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Richard C. Schwartz, Ph.D. - The Founder of Internal Family Systems
Richard Schwartz began his career as a systemic family therapist and an academic. Grounded in systems thinking, Dr. Schwartz developed Internal Family Systems (IFS) in response to clients' descriptions of various parts within themselves.

Richard C. Schwartz, Ph.D. - What is Internal Family Systems?
Schwartz developed Internal Family Systems Therapy in an effort to help clients heal themselves. IFS is a non-pathologizing technique that is based on compassion, trust, honesty, and encouragement and invites clients to acknowledge each unique part of themselves and to recognize the strengths and weaknesses within them and how they influence behaviors and emotions.

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Richard C. Schwartz, PhD, the developer of the Internal Family Systems (IFS) model, is on the adjunct faculty of the Department of Psychiatry at Harvard Medical School. He has devoted his career to evolving and disseminating IFS, which now is being taught all over the world.

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