

Private IFS Retreats

Reconnect to Self and Life

Do you recognize this?

- People see you as successful, but you feel stuck.
- You can't stop working.
- You wonder if you're addicted to distractions (news, social media...)
- You feel resentment about things you're doing.

Believe me, I know the feeling; I've been there. Still go there, sometimes.

But I no longer think that fixing symptoms or controlling behaviour is the answer. Instead, I choose to believe that each person has an inherent internal capacity for healing, called the Self.

I am excited to announce that I will be offering Private Internal Family Systems (IFS) retreats at Domaine Lescure, my estate in Southern France.

These are individual retreats, at dates that suit you. They will immerse you in nature and old beauty to fully experience insight, relief, and healing.

This Self is at the core of our inner world, surrounded and sometimes even obscured by a large family of fearful, witty, obstinate, intellectual, or combative parts. All parts want to protect us, but some are wounded and carry a burden from past experiences.

Fighting or trying to get rid of wounded parts only creates more tension. When approached with curiosity and compassion they can let go of their resistance and start opening the way to transformation.

This is the essence of Internal Family Systems (IFS), the evidence-based therapy that is on the rise across the globe.

If you're interested in coming to explore your inner world with me through IFS, please get in touch.

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