



Phases
OF CHANGE

The Resonance Collective: Frequently Asked Questions

1. When do we start?

The first live session of The Resonance Collective is on January 7th, 2026. We will have some informal, live gatherings via Zoom as we close out 2025, and those who enroll will be scheduled for a 1:1 onboarding session in December.

Registration closes mid-November, 2025.

2. Is this program for me?

If you are a change agent (Therapist, Coach, Mentor, Educator or Guide) seeking to expand how you: *care for yourself, cultivate your business & serve the world* through a single, integrative lens, this program is for you.

I've created The Resonance Collective in response to what I hear from so many in service: *I'm tired of doing the work the world's way, I'm called to something deeper but can't get the clarity to pursue it, and I'm lacking the fulfillment I once experienced* (or imagined I'd experience in this work).

The Resonance Collective is ideal for women who are tired of walking the line between authority & authenticity, between professionalism & soul.

This program was created to catalyze & transform you as a vessel for your work, and to prepare you to serve others with the same powerful lensing, skillset & practice.

For most women I serve, and in my own experience, when we feel discontent, depleted & unfulfilled in the work, we call it "*burnout*" and seek to *do less* when what we *actually* need is to do more of what is calling us at a soul-level.

But when we don't have clarity about the way forward, we simply keep doing what we know while the days drag and the years fly.

As an advocate, therapist and spiritual guide I have learned that the answer isn't where we usually look: *out there*. It's within us. Learning to nurture your inner relationship & liberate your highest Self to lead changes everything.

- If you're seeking more *alignment* in your path & purpose,
- If you're called to *more* from within and unsure how to answer,
- If you need more clarity, confidence & inspiration to shape your offers,
- If you want powerful tools & skills that integrate with *what you already do*,
- If you long to bring more of your true Self into the work, professionally
- If you're seeking a way to explore & lead from your spiritual depths,
- If you are longing for more impact, abundance & fulfillment,
- If you want to connect with others who share your values & vision...

Yes, it's likely this is a good fit for you. [Schedule a call](#) with me to start the conversation.

3. **When are the live calls and gatherings?**

Our live weekly calls are on Wednesday mornings at 11AM EST and last 90 minutes.

These calls alternate between teaching & demonstration of the IFS model.

Most sessions I'll ask for *cameras on*, except when we are in-vivo with an IFS demo (at which time only myself & our volunteer will be on-camera). The reason for this is that we are sharing an energy field, and while this remains so if off camera (like a phone call) the power of our collective presence is amplified by seeing one another.

During IFS Demo sessions: Unlike during a teaching session where you might mute, step away and tend to a child or household need, Demos ask for your *undivided attention* because you are asked to bear witness to the volunteer's work. Not just for your learning, but to support them.

Some of our ceremonial gatherings & art workshops will occur in evening (7PM EST) windows of time to accommodate program content.

4. What platforms are used to participate in the program?

Our community forum is hosted in What's App for ease of access & an off-social environment. Live portions of the program (all virtual sessions, group & 1:1) are hosted on Zoom via my permanent, unchanging link.

5. What if I can't make it to all the live groups & sessions?

You should *plan to come to the live teaching & demo sessions*. Not only because you'll get the most out of them, but because your presence matters greatly as part of our shared experience.

Recordings will always be provided for teaching sessions, for review and study.

Recordings will be provided for IFS demo sessions only with volunteer permission (due to their personal & sensitive nature).

While life happens and missing a session is surmountable, *please understand*:

Relying on recordings for program content and experience will result in disappointment & diluted outcomes. This program is created as an immersive, high-touch experience and is not a self-guided offer. Delivering what I promise hinges on you showing up all or most of the time.

In sum, life happens and if you can't make it to one of our live sessions, we'll do all we can to fill in what you have missed.

6. I've never heard of Internal Family Systems. What is that?

Internal Family Systems (TM), or IFS, is *both* a lens & skillset which have remarkable, transformative power to help us:

a. *Understand* how we, and others, are made & operate (contrary to cultural norms),

b. *Know & negotiate* with our inner "parts" (often experienced as struggles or problems), through building safe, trusting inner relationship, and

c. *Lead from our core Self*, with the *earned* trust & respect of our parts. This allows more security and alignment within, *and* healthier, more constructive relations with others.

This is my own explanation of IFS (the What, How & Why) - simple but a good overview and place to start. Let's go deeper:

A BRIEF HISTORY:

IFS was developed in the 1980's by Richard (Dick) Schwartz, PhD, and emerged from the phenomena he observed with his therapy clients who suffered disordered eating and habitual self-harm. Schwartz, from a place of desperation, brought a rare level of honesty & professional vulnerability to these clients, admitting he didn't know how to "win" against the harm. Remarkably, the clients began responding in kind - from the *parts of them* that drove the harm - not with resistance but with *more & valuable information*.

Schwartz had the insight and Self-energy to listen, to learn, to bring curiosity to his clients (not power dynamics or authority), and his work in the years that followed gave rise to a whole theory and practice that became the Internal Family Systems (TM) model.

HOW IFS SERVES THE WORLD:

In the broadest context, IFS helps the world in a ripple-out fashion. That is, through learning and living this model, we are *recalibrated within* (we become more Self-led) and everything we do outwardly is positively influenced by this inner shift.

When applied in a clinical setting for trauma treatment, IFS is a powerful therapy modality. The bulk of my experience with IFS is as a clinician in my own therapy practice.

However, IFS has been taught (by the IFS Institute - the parent organization) to non-clinical practitioners since its inception and the model has enjoyed much growth and celebration across many fields. Some of these include coaching, education, healthcare, organizational psychology & business development, and even the practice of law.

IFS brings clarity to confusion, spaciousness to gridlocked problems and actionable steps to any moment where our relations (inside or out) begin to go asunder.

By understanding ourselves as being made of "parts" and a core "Self", by knowing the general premise of those inner roles, and by learning new tools for inner navigation, we are able to enjoy more ease, connection & fulfillment in all areas of life.

Watch a powerful 7-minute talk about IFS with founder Dick Schwartz, [HERE](#).

IFS IN A CHANGING WORLD:

I discovered and began training in IFS before I was out of graduate school and, while it took me years, and much inner-relationship work to recognize it, the spiritual aspects of IFS are what drew me to it from the start.

Sometimes called a "psychospiritual" model, IFS holds the Self (akin to the soul) as the centerpiece of all it entails. The more I have learned about my own core Self, and other peoples', the less I can deny that the Self within each of us is, in fact, divine.

In my depth training as a Priestess of the Sacred Feminine, I found evidence of IFS and the Self, and Self-energy / leadership everywhere.

Today, the IFS Institute, and Dick Schwartz (after many years of expressing hesitation), are speaking out more, and even teaching about, the spirituality of IFS in non-religious and quite grounded terms.

This is an exciting time to learn about and become a bearer of this transformational way.

INSIDE THE RESONANCE COLLECTIVE

My work with the IFS model has evolved over time, as I closed my therapy practice, took on a new role in emergency mental health and evolved my practice to one of education and mentorship. IFS is with me in all of these endeavors.

Inside The Resonance Collective, I teach the equivalent of Level 1 IFS training (in a different format, and without clinical premise) but interweave it with Sacred Feminine Practice & Expressive Arts. You will learn the full foundational theory & practice of IFS as in an interdisciplinary context, first within your own system and then as a facilitator.

While not an official IFS training (which can be found [here](#)) The Resonance Collective will prepare you to begin facilitating IFS-informed work in whatever way you serve the world. The goal is not to re-write what you do, rather to fortify & infuse it with a powerful partnership.

7. What is Sacred Feminine Practice?

Sacred Feminine Practice refers to the study of and interface with the feminine aspects of the divine. This is a many-faceted, broad-brush term, so going deeper into what I mean by this, and how we work with the Sacred Feminine inside The Resonance Collective, is important.

I have been drawn to earth-based spirituality all my life, finding solace, wisdom and comfort in nature. My practice of the Sacred Feminine is deeply rich but not religious, structured with ceremony and ancient traditions but not linear.

There are several concepts that guide my interfacing with the divine in feminine terms. They include lunar phase observation and planning, a daily morning practice at my personal altar, study of spiritually influential women figures in both human history and myth, learning and practicing various rituals, walking in communion with nature daily, observation of life cycles everywhere.

My work and life are deeply informed (but not limited by) the 13 Moon Mystery Lineage (Ariel Spilsbury), an archetypal framework for life navigation and spiritual deepening. I have trained as a Ceremonialist & Priestess in this tradition and hold Temple Ceremonies, including within this program.

As I have trained with and come to know other women across the world who walk the Priestess path, I've been amazed, if not amused, by how many were (or still are) therapists. So often we are drawn to one more visible, known way of working because it echos (has resonance with) something that's trying to call us back.

Within The Resonance Collective, I'll teach you my personal growth & grounding practices of and with the Sacred Feminine. You'll learn about & work with the archetypal model I love deeply, be supported in defining what 'Sacred Feminine' means to you, and how to integrate your spiritual truth into your life and work.

You'll experience several ceremonial Temple circles, throughout our program online and twice during our in-person retreat.

8. What do you mean by Expressive Arts? Do I need creative skills?

First, come as you are. Creativity isn't a skill set - it's a quality of Self, a topic we'll talk about quite a bit. Through the lens of the Expressive Arts, creative process becomes a way of knowing, telling & chronicling life's experiences.

Words can escape us, but that's okay - they're not always necessary. Especially when we're moved deeply, confused, or accessing another time or implicit memory, art can serve us and free us in ways that words cannot.

This approach to the creative process as a vehicle for communication & expression does not focus on skill, nor even on a "pretty" outcome. Yes, you'll gain skills. Yes, you'll create beauty (I promise). Of greater importance, though, you'll be fully expressed. Heard. *Known*. All parts of you will be made welcome, whether they have the words to be known or not.

Within The Resonance Collective, you'll be guided in several modalities of creative process, including Art Journaling with line drawing & watercolor, varied forms of writing, seasonal home adornment in connection with nature, textile arts (cyanotype, hand-dyeing, narrative stitching, garmentry, Milagros & portable altars). In addition, you'll be guided in the practice of setting a new altar each moon, one of my most-loved creative processes.

If you've always felt you aren't "creative", this is a wonderful place to unravel that myth, befriend the creative process and learn to infuse your service to others with art.

9. I've done a lot of deep inner work; will this be too "beginner" for me?

The short answer is: I don't know *but we'll find out* before you enroll.

In truth, only you can answer that question, but I'm happy to dig into the topic, learn about your journey and furnish all the information you need to decide in a 1:1 call.

This said, the unique interdisciplinary approach offered within The Resonance Collective is three very powerful approaches in one. Even those who have advanced training in any one of the three pillars of my work will find much new content to inform their growth.

This program is a space where I am teaching from a specific vantage point (my own learning & professional experience), but *other perspectives are welcome to inform our tapestry*. For example, sharing in our group community about Sacred Feminine practices I'm not familiar with, IFS experiences or other 'parts work' models.... all of this is most welcome.

In sum, if you have a significant history of deep personal work,

- a) I'll make sure you have all you need to determine the value of this program for you, uniquely, and
- b) Know that here, the wisdom and richness of each member is met with respect & hospitality, not duality.

10. When & where is the live retreat? Can I join the program without attending?

Nothing replaces the magic of in-person connection, especially in live Ceremonies & IFS Demos. I cannot wait to gather with you!

The live retreat is held in the Lake Sunapee region of NH from May 7-10, 2026.

We will be in residence at a stunning, fully renovated stone barn which is spacious and well-equipped for a group almost twice our size.

This program is created to foster deep interpersonal connection and the retreat is included in the package format & price. There *is not an option* to do "online only" so please do consider this when applying.

11. What's included for the live retreat?

Our luxury retreat is all inclusive, with the one exception of your travel expenses. All meals, lodging and experiences are included in your package price.

Any special dietary accommodations can be met with advanced notice. You'll be sent a preparation email before we gather, based on our plans & weather projections.

Our time together will be a balance of planned, connective experiences and spacious rest & recharging. This is not a top-speed experience. Some elements of the retreat you won't want to miss - others will be optional with alternatives.

Sleeping arrangements range from single, King-size rooms to shared, 2-twin bunkrooms. The rate is the same for all options, room choice is granted *in order of enrollment*.

12. You mention this isn't an official IFS training. What does that mean?

The Resonance Collective, like all my work, is a high-integrity, safe and comprehensive alternative pathway for learning Internal Family Systems.

I am a Level 2 Institute-trained IFS therapist with 8+ years of clinical experience. While this training program encompasses the core content of a Level 1 IFS training, and teaches the foundational lens & skillset, I am not affiliated with or endorsed by the institute.

If you are able to access an official IFS training, *I recommend starting there*, as Institute training is both excellent *and* staffed to offer the deepest possible facilitator-learning.

I teach Internal Family Systems in its true, original form (the way I learned) without my own modifications to the theory or practice, however I interweave the model with two other ideological pillars insofar as it emphasizes (not dilutes) the power of each.

There is conversation in the greater IFS community about safety and clinical vs. non-clinical use of the model since it is intended for use in both. A *robust segment of our program curriculum* is dedicated to safety, disclosure, identifying client needs and appropriate scope of practice for each participant, uniquely.

Official IFS trainings feature a 3-to-1 student/trainer ratio in order to facilitate learners practicing facilitation, an excellent feature. The Resonance Collective, alternately, offers 1:1 in-depth sessions for all members on a bi-weekly basis to provide deep, lived-experience of the model.

Unlike official IFS trainings, the Resonance Collective *additionally* teaches personal & facilitator-development content across creative & spiritual realms. Our additional lenses, Expressive Arts & Sacred Feminine Practice, flow and blend beautifully with IFS, bringing an even richer and more in-depth perspective to our shared experience.

13. What if I begin this program and discover it's not for me?

Enrollment to this program involves a robust application process including at least one in-depth, genuinely honest discussion with me. This a reciprocal process aimed at the highest good of all involved.

You'll have ample opportunity to ask questions and get a feel for what this work is like, as well as a read on our interpersonal connection. It's important you feel comfortable with me, and we'll spend time on that before you enroll.

The application questions I'll ask you to answer will help us learn about both your interest and readiness for the program. It's a big commitment (of both time and resources) but it's also a big transformation. Not every season of life is right for this kind of engagement.

In short, if this isn't right for you, we'll almost certainly discover that before you enroll. With this said, if you are participating, showing up, doing the work and still finding your experience inside this program to be ill-suited, you may choose to leave the program, and a refund (100% if within the first 30 days) will be issued.

If these questions have inspired more questions...please let me know.

I'm happy to answer them personally. Contact me at charity@phasesofchange.com to send your question or set up a call to discuss.