



Exploring the Inner Addict: Addiction, Spirituality, and Internal Family Systems (IFS)

With keynote speaker
Richard Schwartz, PhD

Please join us for

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The Psychotherapy and Spirituality Institute’s Annual Conference

Friday, April 24, 2020 | 8:30 AM - 4:00 PM

UJA Federation of New York | 130 East 59th Street, New York, NY 10022

Register via our website or at <https://psi-2020-conference.eventbrite.com>

Addiction has classically been defined as a disease and a compulsive behavior that interferes with daily living. Thus “addicts” must remain hyper-vigilant against the ever-present enemy of addiction. But what if we reframed addiction as sacred protection from deeper pain that could be healed and transformed with curiosity and compassion? What if loving our inner addicted parts was the key to liberating them?

Richard Schwartz is the founder of Internal Family Systems (IFS), a therapeutic school that combines systems thinking with the view that the mind is composed of discrete yet intertwined sub-personalities or “parts” with their own viewpoint and purpose. Schwartz will present in the morning, followed by PSI staff-led experiential exercises and discussion in the afternoon.

5.5 Hours of Continuing Education for LMFTs, LMHCs, LCSWs, LMSWs, and LCATs.

PSI is proud to partner with the [Interfaith Center of New York](#) and [Trinity Church Wall Street](#).

The Psychotherapy and Spirituality Institute is a non-profit, interfaith, interdisciplinary psychotherapy practice dedicated to offering services that treat mind and spirit as one.