



# CREATING WHOLENESS

*USING THE CONCEPTS OF INTERNAL FAMILY SYSTEMS*

*A 6 WEEK GROUP*

## Facilitators:

### Lusijah Marx, PMHNP, PsyD

A clinical psychologist with more than 35 years of working with people on a broad spectrum of issues. One of her specialties is teaching active coping skills through the group process and psychodrama.

### Sunny Lithman, MSW, CSWA

A clinical social worker with a background in providing culturally responsive and trauma-informed services within the LGBTQ community, and using IFS to build stronger connections to their communities and loved ones.

**Fee:** This Mental Health Group can be billed to Ryan White, OHP plans, or insurance. Self-pay options are available. **To Register:** Please speak to your provider.

**Starting January 4th, 2019**

**Fridays 11:30 AM - 1:00 PM**

**Quest East Group Room**

This group will be largely experimental, using guided imagery, psychodrama (role play), and art to access different parts of our brain that support becoming more comfortable with who we are and more whole as a person.

We can all recognize parts like the Inner Critic, the Abandoned Child, the Pleaser and many others. Parts have motivations for everything they do. Nothing is just a habit even though the reason behind the part's action may be unconscious. Understanding the parts gives more power to change your own inner systems. These parts, as they become more known, can become more on board with your intentions, values, and goals.

Our psyches are made up of different parts, sometimes called subpersonalities. For example, one part of you might be trying to lose weight, and another part might want to eat whatever it wants. Each part has its own perspective, feelings, memories, goals and motivations.

**You must be engaged in Mental Health Services to enroll in MH groups.** To become a client of MH Services, please call our intake team at 503-238-5203.

**BE WELL - BE YOU**

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**CENTER**  
FOR INTEGRATIVE HEALTH

[www.quest-center.org](http://www.quest-center.org)

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