

# Internal Family Systems

THREE-DAY INTRODUCTION AND GROWTH WORKSHOP  
ŌTAUTAHI CHRISTCHURCH

*For clinicians and professionals*

*Limited to 15 participants*

- Karen Harrington and Nelida Pennington (both Level 2 Certified IFS Therapists) invite you to join them as they introduce the compassionate and holistic therapeutic approach of IFS.
- Grow your professional and personal understanding of IFS through interactive learning, demonstrations, and practice opportunities.



IMAGE: [KATRIN BOLOVTSOVA](#)

*Karen and Nelida both have backgrounds as registered mental health nurses, and are now members of the NZAC. They each run private counselling practices having completed their masters of counselling degrees. Karen has a special interest in working with adults with DID, while Nelida's special interest is ADHD in adults. They continue to meet their own 'parts' with compassion in on-going supervision.*



**Friday 10<sup>th</sup> – Sunday 12<sup>th</sup> October 2025**  
**9:30am – 5pm**



29 YALDHURST RD  
ŌTAUTAHI CHRISTCHURCH

**\$690 (INCLUDING GST)**

*No prior experience of IFS necessary*

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**FOR REGISTRATION FORM AND  
ENQUIRIES CONTACT [NEL@IFS.NZ](mailto:NEL@IFS.NZ)**

*Please note this training is not a substitute for a formal IFS Level 1 training.*