parts Work is amazing and has helped me in a way no other type of therapy could.

Great book for teaching my clients about Internal Family Systems work and about Ego State therapy.

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