

On the path of healing... and beyond...

«All parts are welcome» the reassuring IFS refrain goes. And how can we recognize and use their wisdom and intrinsic resources before and after unburdening ? What does a self-led system of parts look like in reality ?

Treat yourself to four days discovering the beauty and gifts of your inner world. Come experience a new way to strengthen your healing journey, by valuing the gifts of your parts and their positive contribution to the system. Mariel Pastor brings new tools to emphasize the «post-unburdening» steps of the IFS mode: Invitation and Integration. This workshop celebrates the relationship between your Self and Parts through experiential exercises, practice and presentation.

This workshop will focus on:

- Work **with self-like parts** without shaming or indulging them
- **Recognize parts along a health continuum** from burdened to unburdened
- Practice skills to **strengthen the gifts of parts** in the Invitation and Integration steps of IFS
- Use the **Unburdened System Mandala** to help clients honor and envision the health of their parts
- Unite the inner system around a personal life meaning using the **Japanese Ikigai**

From Thursday March 20th to Sunday March 23rd 2025

Cost: CHF 900-00

(includes p/day CHF 195.00 tuition + CHF 30.00 coffee, tea, snacks and lunch)

The retreat is open to anybody having completed IFS Level 1

Translated from English into French

Training site:

« **La Rouvraie** » - 2022 Bevaix (near Neuchâtel) - SWITZERLAND

www.larouvraie.ch



Mariel Pastor is a psychotherapist from Portland OR, with over 20 years in private practice. Trained in IFS since 1998 by founder Richard Schwartz, she is an IFS Lead Trainer widely known for her clarity, warmth, and humor. Her foundation in Integral Therapy inspires her work's emphasis on non-dual reality, a caution about spiritual bypassing, and the importance of integrating our parts' gifts so that we may live more fully as citizens of the world. She developed « Character Mapping », a psychology training for actors, writers, and directors. She draws energy for her creative passions by hiking among the ancient trees of the Pacific Northwest.

To register and receive more information : **Ariane Kaeser** secretariat@ifs-association-suisse.org