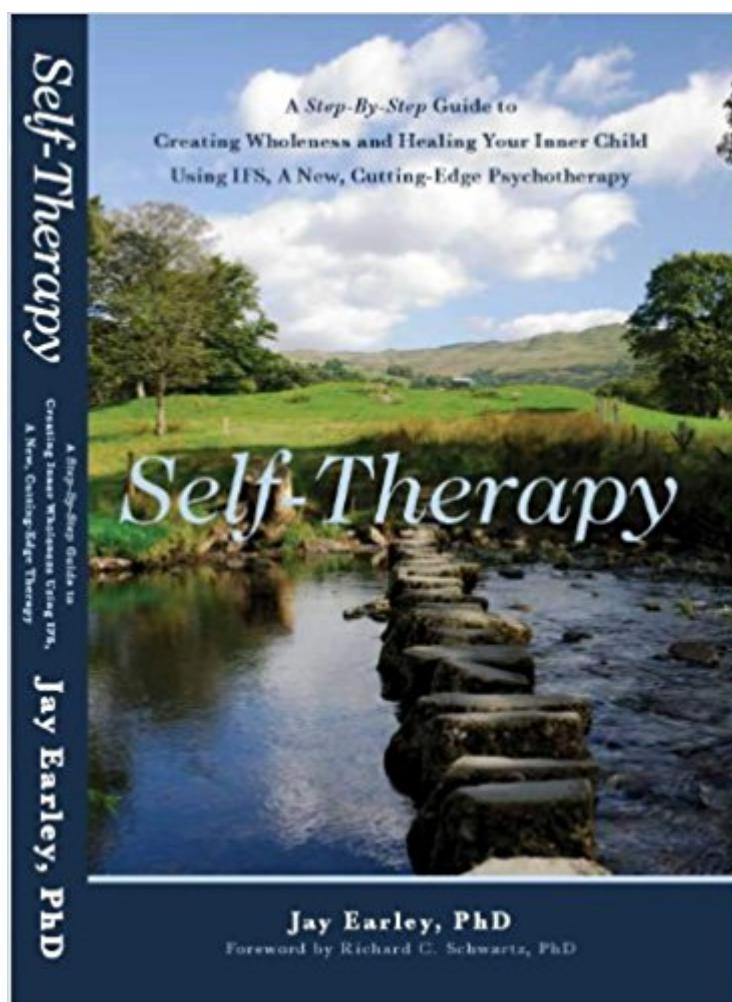


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# Self-Therapy: A Step-By-Step Guide To Creating Wholeness And Healing Your Inner Child Using IFS, A New, Cutting-Edge Psychotherapy



## **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. Jay's classes have been life-transforming for me, and this wonderful book is a support for Self-leadership. I often feel heartfelt gratitude at finding myself standing strong after having been guided by Jay through my inner tangle of parts. -- Elizabeth Russell, Florida

Jay has a great talent for making complex things easy to understand. The vignettes are very useful in seeing how IFS works in real life, and the help sheets are particularly valuable when you work on yourself. -- Sandy Therry, M. Couns., Perth, Western Australia

Dr. Earley's clinical competence and passion for teaching IFS provide an invaluable, user-friendly companion for students and practitioners alike. His clear descriptions, outlines, illustrations, exercises, and transcriptions offer a thorough and systematic contribution to the understanding and application of this magical model for transformation and healing. -- Laura S. Schmidt, MA, LMFT, Spokane, WA

Self-Therapy was a big help to me in the beginning when I didn't have much knowledge of IFS or myself. The transcripts were intriguing because I looked at other people's experience in the book and recognized my parts. This helped me to realize that I'm not the only one with these difficult feelings. In my journal I wrote out the answers to each of the questions for my parts, and this brought it all together for me. -- Mindy Lamberson, Des Moines, Iowa

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## **Customer Reviews**

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, by 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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