

**Ancestors Medicine**

**Internal Family Systems Trainings**

# **Ancestral Lineage Repair Workshops**

20th September 2021

Daniel Foor PhD

Daphne Fatter PhD

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## **Ancestors Medicine**

The purpose of this course is to invite IFS practitioners to do their own ancestral lineage repair work using Dr. Daniel Foor's method of Ancestral Medicine. This course is structured to include didactic teaching, experiential practice, and communal support for ancestral lineage repair.

## **IFS and Ancestral Medicine 12 hour Course**

### **Six live sessions online**

**Dates:** From 20th September to 25th October 2021

**Time:** Mondays from 7pm to 9pm GMT ( 2pm to 4pm ET)

**Please note:** This Training can only be attended by up to 35 participants that completed an IFS-I Level 1 Training

### **Learning Objectives:**

The purpose of this course is to invite IFS practitioners to do their own ancestral lineage repair work using Dr. Daniel Foor's method of Ancestral Medicine. This course is structured to include didactic teaching, experiential practice, and communal support for ancestral lineage repair.

### **An Internal Family Systems framework will be integrated throughout the training.**

At the end of this training, participants will be able to:

1. Increase one's awareness of parts that can get activated when approaching working with ancestral guides.
2. Identify the wellness of one's 4 main blood lineages.
3. Experientially continue ancestral lineage repair of one blood lineage.
4. Describe ways working with ancestral guides can be integrated in IFS therapy.

This training is not intended to teach how to do ancestral lineage repair with clients. To integrate ancestral work with clients requires having all 4 main blood lineages well in spirit and additional professional training to be a practitioner in Ancestral Medicine.

### **Course Outline**

#### **Sessions Structure:**

- Teach for 45 minutes
- 15 minutes of experiential practice
- 30 minutes of break out rooms / Practice Groups
- 30 minute - meet in full circle for questions and to close

**20th September: Session 1 - *Daniel Foor* Introduction to this work.**

- *Daphne Fatter* will discuss IFS links with Ancestral Lineage Repair and working with well ancestral guides.

**27th September: Session 2 - Assessment of 4 main blood lineages**

**4th October: Session 3 - Parts activated/protector parts connected to meeting a well guide.**

- Connecting with Well Guide on one blood lineage.

**11th October: Session 4 - Cocooning/Lineage Repair**

**18th October: Session 5 - Blessings/Burdens on Lineage**

**25th October: Session 6 - Closing / *Daniel Foor* / Next steps for continued repair/personal work.**

**Certificate:** Ancestral Medicine will offer a certificate of completion.

We can't offer continuing education credits.

## **ABOUT THE TRAINERS**

**Daniel Foor** PhD is a teacher of practical animism, licensed psychotherapist, doctor of psychology, and the author of [Ancestral Medicine: Rituals for Personal and Family Healing](#). He has led ancestral healing intensives in nine countries from 2005 to present, trained over 60 practitioners in the work of ancestral healing, and reached thousands of people through online teaching. He is an initiate in the Ifa/Orisha tradition of Yoruba-speaking West Africa and has studied with teachers of Mahayana Buddhism, Islamic Sufism, different Indigenous paths, and the older ways of his English and German ancestors. As the founder and director of Ancestral Medicine, Daniel is blessed to work with an amazing staff and network of ritualists who hold spiritual teachings and practice to be inseparable from cultural and Earth healing. He lives with his wife, two daughters, and two fluffy charismatic cats in the Blue Ridge Mountains of Western North Carolina, traditional homeland of Cherokee (Tsalagi) peoples. For more information please visit [Ancestral Medicine website](#) or [Listen here to Daniel Foor Podcast Episode](#)

**Daphne Fatter**, Ph.D. (Dallas, TX, USA) is a mid-career licensed psychologist, certified IFS therapist and approved clinical IFS consultant. She has a private practice specializing in trauma and addressing legacy burdens including the impact of oppression, marginalized identities, racism, and collective trauma. She also teaches on trauma treatment and on white race socialization in the US. She is an Ancestral Medicine Practitioner and integrates working ancestral guides with IFS. She is a student of animism and has also studied with teachers of Taoist and Mahayana and Theravada Buddhist meditation practices. She has also published professionally on mindfulness. Her ancestors are from Ireland, the United Kingdom, Switzerland, Germany, and Scandanvia. She lives on the traditional lands of the Cherokee, Comanche, Wichita and Caddo peoples. For more information see <https://www.daphnefatterphd.com>

**Shannon Willis**, M.Ed (Athens, GA, USA) is a dedicated animist and ritualist whose work is at the intersection of dream midwifery, psychomping, and ancestral reverence. She is a certified practitioner and senior teacher with Ancestral Medicine and serves as a Ritual and Program specialist for the practitioner network, providing course support, and program development. She comes with 30 years of experience in strategic planning, leadership, program development, and coordination in the non-profit sector and holds a Master's degree in Professional Leadership and Counseling. She is a student and devotee of Yoruba culture as an initiate of Ọ̀bàtálá, and Ọ̀ṣun, in the lineage of Olúwo Fálolú Adésànyà Awoyadé from Ọ̀dè Rémọ̀, and a devotee of Nepali shamanism. Her people of blood and bone hail from the British Isles, France, West Africa, and Cherokee and Kaskaskia/Illini nations. She lives on the historic lands of the Creek Muskogee peoples.