

Major Aspects of My Work

[Internal Family Systems Therapy](#) . IFS is a new method which I believe is the cutting edge in psychotherapy today. This link goes to my new IFS website, which contains articles on IFS and its application to many psychological issues. It also includes my new IFS book and information about IFS classes, groups, workshops, supervision, and training.

[The Diamond Approach](#) . I am a long-time student of the Diamond Approach, which has enhanced my spiritual development and informed all of my other work.

[Social Transformation](#) . At this time in history, we are called on to be planetary elders, cultural mid-wives, social healers, engaged spiritual seekers, transformative citizens. This section includes coaching, books, and articles.

[The Pattern System](#) . The Pattern System is a way of understanding your personality, a method for mapping your psyche that can lead directly to psychological healing and personal growth. It also helps you to understand other people. This link goes to my new IFS website which now contains the Pattern System information.

[Interactive Group Therapy](#) . Over more than 30 years of leading groups, I have developed an approach to group psychotherapy that integrates interpersonal, Gestalt, and IFS. This section includes articles, books, and groups.

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