

# THE PATH WITHIN

## Exploring Your Inner World Through Internal Family Systems (IFS)

### Group Therapy Information Packet for Prospective Participants

#### Welcome

Thank you for your interest in *The Path Within*. This 8-week therapy group is an invitation to slow down, turn inward, and reconnect with the calm, compassionate center within you.

If you have been feeling emotionally overwhelmed, self-critical, disconnected, or stuck — you are not alone. Many people carry parts of themselves that have learned to protect, manage, or suppress pain. In this group, we create a safe and supportive space to gently explore these inner parts, build understanding, and cultivate healing.

#### What Is *The Path Within*?

*The Path Within* is an 8-week experiential therapy group rooted in **Internal Family Systems (IFS)** — a compassionate, evidence-based model of therapy that helps people understand and heal their inner world.

IFS teaches that we are made up of many inner “parts,” including:

- Protective parts that manage emotions and daily life
- Reactive parts that try to reduce distress quickly
- Wounded parts that carry pain, fear, shame, or grief

Beneath all of these parts is the **Self** — your natural state of calm, clarity, curiosity, compassion, and confidence.

Rather than trying to eliminate or control parts of ourselves, IFS helps us build a respectful, healing relationship with them. When parts feel understood and supported, they soften, heal, and restore balance to the system.

## Who This Group Is For

This group may be a good fit if you:

- Feel emotionally reactive, overwhelmed, or anxious
- Struggle with self-criticism, shame, or perfectionism
- Feel disconnected from yourself or others
- Are navigating grief, trauma, burnout, or major life transitions
- Want to deepen self-understanding and emotional resilience
- Are curious about mindfulness, parts work, and holistic healing

No prior therapy or group experience is required — only openness, curiosity, and a willingness to explore your inner world.

## What You Can Expect

Each 90 minute weekly session offers a gentle blend of learning, reflection, and experiential practice.

Sessions may include:

-  Mindfulness and grounding exercises
-  Guided IFS-based meditations
-  Journaling and creative reflection
-  Gentle group discussion and connection
-  Psychoeducation about emotional patterns and inner parts

This is not a lecture-style group. Instead, it is a **relational, experiential space** where healing unfolds through awareness, compassion, and shared presence.

## What Participants Often Experience

Participants frequently report:

- Increased self-compassion
- Greater emotional clarity and regulation
- Reduced shame and self-judgment
- Improved relationships and boundaries
- A stronger sense of calm, balance, and inner trust

## Group Structure & Details

**Format:**

8-week closed therapy group

**Session Length:**

90 minutes

**Group Size:**

6–8 participants

**Facilitator:**

Chad LeBlanc, LCPC-C

**Location:**

Rhythmia Health

**Start Date:**

Tuesday, January 13, 2026

**Cost:**

\$40 per session

Total program cost: **\$320**

## Commitment to the Process

This is a **closed group**, meaning the same participants meet together each week. This structure supports safety, trust, and deeper therapeutic work.

Participants commit to:

- Attending all sessions whenever possible
- Being present and engaged
- Respecting confidentiality
- Honoring the group container

Consistent participation allows trust and connection to develop — which is essential for meaningful healing.

## Confidentiality

Group members agree to maintain confidentiality by not sharing personal information about other participants outside of group.

While confidentiality is emphasized, it cannot be absolutely guaranteed in a group setting. Participants are encouraged to speak about their own experience but not about others'.

## How Is This Different from Individual Therapy?

Group therapy offers unique healing opportunities, including:

- Shared understanding — realizing you are not alone
- Relational healing — learning through connection
- Multiple perspectives — hearing diverse experiences
- Collective support — being seen, heard, and validated

Many people find group therapy to be **deeply powerful, normalizing, and transformative.**

## Is This Group Right for Me?

This group is well suited for individuals who:

- Want to explore emotional patterns gently
- Value reflection and mindfulness
- Are open to relational growth
- Are ready to deepen self-awareness

It may not be the best fit if you are currently in acute crisis, experiencing unmanaged psychosis, or needing a higher level of care. These situations may be better supported through individual or intensive services.

A brief **consultation call** is offered to ensure this group is a good fit for you.

## How to Register

To learn more or schedule a brief consultation, please contact:

 (207) 367-9292

 [chad@rhythmia.org](mailto:chad@rhythmia.org)

 <https://www.rhythmia.org/mentalhealth>