



# Parts Work: An Illustrated Guide to Your Inner Life

By Tom Holmes

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The book, *Parts Work*, describes our inner psychological world with drawings which are moving, thought-provoking, sometimes humorous and often poignant. The book shows how we can disentangle ourselves from the problematic habitual patterns in which we get stuck, and offers ways of positively using our particular talents and style for a fuller life. Through practical examples as well as clinical illustrations, the book helps us to understand ourselves and others better.

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### **Editorial Review**

#### **Review**

This book brings IFS to life in an exceptionally clear and captivating way. Between the evocative and fun illustrations, the living room metaphor, and the integration with Buddhism, it presents a wonderfully creative vision of the way our parts dance with each other and with us in our minds. I highly recommend it for anyone wanting to learn about the IFS model or about their inner lives. Richard C. Schwartz, Ph.D., Developer of the Internal Family Systems Therapy model. --Author of Internal Family Systems Therapy

This wonderfully illustrated guide is very helpful for lay people and all seeking to understand one's inner life, as well as a help for therapists and their clients. The illustrations touch a universal understanding of each part of our inner world and how it impacts our outer world. The explanations and vignettes that accompany the illustrations allow the reader to easily comprehend the psychology model of parts work as defined by Internal Family Systems(created by Dr. Richard Schwartz). The book allows us to deeply understand, laugh, make personal connections and give us practical tools. I loved it and keep reading it over and over. Arlene Brennan --Amazon Reviews

#### **About the Author**

Tom Holmes has a PhD in Counseling Psychology and is Professor Emeritus at Western Michigan University (WMU). He has been training graduate students in psychotherapy since 1985 and since 1996 he has been teaching in the Holistic Health Care Program at WMU. His specialty area is spirituality and the therapeutic process. Tom received training in IFS from Richard Schwartz in the late 1980's and has been teaching, training and practicing IFS since that time. In recent years his focus has been on burnout prevention: "Healing the Healer" and "Tuning the Heart of the Healer." His workshops integrate Western psychology with Buddhist psychology and the Sufi path of the heart as well as spiritual teachings from Christianity, Judaism, and Taoism. In addition to his teaching at the University he has offered many seminars in the US and Europe on the integration of IFS and spirituality as a resource for therapist burnout prevention and the development of therapeutic conditions.

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